

# Stones

*...have feelings too!*

*Digital Version*



St Luke's  
**Innovative**  
Resources

## *Welcome to the Digital Version of Stones ... have feelings too!*

**Find a stone character for every emotion and build your vocabulary for describing feelings.**

*Stones have feelings too!* is used by countless children, adolescents and adults to talk about feelings. First published as a card set and stickers, this set of 52 delightful stone characters is now available in an interactive, user-friendly digital version.

You can:

- swipe through the 52 Stones, one at a time
- see two images on the screen at once—the stone character on the left, and three possible words to describe the feeling being depicted on the right.
- swipe through a row of thumbnail images at the bottom of the screen
- bookmark/tag images
- add and drag notes to specific parts of the Stone's body—or anywhere else on the image
- write, scribble or draw on the image, or add your own feeling words
- highlight, draw and write in multiple colours
- take a screen shot and access the image in your photo gallery (you can't print directly from the digital images).

## Who is this resource for?

*Stones ... have feelings too!* is for children, young people and adults alike. It is a highly versatile resource for teachers, wellbeing coordinators, counsellors, social workers, trainers, team leaders, supervisors and parents. It is used in classrooms, school camps, youth groups, health services and in the justice system. It is used extensively in social work settings including mental health, disability, out-of-home care, family and community services. *Stones ... have feelings too!* also makes regular appearances in training, evaluation, job interviews and meetings.



## **What is this resource for?**

*Stones ... have feelings too!* is used for identifying feelings and finding words to describe them. Learning to recognise our feelings—and those of others—is an important aspect of building emotional intelligence. But it is not enough just to recognise feelings—we also need the skill of being able to describe them to others when we wish (or need) to, so that healthy and mutually-supportive relationships can be built. Having the vocabulary to ‘name’ feelings is a crucial part of learning to navigate those feelings within ourselves, and to ask for support from others.

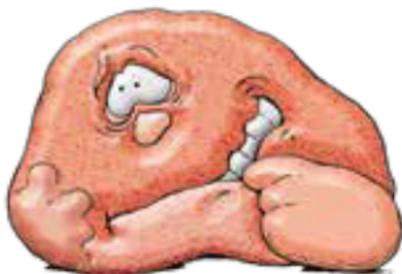
Two images will appear on the screen at once. One is a quirky stone character depicting an emotion such as happy, sad, surprised, anxious, cheerful, angry, shy, puzzled, depressed, proud, scared, playful, tired, relaxed—and countless more. Alongside each character are three possible words to describe that emotion. Sometimes all three words are very similar in meaning and sometimes you will find words that are quite different, and even opposite in meaning. This is because people sometimes interpret feelings and expressions quite differently. For example, is the stone ‘purposeful’ or ‘bossy’, ‘relaxed’ or ‘lazy’? You decide!

### **How many stone characters are in the digital set?**

There are 52 stone characters in the set. In the hard copy version, the cards are printed back and front. In the digital version the front and back appear on the screen side by side, making 104 images in the digital set.

### **What should I consider before using this resource?**

Sometimes talking about feelings can be highly-charged; unexpected memories or thoughts can arise. Images, particularly those with emotional content, take different neurological pathways to words and can have a more direct impact on emotion-processing centres in the brain such as midbrain regions. While you don't need any training to use *Stones ... have feelings too!*, it is important when talking about feelings to consider such things as the timing, the setting and privacy. Please consider how you will ensure that people are safe and respected, and can be supported if strong emotions unfold. It is important that nobody feels 'pressured' to participate or to reveal feelings they are not ready to share.



## *How do I use this resource?*

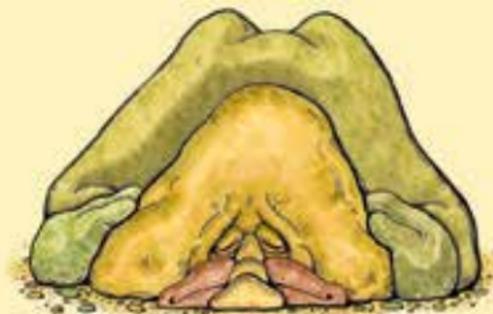
There are so many fun and creative ways to use digital *Stones* ... *have feelings too!* Children and adults love using these colourful, quirky and fun images!

