

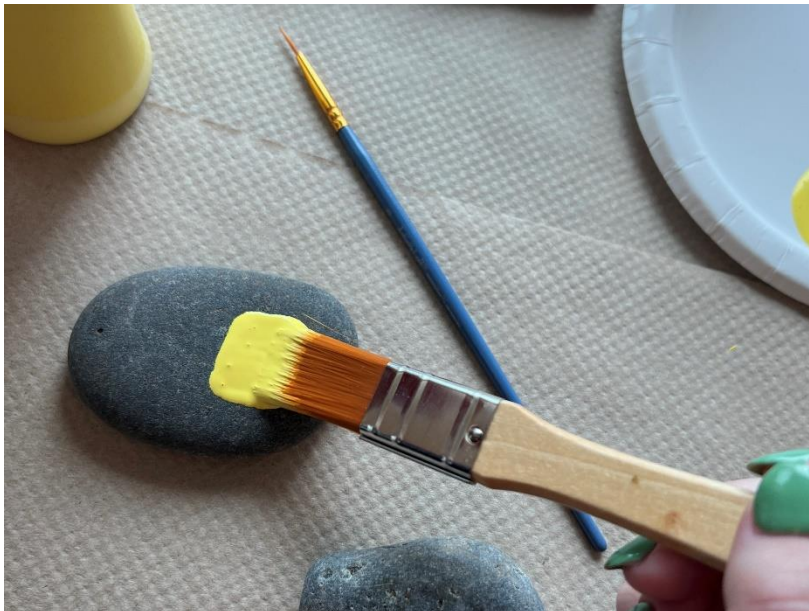
Rock n' Roll

Materials Needed:

- Smooth stone
- Acrylic paints
- Paint brush
- Permanent marker
- Cup of water



1. Think of a song lyric that uplifts and inspires you. Keep the lyric in mind as you paint your stone a color of your choosing. Some bold colors to choose from are yellow, orange, pink, and red.



2. Clean off your brush in a cup of water and place your rock aside to dry. While the paint dries, read Tammy's mindful reflection below.

3. Mindful Reflection

Listening to music is an excellent doorway into mindfulness of the body. As you reflect on the melody, rhythm, and lyrics of your song, notice how you feel. Is there a sense of joy, hopefulness, adventure, longing...? Once you identify the emotions arising, see if you can shift your attention inward and notice where in the body these feelings are most alive. You might notice a sense of energy flowing through your chest. Or a sense of brightening in your face and eyes, or perhaps a quality of expansiveness in the belly. Once you identify where in your body these emotions stimulated by your song reside, try taking a few deeper breaths and imagining that you're breathing into these sensations and then imagine them expanding. Now, see if you can stay present and connected to the felt sense of your body's emotional state as you stay present with the lyrics and complete your project.

4. Once your background color is dry, write your song lyric on the stone. You can then add designs that make the rock stand out even more, like flourishes, music notes, or leaves.





Bonus step: Place your lyrical stone somewhere in your community where others might find it, like a local park or downtown area.

