

Dock of the Bay

Otis Redding

I'm sittin' on the dock of the bay,
Watchin' the tide roll away, ooh.
I'm just sittin' on the dock of the bay,
Wastin' time.



Otis Redding was known as 'the King of Soul'. Listen to some of his other songs.

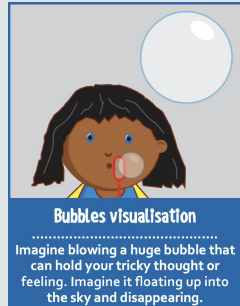


Listen again and close your eyes. What picture do you see in your head? Can you paint it?



Glitter bottle visualisation

Steady your breath and imagine the glitter bottle. Close your eyes if you wish.



Bubbles visualisation

Imagine blowing a huge bubble that can hold your tricky thought or feeling. Imagine it floating up into the sky and disappearing.



Breathing buddy

Lay down and place a toy or pillow on your tummy. Watch it rise and fall as you take deep, slow breaths

Try some mindfulness activities.

