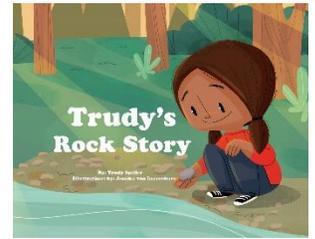


SD72 PARENT HOME LEARNING LESSON

Trudy's Rock Story – Indigenous Connections



PURPOSE / SKILL:

- Connecting nature to story
- Create stories to deepen awareness of self, family, and community
- Create a variety of communication forms for different purposes

MATERIALS: Computer/phone/tablet to watch video, pen, paper

INSTRUCTIONS:

Watch this video: [All In One Family: Trudy's Rock Story on Vimeo](#)

With an adult or person in your house, talk about what kinds of stories, troubles, frustrations you could tell your rock. Talk about what things should be told to a trusted person.

ACTIVITY:

- 1) With an adult, go outside and find your own rock. Tell the rock a story, your worries, what frustrates you or makes you angry.
- 2) Carry your rock with you and talk to it when you feel upset, angry, sad, etc.
- 3) Find a safe place to store your rock until you are ready to return it to nature.
- 4) When you are done with your rock, return it to nature.

POSSIBLE NEXT STEPS:

- 1) Write a story about your rock as the main character. What adventures has it had travelling to where you found it? How big do you think your rock was in the beginning?
- 2) Find a rock for someone in your life that you think would appreciate having a rock to tell their worries, stories, frustrations to.

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