

Positive Affirmation Rocks

How does it help students?

- Allows students to think about the positive qualities they possess
- Create a piece of art they can reflect on when they are feeling down on themselves.

What will we need?

- Plain river rocks (the grey ones are best, since markers show up nicely on them)
- Markers or colored Sharpies

How do we do it?

- Think about the phrase “I am.” What comes to mind? Are they positive things or negative?
- Using the markers, write positive words that describe you.
 - Examples: I AM - Love, strong, kind, happy, peace, good listener, etc

Additional Notes:

- The rocks can be modge podged to seal the markers on the rocks, but it isn't necessary for the activity.

Source: N/A This was a quick lesson from a grad school class