**Peacefulness Exercise: The Gratitude Stone**

**Introduction:** Expressing gratitude and retelling favorite memories help evoke feelings of well-being. Recalling places and experiences where one has felt peaceful will begin to positively affect one’s body and mind. For example, notice when someone talks about a recent vacation or a serene walk in the park – their shoulders relax, their face softens and they may even let out a sigh. Sharing these ideas as a group enhances positive intentions and encourages participants to appreciate experiences around them that they may otherwise not have noticed.

**The Activity:** For this exercise, facilitators will pass around a small pebble or ornamental gemstone. When the stone is handed to a participant, he or she will tell the group something in which they are grateful…or several “somethings!” Alternatively, the facilitator may choose to begin a sentence and ask each participant to answer when the gratitude stone reaches them.

Here are some sentences that could be used:

* “I can remember a time when I was so happy because \_\_\_\_\_\_.”
* “Today, I am very grateful because \_\_\_\_\_\_.”
* “I feel the most peaceful when \_\_\_\_\_\_.”

After this exercise is complete, give each person a gratitude stone of their very own. Every time they come across it in the future, have them say (out loud or to themselves) something in which they are grateful.