- Invite someone to let you know how they are going with projects, sports events, feelings, goals, plans, or situations or ... anything.
- Build vocabularies about emotions and feelings in the classroom, in counselling, and at home.
- Invite children to use these characters as an adjunct to story-writing.

Here are a couple of 'go-to' questions to keep in mind; they will serve you well even if you don't remember anything else! People can be asked to choose two or more Stone characters based on the following:

1. How are you feeling today (or about any particular subject)?
2. How would you like to be feeling?

Rich conversations can naturally unfold from there.



Now, here are some other ideas to spark your imagination:

### **Random Selection**

A non-threatening way of getting started is to select Stone characters randomly by using activities such as:

- Ask a child or young person, 'How old are you?' You or they can then swipe through the images and find the Stone with that number.
- Ask the person to close their eyes (or turn their back) and randomly say, 'Stop!' as the facilitator swipes through the images.
- Use a timer that has been set to a chosen interval—5 seconds, 8 seconds, etc. Stop on the Stone character when the timer dings.



Then ask questions such as the following:

- What feelings do you think the Stone has inside?
- Is there one main feeling?
- Look at the words beside the stone character—do any of these words describe the feeling well?
- Can you think of any other words to describe that feeling?
- What is the Stone's body doing when he/she is feeling this way?
- Can you show your body doing the same thing?
- Have you ever felt that way?
- Was it a feeling you liked or one you didn't?
- If it was a difficult feeling, how did you get through it?
- What or who helped you most at the time?
- What or who could help you most if you were feeling that way today?
- Have you found that feeling easier or harder as you have gotten older?
- Does this Stone remind you of people you know?
- How do you know when they are feeling like that Stone?
- How do you feel when they are feeling/acting like that Stone?
- Can you tell a story about a time this Stone reminds you of?

## Stone of the Day/Week

Teachers or parents can swipe through and pick a Stone of the day/week, or have a child pick one. The class then focusses on that emotion, using some of the questions above to explore it more. This will help build children's emotional literacy.

## Storywriting and Dialogue

Teachers can project selected digital Stones onto a large screen and ask the class the following:

- What is each Stone feeling?
- Which of the three words next to each Stone describe it best?
- Can you think of other words that might describe what the stone is feeling?
- Can you make up a name for each Stone?
- Can you write a character profile including their favourite food, clothes, sayings, habits, and so on?
- Can you write a dialogue or story using the characters? What do they have to learn from each other?



## The Stones You Bring With You

Many counsellors, therapists and support staff like to find out what Stone (or feeling) may already be 'in someone's pocket' when they arrive for a session or at school. This is a useful exercise for demonstrating that we approach all situations with a residue of feelings from previous events. We never start as blank slates. Recognising this and allowing for it to be processed can play an important part in opening ourselves up to new learning and giving ourselves permission to move on. People can be asked to swipe through the images and choose the Stone that best represents how they were feeling before arriving today:

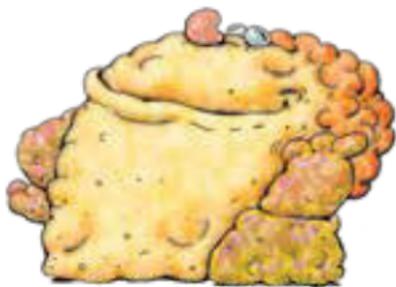
- What was happening in the time leading up to now?
- What was your morning like? What were the events that occurred and what effect did they have on you?
- Is this still influencing you now?
- If the feeling you are bringing with you is strongly negative, how have you successfully dealt with such feelings previously?
- What would help you most to get settled before we start?



