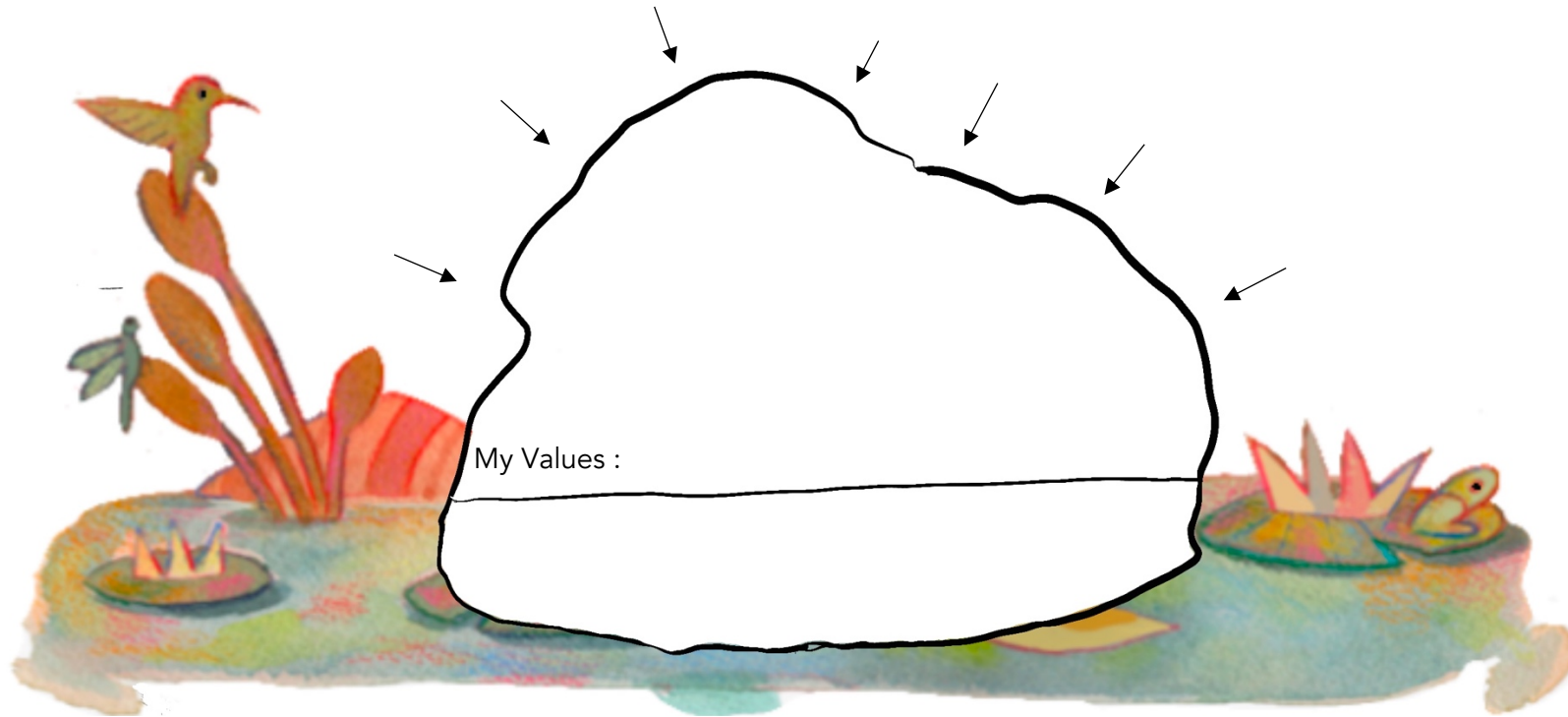




SOLID AS A ROCK

Remember that part of yourself that is always there, no matter where you are, what you do, or think? The 'self' (the 'you') deep within your heart that notices the things changing around you but remains unchanged.

Imagine this rock in Izzy's Pond. Through the seasons and years, the appearance of the rock will change... it will be covered in mud, moss, or snow. It could be knocked and scraped by another rock or branch falling into the pond or make a perfect hiding spot for tadpoles - But underneath the surface – the rock remains the same.



Activity

Imagine you are the rock. Your core values - the things that mean the most to you, the kind of person you want to be, and the difference you want to make in the world are below the surface and under the water.

1. Write or draw your values under the water.
2. In the space above, around and on the rock, write or draw the things that happen around you – the weather, things people say (good or bad), places you go, things that make you worry, sad, or hurt your feelings - activities or events in your life, your thoughts, your brain's comments, and your emotions.

Discussion

- Sometimes we forget that the things people say about us, the things we say about ourselves, and the things that happen to us do not define who we are. While we may feel emotional when people say or do hurtful things or things happen in our life that cause us pain, it is important to remember that these things will pass, fade away and move on. They do not change who we are within our hearts and should not stop us from doing the things we want to do.
- What are some things that people have said about you or situations in your life that have made you sad, mad, or worried?
- How do you - solid as the rock, remain unchanged? How have you continued to move toward the things that matter to you?

Extension

Give each person a small stone or pebble to put in their pocket or backpack. Ask participants to carry the pebble around with them. What do you think will happen to the pebble throughout the day or week? Will it change according to where you are, who you are with, things people might say, or what you might think? Or will it remain the same?

Carrying this pebble can be a reminder that whatever happens around you, you are strong. Your life can continue to move in the right direction—toward the things that matter to you the most.

