














## Courtney's Trip to the Seaside

Written by Mary Atkinson for the Story Massage Programme

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	It is a bright, sunny day and Courtney and her friends are enjoying a day at the seaside.
	There's so much to see and do at the seaside.
	But first, Courtney sits down in the warm sun. It makes her feel calm and happy inside.
	Then maybe she could watch the seagulls as they swoop in and out of the waves.
	Or she could go down to the sea and breathe in the salty sea air.
	Or she could collect some pretty shells of different shapes and sizes.
	Or search for crabs in the rock pools. They look so funny as they walk sideways!
	But for now, Courtney sits and relaxes in the warm sun. It makes her feel calm and happy inside.
	Then maybe she could have her picnic. There are lots of tasty things to eat and drink.
	Maybe she could play with the sand and feel it gently trickling through her fingers.
	Or she could watch the colourful kites as they weave their way through the sky.
	There's so much to see and do at the seaside.
	But for now, Courtney sits and relaxes in the warm sun. It makes her feel calm and happy inside.