

## Gratitude Stone Activity

Maybe you have heard of worry stones. These are typically smooth, polished, oval-shaped stones meant to be carried in your pocket to be rubbed with your thumb when you feel anxious. In this activity, instead of focusing on a worry, you use a stone to remind you to think about the good things in your life—a gratitude stone. It is very simple, yet powerful, prompt for cueing you into a positive mind space to evoke gratitude on a daily basis.

The gratitude stone is a convenient way to focus your attention on the present if you are worried about past events or centering your attention on an impending stressor. It moves your attitude to positivity. This activity works well with people of all ages and can be used as a tool within your classrooms to instill a thankfulness disposition in the children in your class.

### Materials:

- A. A smooth stone

*Safety note: If you are doing this activity with small children, be sure the stone chosen is large enough to not be a choking hazard.*

- B. Tempera paints or permanent marking pens

### Instructions:

1. Locate a smooth stone that can easily be carried. The stone may be of any color or substance. If you are doing this as a class activity, use the time searching for the stone as a time to talk with the children about the concept of gratitude, whom they might want to thank, and what makes them happy.
2. Wash and dry the stone. Using paints or marking pens, decorate the stone. Write the word “Gratitude” on the stone.
3. Find a place in your classroom to display the stone. Place it in a prominent position to serve as a visual prompt for gratitude. Incorporate reflecting on it as part of the daily routine. By ritualizing thankfulness in this way, you will begin to notice that you are able to lift your mood when feeling blue or when feeling neutral simply by reflecting on your sense of thankfulness.