

Shell Visualisation

Take in a deep breath through your nose and gently breathe out through your mouth. Let your body feel calm and relaxed.

Close your eyes.

Imagine that you are standing on a beach. Picture the beach in your mind.

Twiddle your toes a little - you can feel the sand on them, you can feel the warm sun on your skin. Have a look around, you can see the deep blue ocean; the sunlight is sparkling in the water, it looks beautiful and calming.

Look down, you are standing on the sand and you notice a gorgeous looking shell - you lean forward and gently pick it up...it feels warm from the sun... it feels smooth...

This is your magic shell, you can talk to this shell and tell it your secrets. You can whisper any worries you have, you can tell it anything you want, it will not judge you and it will just like magic it will take away your worrying thoughts!

Why not give it a go - hold the shell close to your mouth and in your mind silently tell it something that is worrying you. As you say the words, they go into the shell and take away those horrible thoughts away from you - just like magic they are gone!

As you hold your shell close, you feel happy, you feel calm and you feel safe - this is your magic shell that makes you feel wonderful.

You can imagine this shell any time you want, if you feel sad or have any worries, close your eyes and picture yourself talking to your magic shell - let it take away your worries and help you feel better.

We'll stay here for another moment, you can continue silently talking to your shell in your mind or maybe wonder around the beach.