



Joy Rock Walk

Whenever you and your child are out on a walk or visiting places near or far, collect some smooth rocks to take back home with you. Keep them in a basket or container. Anytime something brings your child real joy- a song that makes them sing SOOOO loud or a visit from their best friend or a phone call from their grandparent- paint the word or words that stand for that joyous moment on one of the collected rocks. Have your child place the rock somewhere outside your home and add rocks to create a trail each time a joyous moment happens for your child. Over time, you will have created a 'Joy Rock' trail to walk on anytime your child needs to remember what makes them happy!

