

# Mindful pebbles

These are a great tool for both adults and children

By decorating them ourselves, we can use our own interpretation of how emotions effect us.

For people who struggle to articulate how they are feeling, it is a good visual representation to help others understand.

We can also use them to go from one emotion to another.

A basic outline of how to use them:

Get some pebbles and give them a good clean

Decorate them however you like, they are your pebbles! Make sure each one represents how you see the emotion.

If we feel sad, focus on that pebble and release the emotion. Cry if you need to, write things down if you need to or even talk to your sad pebble

Then focus on where we want to be (for example happy).

Work out how to get there, think about things that make you happy, what does the happiness pebble represent to you, sing to your pebble if it helps. Then do one thing on your happy list

For people who can't articulate how they feel but want to explain to others, simply just showing their pebble can be enough so that they can communicate more easily.

