

Sandcastle



- One of the best things about building sandcastles is being in the moment, enjoying the creativity. Getting the right balance of sand and water, adding shells and flags, and bonding with others as you work together.
- Sandcastles remind us that some things in life are not permanent; we can enjoy living in the present without clinging to things that won't last.
- Wisdom is recognising that however much you build walls to keep the sea out, some things will be washed away by the tide - and knowing when to let them go. Creating memories, rather than monuments.

“Like a sandcastle, all is temporary. Build it, tend it, enjoy. And when the time comes, let it go.” Jack Kornfield.

- Do you agree with this quote, or are there things we can build in life that will last?



