The Pilgrimage - a Deep Talk story

Actions	Words
Before the session, prepare the poppy seed head by filling it up with sand. *Handle all the objects with care.*	Are you ready for a story?
Spread out the sand, then move it from the coast, through the centre to create a river and a hill. *Lay out the objects as shown in the photo.*	Here is an open place. A place where there are no rights or wrongs.
Place the person on the sand and walk them along the beach towards the shells.	There was once a person who was on a journey
Stack the three shells. Then create something new by balancing the two large shells against each other and then placing the small shell on top. Ideally the structure should fail and you try a second time.	They created.
Walk the person along the side of the river towards the acorn cup. Pick up the acorn cup, look at it with interest and put it on the head of the person. Walk a few steps then take it off and place it back on the sand.	They tried new things.
Walk the person to the other person and the 'animal' and stop for a while. Move the 'animal' towards the person. Then move on towards the feather.	They met others.
Pick up the feather then hold it in the palm of your hand and blow it away. *Slowly walk to the top of the hill.*	Sometimes they had to let go.
Slowly pull and twist the poppy seed head out from the sand, twist it playfully and 'discover' there is sand inside when you turn it upside down. Let the sand sprinkle out.	There were unexpected delights.
Walk the person down the other side of the hill and slowly over the rock, making the sound of the footsteps.	And hard and difficult things.
Move the person to the other two people and stop there for a while.	There were friendships.
Move the person to the threshold between the two sticks, next to the treasure.	And then it was time to move to a new place
Turn the person around to look back.	They looked back at their journey
Pick up the treasure and hold it in the palm of your hand. Move your hand slowly back along the path to the start, carefully looking at all the places.	and were thankful for the treasures along the way
Place the treasure next to the person and turn the person to look forward.	that they could take with them.

Wondering questions
"Let's be curious... I wonder what you like about the story? You can wonder out loud or silently in your heart."
"I wonder what you don't like?"
"I wonder where you are in this journey? In the silence think about the places that you are at today?"
Take the person back to the start and silently retrace the steps, with the same actions - stacking the shells, trying on the acorn cup...

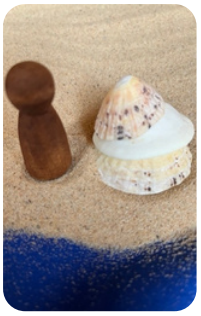
Community Play Question:
Carefully hold the treasure in the palm of your hand and ask: "What are the treasures that you are taking to the next part of your journey? You can name them out loud or in your heart."
When the naming comes to an end, say "Everything that has been said out loud and everything that has been said in our hearts is here in this treasure. Where shall we place it?"

Students may suggest different places - try them all out, acknowledge that they are all good places, and place it in the last one to be suggested.
"Is there anything else that needs to be said?" *Leave silence to leave room for anything that needs to be said.*
"Is this good enough?"
Hold hands over the space and repeat, "This is good enough!" *The children might want to to hold their hands out, or do a thumbs up.*

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There was once a person who went on a journey



They created



They tried new things



They met others.



Sometimes they had to let go



There were unexpected delights



and hard and difficult things



There were friendships

They looked back at their journey



And then it was time to move to a new place



and were thankful for the treasures along the way that they could take with them.

Information and support in the art of Deep Talk:

There are folk in the Deep Talk community who love to support each other and those new to Deep Talk.
To link in to the community and to receive news, information and events (including training) please visit our website https://deep-talk.blog/ or sign up to the Deep Talk newsletter by contacting: kathryndeeptalk@gmail.com