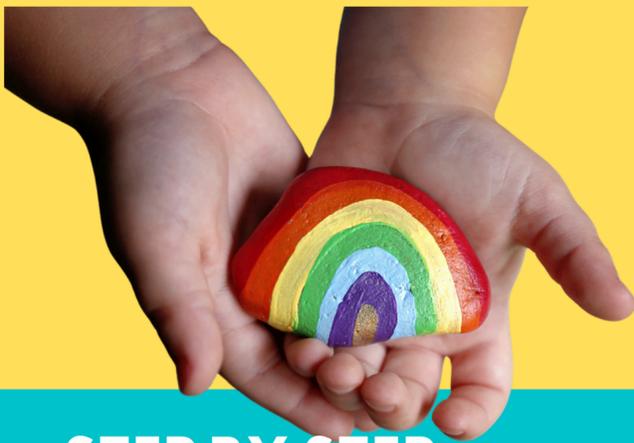


STORY STONES

A CALMING, CREATIVE ACTIVITY USING STONES, LEFTOVER PAINT, AND SCRAP MATERIALS TO HELP FAMILIES TELL STORIES, BUILD CONFIDENCE, AND EXPLORE NATURE TOGETHER.

WHAT YOU'LL MAKE

A set of "story stones" decorated with simple images or textures. They can be used for storytelling, turn-taking games, sensory play, or as calming objects to hold.



MATERIALS (ALL REUSED OR FOUND)

- Smooth stones collected from the garden, beach, or park
- Leftover paint, nail varnish, or markers
- Small scraps of fabric, paper, or magazine cut-outs
- Non-toxic glue or homemade paste (flour + water)
- A tray or cloth for drying



EVERYTHING CAN BE ADAPTED BASED ON WHAT FAMILIES ALREADY HAVE — NO NEED TO BUY ANYTHING NEW.

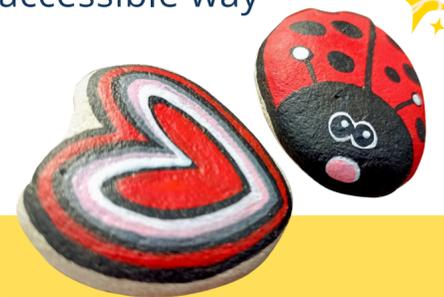
STEP BY STEP

1. Choose your stones, giving each one a quick rinse and dry.
2. Decide on simple symbols you'd like to create — hearts, stars, animals, weather, emotions, or anything meaningful to your family.
3. Decorate the stones using leftover paint, markers, or glued-on scraps. Keep designs bold and simple so they're easy to recognise.
4. Add texture by wrapping a stone in fabric or adding a small tactile element (string, paper layers, foil).
5. Leave to dry on a tray or cloth for at least a few hours.
6. Use your story stones by pulling one at random and creating a story, naming the feeling, or describing what it reminds you of.



WHY THIS CRAFT MATTERS

- Encourages storytelling, communication, and emotional expression
- Supports sensory needs through weight, texture, and choice
- Helps families connect with nature in a gentle, accessible way



This work is created in collaboration with Fife Climate Hub, whose support helps us grow climate action that is inclusive, creative, and rooted in our community.

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SENSORY NOTES

- Stones offer natural weight and grounding, helpful for sensory regulation.
- Families can choose between painting, sticking, or drawing depending on sensory preferences.
- If someone prefers not to touch cold or rough textures, stones can be wrapped in fabric scraps first.

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