

# HOLY LISTENING STONES

DESIGNED BY REV. DR. LEANNE HADLEY

## WHAT ARE THEY?

Holy Listening Stones are a tool to help children (or anyone) put their feelings, insights and thoughts into words. They also help the listener remember to honor and value the insights shared by the child during Holy Listening.

## WHAT DO THE SYMBOLS MEAN?

The symbols on the stones were deliberately chosen to have several meanings and leave the interpretation of their meaning up to each person. For example, the stone that looks like the "tree" might be a symbol of new growth or strength. Or it can also be interpreted as a tree that is missing roots and ready to fall over. Or it can be seen as a bomb exploding. There is no correct meaning. Whatever the person shares is correct.

## HOW COULD WE USE HOLY LISTENING STONES?

The stones can be used as a check-in for your family. Each family member can take turns picking 1-3 stones and then sharing why that stone was chosen, what that symbol made them think about, or how that symbol made them feel. They are a great tool to help upset children put their feelings into words. As you are home schooling, the stones are helpful with reading comprehension. Whether a bible story or any other story, you can ask your child to pick 1-3 stones that remind them about something in the story. In this way, they are re-telling parts of the story, which enriches their comprehension of the story.

## WHY ARE THEY CALLED "HOLY" LISTENING STONES?

They are called "Holy Listening Stones" because when we use them, we create a sacred and holy space and invite God to enter the space with us while people share.

## WHY ARE THESE HELPFUL?

Because, without time to process, children often struggle to put their feelings and reactions into words. The Holy Listening Stones allow time for quiet reflection and time for children to gather their thoughts. Sometimes children simply do not have the vocabulary to describe their feelings. Instead of asking a child to "tell you how they are feeling," you invite them to "show you." Children often think in pictures and symbols, and the stones help them express themselves in ways that they might not be able to with words alone.

# HOLY LISTENING STONES TO CUT OUT

