

Trip to the Beach

Begin taking slow deep breaths, in through your nose, pausing to let the air sink deep into your lungs and body, and then exhaling and blowing all the air out of your mouth. Feel the relaxation that comes with each deep breath.

Now imagine that you are going on a trip to the beach. You are at home and your caregiver lets you know you are all about to leave. You grab your beach bag and all the favourite things you like to bring. Your beach bag is a magic beach bag so that anything you want you can place within it to bring. Maybe you bring a bbq for hotdogs, maybe you bring a lounge chair, maybe you bring a boat – anything can fit inside your bag!

As you hop into your caregivers car you feel excited, happy and hopeful – you know you are going to have the very best day! On the way to the beach the ride goes really quick and you stop off to get an ice cream cone and another of your favourite summer treats. You can smell and taste your very favourite food items – what is that smell? What do they taste like?

When you arrive to the beach you are able to take all the items you packed into your bag out and set up lickity split. You then start to do your favourite beach activities. What are those? Is it making amazing sand castles? Or swimming? Is it playing beach volley ball or water games? Is it laying down on a beach blanket and basking in the sun? What do you see and feel?

Maybe you feel the sun drying up the water on your skin as you lay down. Maybe you feel sand on your legs as your friends or family make you a sand body. Maybe you feel the fresh cool water after you've gotten really hot. Maybe you feel the mud as you build a sand castle. Anything you want to feel and do you can.

You spend the entire day at the beach. As the sun wanes in the sky you think to yourself “what an amazing day this has been. I am carefree, I am happy, I can create this again any time I want”.

You then get back into the car and when you open your eyes you have arrived right back to where you are in the present.



Let's go to the
beach!