

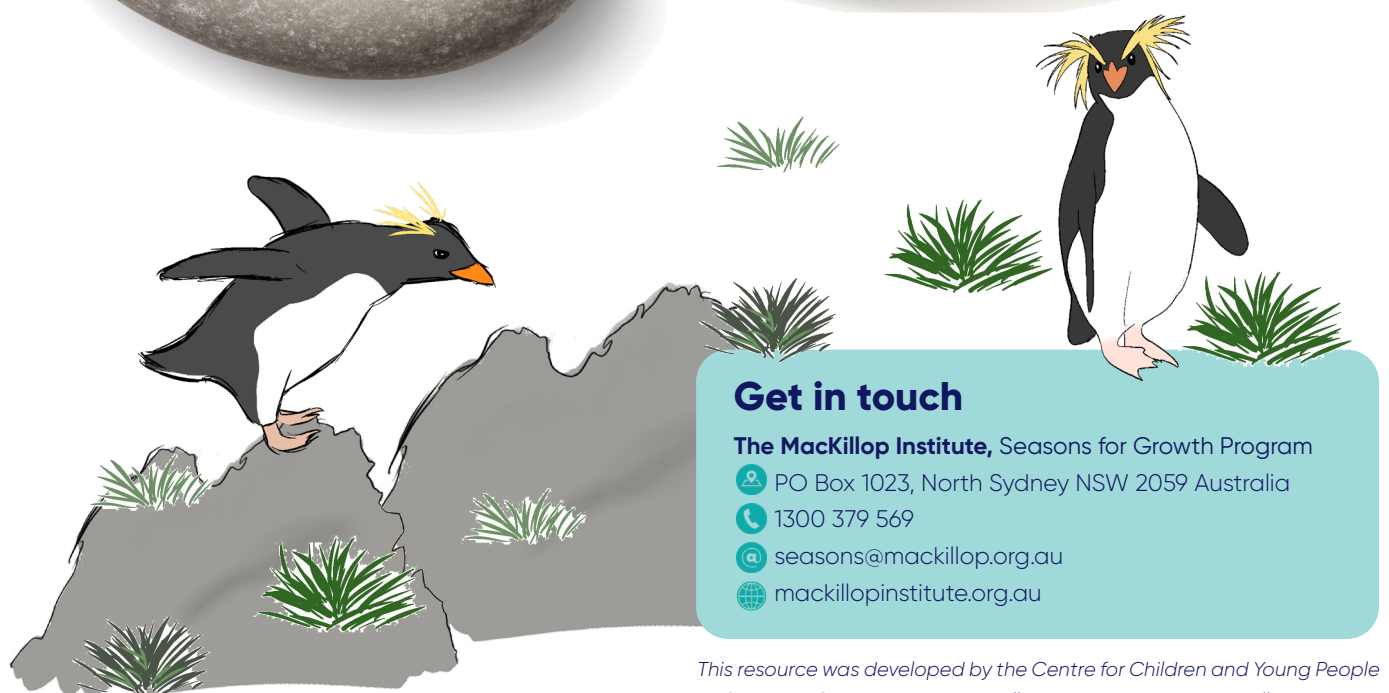
# The Rockhopper Toolkit:

## Happy Rocks

Remembering the good things we have in our lives, can help us through tough and difficult times. Think about some of the things, small or big, that you are grateful for in your life.

### How to create your happy rocks?

1. Write something you are grateful (thankful) for on each rock.
2. Keep your happy rocks nearby. You can look at them as a reminder whenever you wish.



### Get in touch

The MacKillop Institute, Seasons for Growth Program

PO Box 1023, North Sydney NSW 2059 Australia

1300 379 569

seasons@mackillop.org.au

mackillopinstitute.org.au

*This resource was developed by the Centre for Children and Young People at Southern Cross University in collaboration with The MacKillop Institute.*