



Activity 31

Spiritual Development:

Blessing Rocks To explore our blessings.

You will need – large river rocks (you can buy them from a garden centre or collect them yourself), nail varnish or acrylic paint, small paintbrushes, varnish or decoupage glue.

Activity – On your own or with a partner, think of all the things in your life you are grateful for. These are your blessings e.g. family, friends, food, water, clothes, toys, being able to read and write, school, being able to play sports, singing, holidays etc. You can make notes of these to remind you as you decorate your blessing rock. Paint your rock and allow it to dry then write 'Blessings' on your rock and design a pattern around the words. Once dry, paint your rock with varnish or decoupage glue and allow to dry. Take your blessing rock home and keep it somewhere where it will be a constant reminder to you of all the things in life that you are grateful for and that you are blessed with.

