TIEMPO TRANQUILO

Calming Rock

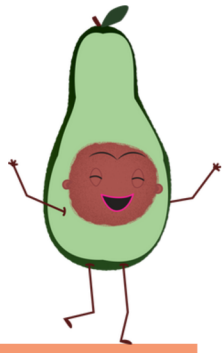


Learning Overview

In this activity, children will create simple art while exploring their emotions. Families will choose an emotion or positive affirmation to decorate a calming rock.

Materials

- Foam paint brushes
- Newspaper or construction paper for catching paint
- Acrylic paint
- Acrylic paint markers
- Smooth rocks and pebbles
- Inspirational quote stencils (optional)
- Double-sided tape
- Water
- Plastic cups



Step-by-Step Instructions

1. Talk with your child about the purpose of a calming rock. For example, you may want to emphasize how it can be used to reflect on the painted affirmation when they are not feeling the best.

2. Imagine and plan how you will design your calming rock. Use the foam paint brushes along with the acrylic paint and markers to create an unique design!

3. If you mess up, you can use your plastic cup and water to erase the design and create a new one.

4. Once your design is complete, pick an inspirational quote stencil or create your own affirmation to place on the calming rock.

Tranquilo Talk

As you work on the activity, ask your child questions like these:

- “What colors should we use to paint our calming rock?”
- “What message do you want to place on top of your calming rock?”
- "How will you continue to use your calming rock when you are angry, mad, sad, or experiencing a particular emotion?”

Tiempo Tranquilo Podcast

Tiempo Tranquilo is an immersive mindfulness podcast for children ages 4-8. Each episode will guide young listeners through the big feelings of life through storytelling and guided breathing exercises.

Available in Spanish and English and wherever you listen to podcasts.

The Ready To Learn Initiative

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