













Under the Sea

Written by Mary Atkinson for the Story Massage Programme

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	Deep in the ocean lived little Freddie Fish.
	He was darting and diving and dashing around looking for a quiet place to relax in the busy ocean. But it was difficult.
 	He had to zip past Octopus with eight swirling, curling tentacles searching for food.
	Then Sea Turtle whizzed and weaved through the water with his super-strong flippers.
	While the twisting, twirling, whirling of Spanish Dancer made him feel quite giddy.
	Crab scooted and scuttled sideways across the ocean floor, in a hurry with a flurry of legs. Little Freddie Fish didn't feel very relaxed.
	Then he was whisked away on the current of the flip-flap-flop of Ray's amazing wings.
	That's when he spotted wibbly-wobbly Jellyfish floating calmly in the water. That looked very soothing.
 	Little Freddie Fish realised he could do the same. So, he let his whole body relax, breathing in and out, in and out.
	And he forgot all about the frenzy of his sea-friends and felt calm inside.