Starfish - a Deep Talk story

Actions	Words
	Are you ready for a story?
Open up the bag. Move the sand. *(You could use tan and blue coloured cloth instead of sand)*	Here is an open place. A place where there are no rights or wrongs.
If the material is blue then leave an area to be the sea furthest from you. *Otherwise spread out the sand and represent the sea with waves in the sand.* *Scatter starfish along the shoreline.*	There was once a beach where a storm had thrown many starfish onto the dry land.
Let your right hand be a person or use a figure to represent a person. *Walk the person from the right side along the seashore towards the middle.* *Every now and then pick up a starfish and throw it into the sea.*	A person walked along the beach, picking up starfish and throwing them back into the sea.
Let your left hand be the stranger or use a figure to represent the stranger. *Walk the stranger from the left side, through the starfish towards the middle.*	A stranger met them and asked "Why are you bothering to do this? There are so many starfish - you cannot save them all."
Pick up a starfish and throw it into the sea.	The person bent down, picked up another starfish, threw it into the sea and replied "I rescued this one."

Wondering

Invite the group to wonder. Ask one or some of these questions: "Now I'm wondering..."
"What did you like best?" "What didn't you like?" "Where would you most like to be in the story?" "Is there anything you would like to leave out?" "What does this remind you of?" "I wonder where you are in this story?" "Where in the story would you find yourself today?"
Carefully place the starfish back in the basket.



Community Play

Invite the children to represent their day or feelings in the sand. "*How is your day? How are you feeling?"*
Feelings can be represented by moving the sand or you may also provide objects that can help with expressing feelings e.g. stones, feathers, candles. (If you are doing Deep Talk on cloth you will need to provide objects!) Depending on time available and size of group not everyone may contribute. Put your own feeling in at the end, or if the group is new to Deep Talk, you might model what to do by going first.

Carefully hold the starfish in the palm of one hand and ask *"Who cares about you? You can name them out loud or in your heart."*
Use your other hand to place the contibutions reverently on the starfish as they are spoken.
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 starfish. Where shall we place it?"* The group decides where to place the starfish.

Then repeat the above with he question *"Whom do you care about?"* Place onto another starfish.

If time invite the children to place themselves in the landscape (using wooden people, pebbles, sticks, feathers, shells, whatever you are using to represent people). Or you can move a person through the landscape and invite the children to imagine where they would be.

"Is there anything else that needs to be said or done?" Leave space for anything else that needs to be said or done.
"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.

Clearing away

Invite people to put away the people they put in the sand and afterwards to take from the sand anything else they have placed down. Alternatively you can do this. Show reverence by packing away slowly and with care.

Information and support in the art of Deep Talk:
To receive news, information and events please visit our website https://deep-talk.blog/ and sign up to the Deep Talk newsletter by contacting: kathryndeeptalk@gmail.com