

Starfish

Lie down on your back, with your legs and arms apart.

Stay very still and imagine you are a sleepy starfish resting at the bottom of the ocean.

Breathe in and, as you breathe out relax your arms.

Breathe in and as you breathe out, relax your legs.

Breathe in, and as you breathe out, relax your head.

See how still you can be at the bottom of the ocean, resting like a sleepy starfish.

Say to yourself, 'I am calm and quiet, I am calm and quiet.'

