

The Beach

Imagine yourself sitting alone on a beach in the early morning.In front of you is a golden beach beyond which is a deep blue sea. It is a calm day a gentle breeze on your face and you feel the warmth of a rising sun on your body. You can smell the salt in the air and hear the sounds of sea gulls calling each other ...along with small breaking waves, gently lapping the shoreline.



You decide to go for a walk along the beach and as you stand you feel the warm of the sand between you toes. You walk along the shore-line looking at the sea and feeling the heat of the sun, the breeze again on you face and cool and inviting water on your feet.

In the distance you see a small dingy and as you get closer you realise that this is a special boat for you.... you push the boat out into the water and climb into it. Finding you seat you place the oars out of the boat and you start to row out over the small forming waves as the boat gently sways from side to side. The water is becoming a deeper and as it does it becomes a deeper shade of blue nevertheless the warmth of the sun makes you feel very safe and very protected.

Eventually you place the oars down and relax in the boat. But this is no ordinary boat and no ordinary sea.

I want you to bring to your mind anything that has caused you apprehension, worry or anxiety from home or at school. You notice in the bow of the boat there is a strange object and you realise that the object represents a fear, an apprehension. I want you to see yourself now picking up the object and holding it over the edge of the boat...feel its wait...its surprisingly

heavy... its up to you whether and when you want to let go of that fear or worry....take your timebut when your ready let go of the object and watch it go deeper and deeper and deeper...until eventually you loose sight of it. Feel a sense of release and relief welling up within you. Confidence and courage.

Now I want you to bring to your mind anything that might stop you achieving your best at school over these final months of your secondary education. Lack of self discipline, a low estimation of your own ability to think well, or think deeply...to think clearly.

Again see yourself in the boat and notice another object in the boat that again, you can see yourself holding over the edge of the boat and then release it in your own time. Watch again as you see the object disappearing into tie depths and with it those things that are holding you back in the past.



Now you can row back to the shore and as you do feel within yourself a growing sense of your own self confidence and inner strength. With each stroke of the oars feel that strength welling up within you as a small wave propels you back to the

shorelineyou climb out of the boat and walk back up the beach to were you were sitting before.

Now become aware of the where you are presently, the weight of your body on the ground/seat.... and the sounds outside the room and your breathing. Then open your eyes and stretch.

Dialogue Education