

Letter to the ocean

This activity should be completed individually

For this task, imagine that the ocean is a person, a close friend or relative. Consider some of the worries or concerns you might be feeling, and write them down or say them in a letter. What would you want to say?

The more freely you write or speak, the easier you'll find it to get in touch with your feelings about the ocean.

If you're **writing**, aim for at least one side of A4 paper, but no more than three. If you're **speaking**, aim for at least 5 minutes, but no more than 15.

Some prompts if you get stuck:

- ➡ How does the ocean make you feel?
- ➡ How do you feel about the way humans have treated the ocean?
- ➡ What would you like to see change for the ocean?

Tips:

- Try to write or speak continuously without stopping, even if you can't find the 'right' words. Keeping the words flowing can help you get in touch with your deeper thoughts and feelings.
- We'd suggest that you complete the meditation before continuing with your day, as this activity has been designed to help you release any feelings of ocean anxiety that may have come to the surface.