

Stones... have feelings too!



Use these cards for interpreting feelings, naming feelings and building emotional literacy!

Each of the 52 *Stones ...have feelings too!* cards features a quirky stone character showing an emotion. Users are free to interpret the emotion as they wish. On the back of each card there are three words offering possible interpretations of what the stone is expressing. Sometimes the words are very similar in meaning, sometimes they describe quite different emotions. After all, we sometimes interpret feelings, expressions and behaviours quite differently!

Pictures of the future

While the stones can be used to unpack feelings about past experiences, they can also be used to build optimism. Choosing a stone to represent how we want to be is a great way of reinforcing purposefulness and describing what we are looking forward to. Picturing the future using the stones can suggest strategies for growth and change.

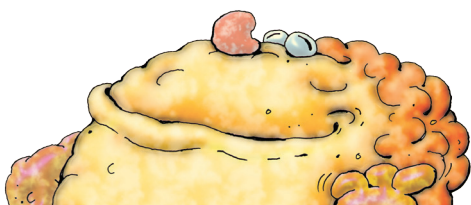
- Can you choose the stone you would like to become, or the stone you would like to be (at the end of an event or process)?
- Can you describe how you will be feeling?
- What will you be thinking and what will you be doing?
- How will it be different to what you are feeling, thinking and doing right now?
- What differences will other people see?
- What effect do you think these differences may have on them?
- How do you think you might hang onto, or capture, or control these feelings and make them last?

Reframing feelings

Reframing is often used during counselling to change prevailing negative, hurtful or destructive ways of looking at ourselves or others. As a therapeutic technique, reframing reminds us that there are always alternative ways of looking at any situation, if only we are able to change perspective.

The stone characters have a certain ambiguity that allows their expressions to be interpreted in different ways. Here are some questions you might ask in the context of a reframing exercise:

- Which of the three words do you think best fits the stone's expression?
- Can you think of other words that might more accurately describe this feeling?
- What was your first impression of that stone's feeling? Has this changed since you considered the different words on the back?
- Could all these words fit or are there subtle differences suggested by each of the words?
- What influences your interpretation of the stone's expression?



Stones for evaluation

Stones ...have feelings too! can be used in innovative ways to provide feedback and to check that an activity or process has been understood. The cards may work particularly well with groups who struggle with conventional evaluation techniques. Using the cards, questions can be constructed to elicit responses in terms of feelings. For example:



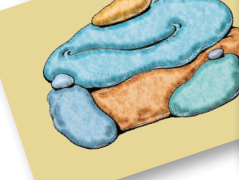
- Which card best represents how you hoped to feel at the end of the process/event?
- Which of the stones best represents how you feel (about a particular event or process)?
- Which stones correspond with different parts of the activity?

Dramatic expression

There are countless ways that language and arts teachers, and therapists, can use the cards as prompts for creative expression. Try using them for a drama class!

- Here is a character for you to act out. What sort of personality goes with this stone?
- How do you imagine they would move or talk?
- What would they be thinking and feeling?
- Can you and others in your group devise a scenario in which you act out your stone character? For example, imagine a scene in a supermarket where your stone characters are doing their weekly grocery shopping, or perhaps a group of stones stranded in a lift or at a dinner party!

Don't forget our Stones Value Pack. It includes the *Stones ...have feelings too!* cards, the companion sticker sheets, the picture book *The Wrong Stone*, and the *Pocket of Stones*, containing 12 handcrafted, ceramic 'stone' characters—perfect for tactile learners.

STONES...HAVE FEELINGS TOO!

52 laminated, full-colour cards, 150 x 100mm, polypropylene box, 44-page booklet.
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