

Gratitude Stones



In our kids yoga class this week, I introduced these gratitude stones as a tool to talk to kids about gratitude and to encourage them to start a daily practice of reflecting on the many good things in their life.

Research is showing that by cultivating an attitude of gratitude we can actually improve our health. Gratitude can reduce anxiety and depression, improve sleep, enhance relationships and ultimately lead to more happiness. If our children start this practice now, they are setting a foundation for healthy development!

You can either provide your child with a stone or help them find one outside...any stone will do the trick.

How to use: Encourage your child to take a few minutes each night before bed to hold their special stone and to reflect on and offer gratitude for the blessings in their life. They can also choose to carry the stone with them throughout their day!

Enjoy the many benefits of your gratitude attitude!