## Family Sculpting

A popular activity for family counsellors or classroom teachers (especially for students beginning school) is to create a poster about their family using *Stones ... have feelings too!* Invite children to choose a stone character to represent each person in their family (or friendship group or team). Using the digital Stones you can write the relative's name on the image. You can take screen shots and print the images from your photo gallery and then the child can stick them on a poster. (*Stones ... have feelings too! Stickers* are great for this too.) Useful questions might include:

- What is it about this particular Stone that resembles this person?
- Is 'person X' always like this Stone or sometimes are they like a different Stone?
- Do they perhaps have 'Good Stone Days' and 'Bad Stone Days'?
- Which Stone is most like you – on a Good Day or a Not-So-Good Day?
- Who are you closest to in your family?
- Do you have a particular 'hero' in your family?



## Scaling/Evaluation

There are many different scaling techniques that work as powerful ways of representing progress or change. Scaling can be used to describe someone's current feelings, evaluate activities, describe where a project is at, portray someone's 'relationship with a problem', or to develop goals and next steps. A limitless range of human experiences can be scaled—from one's coping ability to one's energy levels to ... any emotion that can be named, for example:

- If you thought about happiness as a 10-point scale what Stone would you choose to represent a 10 – the happiest Stone ever?
- Which Stone would you choose for a 1 – the unhappiest Stone ever?
- Which Stone is the happiest/unhappiest Stone you have ever been?
- Which Stone represents how happy you are now?
- What might you do to stop yourself falling down your happiness scale?
- What might you do to go one point up your scale?



## **Creating an Audience**

One powerful 'strengths-based' idea is to build a potential audience who can notice and reinforce positive change, using questions like:

- Whose opinions do you respect most?  
What would they say were your greatest strengths?
- Who would you like to notice the progress or changes you make?
- When you have taken a step or reached your goal, who do you hope will notice?
- Which Stones represent how you think they will feel about your effort?
- Who would you want to celebrate your success with?

## **Best Hopes**

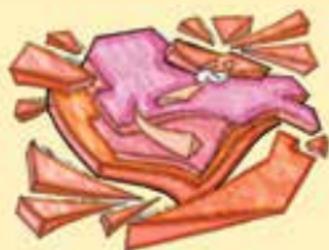
Solution-focused, brief therapy practitioners emphasise the power inherent in imagining 'pictures of the future'. Building a picture of the future around 'best hopes' creates anticipation and keeps optimism alive, but without the shadow of possible failure that sometimes sits just under the surface of big plans, goals or resolutions.

- Which Stone do you hope to be when the problem has evaporated?
- When your best hopes are realised which Stone corresponds with how you will be feeling?
- Which Stone will others see when your best hopes come to fruition?

## Hidden Feelings

Sometimes the emotions we are experiencing on the inside may be quite different from what we show on the outside:

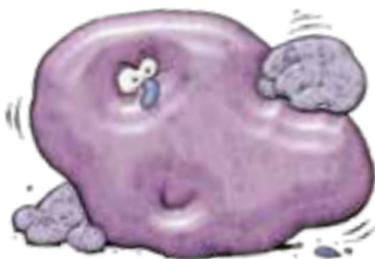
- Do you think it is possible for anyone to feel like one Stone on the inside but to look like another Stone on the outside?
- Can you think of a time when you had a different inner and outer Stone? Choose two different Stones to show this.
- What if you reversed the two Stones so that the inner Stone was now on the outside?
- What do you see as the similarities/differences between these two feelings?
- What would happen if you showed on the outside how you were feeling on the inside? Does that always work?
- Does anyone close to you mostly know what your inner Stone is feeling, even when you don't show it on the outside?
- Think about a time in your life that was challenging. Which Stones represent the different feelings you experienced at the time?
- Which ones did you allow others to see and which ones did you keep hidden?



## More than One Stone at Once

It can be easy to think that we only feel one emotion at a time. But human beings are complex and a number of quite different and even contradictory feelings might arise at once. We might feel exhilarated and anxious, excited and apprehensive, happy and disappointed.

- Which different Stones have you felt at the same time?
- Did one Stone come out on top?
- Can you deliberately choose a Stone you want to feel?
- Do any Stones often go together for you? What is that like?
- If you think of yourself as a car, and the Stones as your feelings, which Stone is in the driver's seat right now?
- If you'd prefer another Stone to drive, how could you change drivers?
- Is there another Stone who sometimes/often comes along as a passenger?
- Is there another Stone you would rather have as a passenger? If so, how could you drop one passenger off and pick up another?
- Is there a Stone in the back seat?



