

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
1+



ESTIMATED TIME:
15mins

The reassuring pebble

ACTIVITY OBJECTIVE:

To help young people use words as a tool to spread reassurance, kindness, and empowerment.

MATERIALS REQUIRED:

1. Pebbles/stones
2. Coloured marker pens
3. Additional materials for decoration

INSTRUCTIONS:

1. Ask each young person to think of a word, phrase, or sentence that reminds them to be kind to themselves. (They can discuss in groups to help them think of ideas)
2. Give each young person a pebble/stone.
3. Have young people write their word/phrase/sentence on their stone.
4. Give young people materials and time to decorate their stone.
5. Have them share why they chose the word(s) on their stone. (This could be in a group or with the person next to them)
6. Conclude with discussion questions: How can words help reassure us? What are some of the most important things other people have said to you?

* Additional ideas: Stones could be placed around a classroom or community centre/area to share kind words with others. Young people could also keep their stones as an object to remind them of positive words and help them feel more grounded when things feel out of control.



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.