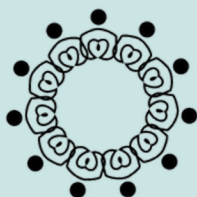


# Grounding Stone



# Grounding Stone

## What You'll Need!

- **A small smooth stone - one that fits comfortably in your palm**
- **Markers or paint (optional)**



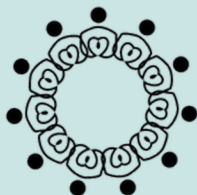
# Grounding Stone

**A grounding stone can bring you back to the present  
- its cool, steady weight is a reminder to pause,  
breathe, and be here now.**

## **Create Your Grounding Stone**

**Step 1:** Choose a stone that feels good in your hand one that fits comfortably in your palm.

**Step 2:** Notice its texture, weight, and temperature. How does it feel when you hold it?

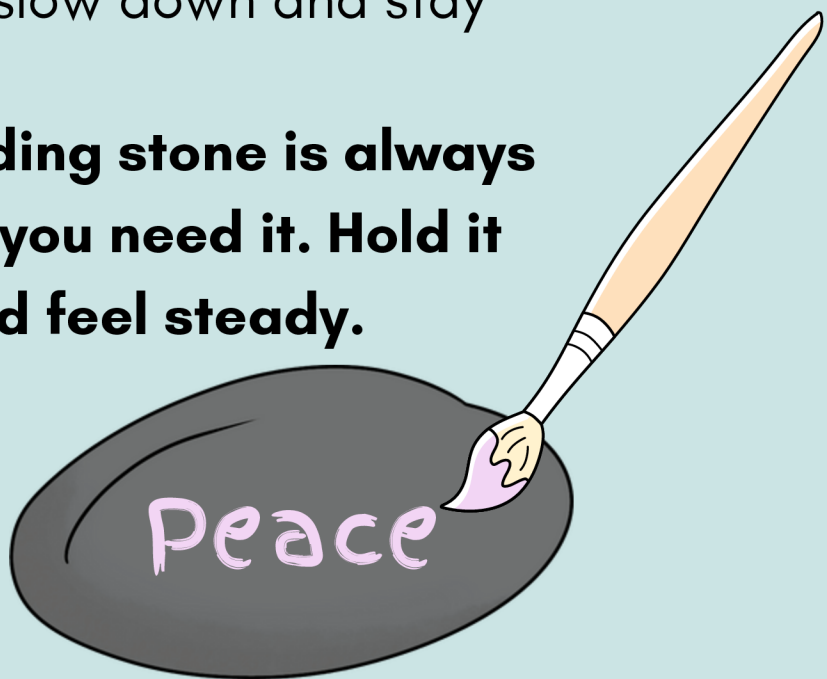


# Grounding Stone

**Step 3:** Decorate it (optional). Use markers or paint to add colors, patterns, or a calming word that brings you peace. Or maybe adding a calming face.

**Step 4:** Keep your stone with you. Carry it in your pocket or bag as a reminder to slow down and stay present.

**Your grounding stone is always there when you need it. Hold it breathe, and feel steady.**



# Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

