

# Gratitude Rocks

## What is a gratitude rock?

A gratitude rock is a small stone that fits in your pocket or on your desk that you decorate a word, phrase, or design that is calming and remind you to be grateful! Make it unique to you by choosing a word or phrase to fill in the blank:

When I'm grateful, I am also \_\_\_\_\_.

Ex: When I'm grateful, I am also joyful!

## Steps to making your own gratitude rock!

1. Find a small rock! With parent permission, hunt for a small to medium stone in your back yard, front yard, or on a neighborhood walk.
2. Ask a parent for help finding something to decorate your stone. You can use a permanent marker, paint\*, or paint markers\* (fine tip sharpies are the easiest and least messy).
3. Choose the word you filled in the blank with above.
4. Decorate your stone with dots, swirls, flowers, and more. Be creative!  
\*If you use paint or paint markers, be sure to put down old newspaper or plastic to protect the surface you are working on.

## How to use your gratitude rock?

1. You can keep your rock in your pocket, at your desk, or even your bedside table.
2. If you feel anxious, worried, or down, hold your stone, take 5 deep breaths, and repeat your word. Repeat until you feel your energy shift to a calmer state. Then say or think of three things you are grateful for.
3. You can also use it daily - holding it while you practice mindfulness. Set a time for 5-10 minutes. Close your eyes and each time you breathe in, repeat your word to yourself (silent or out loud). End with your gratitude list.
4. Starting a daily mindfulness practice, is good for your brain health and processing emotions! Start small—5 minutes the first week, 10 minutes the second week, and so on until you reach 20 or 30 minutes!

**Be sure to share pictures of your stones with us!**

peace

love

smile

hope

be kind

