

# Boat



*‘There is nothing – absolutely nothing – half so much worth doing as simply messing about in boats.’*

Kenneth Graham, *Wind in the Willows*

- You can row in a purposeful, focussed way, or simply drift along and enjoy the scenery. Is it about the journey or the destination? This summer might be a time for simply enjoying the beauty of a river or lake, rather than pushing yourself.
- Do you need to give yourself permission to slow down and take it easy?
- The push and pull of rowing might be a metaphor for life’s journey. Done well, rowing is about finding a rhythm and a natural flow.
- Rowing with others involves pulling together and working in harmony. Where are you going this summer and who are you travelling with? (Either literally, or metaphorically)