## Finding, Painting and sculpting Stones

Teachers, parents or carers of children can all enjoy treasure hunting for stones. Stones can be found beside rivers, lakes and dams, on beaches, and in parks and on pathways—whether urban or rural. There is great pleasure in paying attention to their size, colour, texture, markings and shape.

- Can you find your own stone characters—perhaps matching some of the characters they see in *Stones ... have feelings too!*
- Can you find a heart shape—what emotion might this stone be feeling?
- Can you find a stone that seems to be smiling or frowning?

Stones can also be painted. Smooth pebbles found in gift shops or garden shops are perfect for painting with their very own facial expressions.

What about sculpting your own stones? They can be shaped from clay, plasticine or dough.



## Feedback Using Stones

*Stones ... have feelings too!* are an invaluable means of quickly giving feedback in a wide variety of situations. A person can swipe through the Stones and choose one that represents their feelings about a project, a book, an event, a school subject, and so on. Any additional comments can be written digitally on the image. This is a great self-evaluation tool for school reports.



## The Complete Set of Cards



Abandoned  
Left-out  
Surrounded...or?



Adventurous  
On-the-edge  
Rebellious...or?



Afraid  
Scared  
Frightened...or?



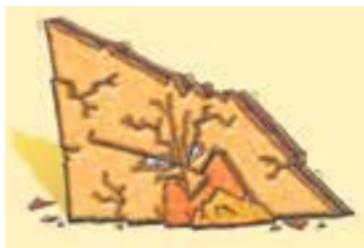
Angry  
Mad  
Disgusted...or?



Annoyed  
Grumpy  
Bad-tempered...or?



Assertive  
Dominating  
Proud...or?



Bitter  
Mean  
Critical...or?



Brave  
Fearless  
Reckless...or?



Bullied  
Harassed  
Picked-on...or?



Burnt-out  
Burdened  
Used-up...or?



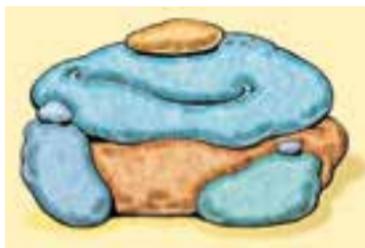
Caring  
Nurturing  
Protective...or?



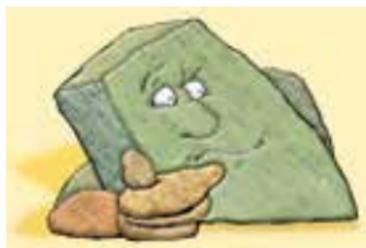
Clumsy  
Funny  
Off-balance...or?



Confident  
Sure  
Independent...or?



Contented  
Light-hearted  
Hopeful...or?



Curious  
Concerned  
Thoughtful...or?



Defiant  
Tough  
Aggressive...or?



Depressed  
Discouraged  
Down...or?



Different  
Quirky  
Strange...or?



Embarrassed  
Humiliated  
Silly...or?



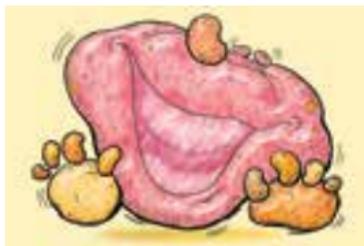
Energetic  
Enthusiastic  
Over-the-top...or?



Exhausted  
Relaxed  
Flat...or?



Guilty  
Ashamed  
Caught-out...or?



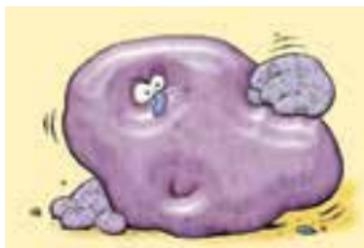
Happy  
Joyful  
Carefree...or?



Hollow  
Empty  
Drained...or?



