

'HOW TO'

Activities...

## Affirmation Stones:

This is a simple and effective way to build some positive thinking and confidence into a child's daily routine.

- ✓ Head out into the Garden or Park and look for large stones or rocks with a flat surface.
- ✓ Paint the stone and decorate it how you wish.
- ✓ Write a word or quote on the stone. Say something positive, it could just be how your feeling 😊
- ✓ Hide the stone in your community for someone else to find and enjoy.
- ✓ Talk about how this activity made you feel.



Creating awe and wonder in every moment

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