

ROCK YOUR STRENGTHS



INTRODUCTION

Rock hunting is a great way to get outside, enjoy your environment and be active, walking around your neighbourhood with your family and/or friends.

For this week's lesson, we want you and your loved ones to get outside and search for the perfect rocks to decorate... with a twist! Think of these questions while you're out on your rock hunt:

- **What are my strengths, talents and gifts?** (These are all things you are good at or things that make you feel good while doing them.)
- **What do my loved ones think my strengths, talents and gifts are?**



HOW IT WORKS

1. Get outside and start hunting! Gather rocks that are large enough to write a word on them. Try to find at least three. Remember to think about the questions above and discuss with your fellow rock hunters what you think your strengths, talents and gifts are.
2. Once you're home, grab some paint. Decorate your rocks any colour or pattern you would like.
3. Once your paint is dry, take a permanent marker and pick a word that describes one of your strengths, talents or gifts. Write the word on the rock. Try to have the word on a flat surface of your rock and in a spot where it will be visible at all times.
4. Use your newest creation as a paper weight, a room decoration or place it next to your dream seed in your garden as a reminder of who you are and why you're special and unique!

Thrival Kits™ is a partnership between the Manitoba Advocate for Children and Youth and the Canadian Mental Health Association (Manitoba-Winnipeg). For more information, visit thrivalkits.ca.