

## Boats in the Storm-Visualization

Today we are going to imagine we are a boat and create a story about you as a boat. One important thing. If you feel uncomfortable at any time doing this activity, you are welcome to say so and stop. All we are going to do is create pictures of a story in our brains, like a book. Ready? Take a close look at this picture. Notice as many things as you can. (30 seconds)

Ok. Now, allow your body to get comfortable. If you want to , you can close your eyes. Otherwise just gaze downward. If you want to lie down, that's fine. Feel the chair or the floor supporting your body. Take a slow, deep breath, filling your belly and then release it slowly back out. Relax your face, your shoulders, your arms, tummy, legs and feet. Now take one more slow, deep breath.

Now...imagine you one of the boats you saw in the picture. You can be any one of them.

Think about which boat you might be as you are weathering the storm.

What is it like for you?

Can you talk to the other boats?

Can you see a safe harbor?

Who might the other boats represent in your life?

When you think of people in your life, pick a boat that represents how each of them might be surviving the storm.

Imagine what it might be like for them.

Do they have a safe harbor?

Can they reach the other boats?

Now imagine the storm receding. The clouds part; wind decreases; waves become smaller; sun starts to shine. As a boat, look around you at the other boats.

Which ones survived?

How did they survive?

How did you all survive?

What are you experiencing as we return to this moment.

Process with the class or group using the questions to guide you. Tie the metaphor of the storm to any difficulty might be occurring. COVID, racism, politics, violence, severe weather, forest fires, etc.

Invite individuals to write down what they noticed about being the boat, and how they survived.

\* Caution: I have had children say they died in the storm. As horrifying as this might be to hear, it is an indication of how vulnerable they are feeling. In this case, not sure they will survive. It is important and essential to strategies they could use to help them in their current situation. Invite the group to offer ideas.

Kathy