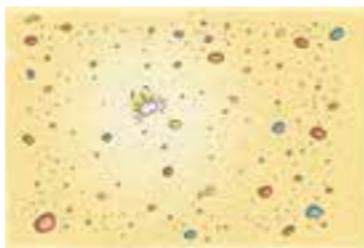
Hurt  
Wounded  
Offended...or?



Indignant  
Let-down  
Cheated...or?



Intelligent  
Wise  
Studios...or?



Invisible  
Insignificant  
Ignored...or?



Lost  
Aimless  
Alone...or?



Loveable  
Friendly  
Gullible...or?



Loving  
Warm  
Affectionate...or?



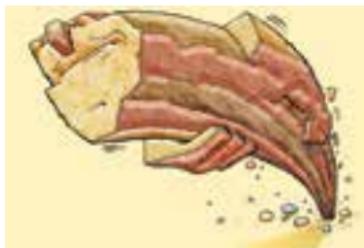
Nervous  
Edgy  
Tense...or?



Optimistic  
Eager  
Focused...or?



Organised  
Hardworking  
Fussy...or?



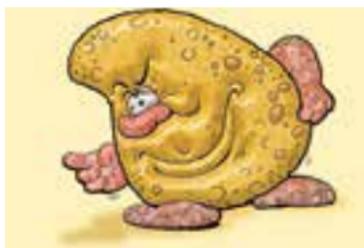
Outgoing  
Powerful  
Ambitious...or?



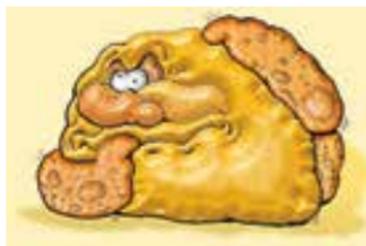
Playful  
Crazy  
Cheeky...or?



Powerless  
Useless  
Self-conscious...or?



Purposeful  
Determined  
Bossy...or?



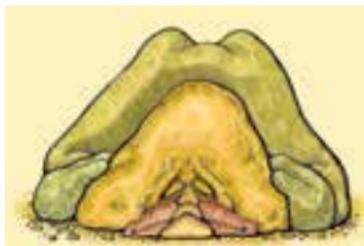
Puzzled  
Unsure  
Confused...or?



Quiet  
Calm  
Peaceful...or?



Resourceful  
Clever  
Resilient...or?



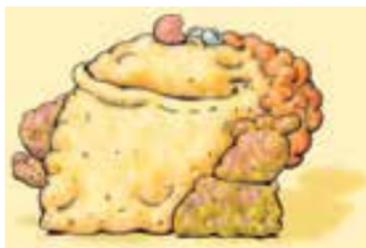
Sad  
Lonely  
Blue...or?



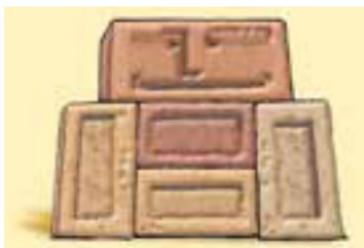
Settled  
Safe  
Secure...or?



Shattered  
Wild  
Out-of-control...or?



Smug  
Satisfied  
Pleased...or?



Solid  
Steady  
Balanced...or?



Stuck  
Heavy  
Bogged-down...or?



Surprised  
Amazed  
Stunned...or?



Tired  
Worn-out  
Bored...or?



Trapped  
Crushed  
Dominated...or?



Vague  
Dreamy  
Distracted...or?



Worried  
Anxious  
Stressed...or?



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***Now available digitally!***

***Fifty-two quirky Stone characters depicting a huge range of emotions and body signals. Write and draw on them, highlight and tag them, take a screen shot and save them in your gallery—and watch emotional intelligence grow.***

Learning to recognise and manage our feelings is crucial to mental health and wellbeing.

And so is being able to describe our feelings.

Having the vocabulary to 'name' feelings helps us develop empathy and seek support when we need it.

Two images appear on the screen at once—an engaging stone character depicting an emotion such as happy, sad, anxious, angry, depressed, proud, scared, playful, tired, relaxed—and three possible words to describe the emotion.

***WHAT DO YOU THINK THE STONE IS FEELING?***



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