



## GRATITUDE STONE



### GRATITUDE

*Refocus your thoughts and explore ways to practice being grateful.*

### Activity overview

Gratefulness  
Touchstone

### Equipment required

Single Rock or Object

### Time required

Unlimited

*WHY: A touchstone to help us remember what we can be grateful for*

**Find a stone (or another natural object) you like which can fit in to your pocket.**

**Put it in your pocket and every time you reach in and touch it think of something you are grateful for.**



This information is not for sale. It is for educational purposes only.

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