

Inspirational Stones

Positive Self Talk is really important to practice. This Inspiration Stones activity helps us to remember what makes us happy, what we are grateful for and reminds us to think and say positive things about ourselves each day.

Follow our instructions below or [download them https://www.barnardos.ie/media/7765/inspiration-stones.pdf](https://www.barnardos.ie/media/7765/inspiration-stones.pdf) and see how to decorate your own inspiration stones. Recommended for ages 3+

Instructions:

1. Collect stones of different shapes and sizes. It can be helpful to find stones with at least one smooth surface.
2. If the stones are dirty, rinse them off under running water and let dry.
3. You can decorate directly on the stone, or you can paint a base layer of white or other light coloured paint. Allow the base coat to dry.
4. Decorate your stones with words or sayings to remind you of things that bring you happiness and gratitude, or that might remind you to relax, or even positive affirmations about yourself. You can use pens, markers, glitter or paint to decorate your stones. Acrylic paint works great but poster paint works well too.
5. Let your stones dry.
6. If you wish, you can protect your stones and make them last longer by putting a final clear coat on – you can do this using clear nail varnish or even by brushing your finished stones with PVA glue. This is really important to do if you are going to place your stones outside.
7. Place your stones in places around your home or garden where you will see them and feel happy, grateful, calm or good about yourself!



Photo: Stones painted by 3 year old, 8 year old and their Mum.