

The Lighthouse Activity

For those who feel lost, overwhelmed, or isolated, expressing those feelings and visualising hope can be a therapeutic and beautiful way to identify needs, feel hope for the future, and realise where they are on a specific journey.

The activity involves imagining being lost at sea and visualising the ideal lighthouse that would provide the right kind of guidance. This is a great activity for both children and adults.

Here are the instructions.

You will need:

- Plain or coloured paper
- Colouring pens and pencils

Begin by:

1. Start with a basic guided meditation. Ask your child to sit comfortably, close their eyes, and turn their focus to their breathing. Allow a minute or two for your child to clear their mind and become settled.
2. As your child continues to meditate and relax, explain that it is common for all of us at points in our life to feel lost, isolated, or overwhelmed. It can be a scary time, and we often think there is no way out, but there is usually always a light to help guide us back to safety.
3. Next, start to tell your child a story. They have been out on a boat on a clear day, but as the day progressed, the weather has taken a turn for the worse. The sky has darkened, the sea is black and choppy. It is cold, and water is flowing into the boat. They have lost their way and are unsure of how they will find their way back again. But, in the distance, they see a light – it is a lighthouse showing them the way to safety. They must head towards the lighthouse.
4. Bring your child out of their meditation and provide them with the materials. Instruct them to draw, colour, or paint a lighthouse as a source of guidance. Encourage them to depict themselves in relation to the lighthouse somewhere in the image and to add words that represent sources of guidance in their life.