

# Listening Rocks

Fostering faith formation and communication with children.

Listening Rocks give children a safe, playful way to share thoughts and feelings. Children choose 1-3 stones and explain what each symbol means to them. There are no right or wrong answers - we listen with kindness.

## Materials

- Smooth rocks (collected and washed, or from a craft store)
- Permanent markers (optional: clear sealer)
- Bowl or cloth bag to hold the stones

## How to use

- Place rocks in a bowl, bag or decorated box.
- Child chooses 1-3 rocks.
- Take turns: 'This rock makes me think about...'
- Listener does not correct, fix, or rush.

Symbols to draw on rocks (simple line drawings)

Cross: "Where do I need Jesus in my life?"

Clock: "What feels hurried or heavy right now?"

Hands in prayer: "What do I want to pray about today?"

Bird: "Where do I need freedom, peace, or courage?"

Building blocks: "What am I learning or building in my life?"

Reaching hands: "Who needs help?" "Who can help me?"

Eyes open: "What do I want to notice or be brave about?"

Eyes closed: "What moments do I need rest or quiet?"

Heart: "Who or what do I love deeply?"

Broken heart: "What feels broken and what might bring comfort?"

Question mark: "What big question do I have for God?"

Tree: "Where am I growing?" "What makes me feel rooted?"

Church: "How does our faith community support me?"

School: "What is going well?" "Where do I need help in school?"

Bandage: "What needs healing (body, feelings, friendship)?"

Puzzle piece: "What feels missing?" "What am I trying to figure out?"

Umbrella: "What do I need protection from?"

Open road: "What changes or journey is ahead for me?"

Star: "Where do I see hope, or a guiding light?"

Candle: "What small light can I share today?"

Hammer: "What needs to be repaired, strengthened, or made new?"

Happy face: "What brings me joy?"

Sad face: "What hurts or feels disappointing?"

Angry face: "What feels unfair or frustrating?"

Confused face: "What don't I understand?"



Name \_\_\_\_\_

Date \_\_\_\_\_

Today I chose:      ☐ 1 rock      ☐ 2 rocks      ☐ 3 rocks

My rocks are: \_\_\_\_\_

### Share your thoughts and feelings

Rock #1 symbol \_\_\_\_\_

This rock makes me think about... This rock matches how I feel because...

\_\_\_\_\_

\_\_\_\_\_

Rock #2 symbol \_\_\_\_\_

This rock makes me think about... This rock matches how I feel because...

\_\_\_\_\_

\_\_\_\_\_

Rock #3 symbol \_\_\_\_\_

This rock makes me think about... This rock matches how I feel because...

\_\_\_\_\_

\_\_\_\_\_

### Closing prayer

Jesus, thank You for listening to us. Help us listen with love, and share our gifts with others. Amen.