

# Bobbing Otters



Riding on the waves of your breath...



## Bobbing Otters

### Materials:

The script below

An otter puppet (optional)

Time: 10 Minutes

Age: All ages

### Why it works:

When children can simply experience the Still Quiet Place and feel it in their body-minds, they learn they can go there any time they want to. This can be helpful when they are trying to understand what they are feeling, which leads to better regulation of those feelings. Adding the experience of the otter reinforces how to find the still quiet place.

### What to say:

1. Today I am going to share one of my favorite places with you. It's called a Still Quiet Place. It's not a place you travel to in a car, or on a train, or on a plane. It is a place inside you that you can find just by breathing. So let's find it now. If you feel comfortable, you can close your eyes. Let's take some slow deep breaths. See if you can feel a kind of warm smile in your body. Do you feel it? This is your Still Quiet Place. Take some more deep breaths and really snuggle in. The best thing about your Still Quiet Place is that it's always inside you. And you can visit it whenever you like, just by paying attention to your breath. It is nice to visit your Still Quiet Place and feel the love that is there. It is especially helpful to visit your Still Quiet Place if you're feeling angry or sad or afraid. The Still Quiet Place is a good place to talk with these feelings and make friends with them. When you rest in your Still Quiet Place and talk to your feelings, you may find that the feelings are not as big or as powerful they seem. Remember, you can come here whenever you want, and stay as long as you like.
2. When otters eat or rest they wrap themselves in seaweed, a plant that grows in the ocean.
3. They bob on the water in the ocean floating with the waves.
4. Imagine you're an otter and you've wrapped yourself in seaweed, and breathing in you go up with the wave. And breathing out you come down with the wave.
5. Breathing in you go up. Breathing out you come down.
6. Find your still place at the top of the wave when your breath has filled your belly. Also find your still place at the top of the wave when your breath has filled your belly. Also find your still place at the top of the wave when your breath has filled your belly. Also find your still place at the bottom of the wave when your breath is completely out.
7. Notice what it's like to float here as an otter?
8. Is it peaceful to bob on the breath and let the ocean hold you?
9. You can be a relaxed otter whenever you want, finding your still place with your breath as you bob along.
10. Just close your eyes, imagine you are safely wrapped in seaweed, and float on the ocean of your breath.



Reflection:

1. Were le to imagine being an otter floating on the waves?
2. How did your body feel?
3. What feeling did you have?
4. C you focus on your breath?

Goal: To become aware of that sill place between each in and out breath, and to be able to access that place whenever needed.

Brain Fact: When your body is relaxed like an otter floating, and your focus is on the breath, you brain is resting, restoring energy for the next task.

