

How can self awareness help us find balance?

Vocabulary: memorial, emotions, personal strengths, balance, self awareness, affirmation

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Visitor guide designed by students at Dayton Regional STEM School



Rock Garden



Visitor Guide

Activity 1

Memories and Feelings

Step 1: Visitors enter The Rock Garden and find a comfortable place to stand or sit and take in the space.

Script

The Rock Garden is one of many special memorial sites for Daniel created in the park. A memorial is a special structure used to remember a person or an event. What are some unique features about this memorial space? What are some other memorials you have visited? How do you feel when you are visiting a memorial?



Step 2: Facilitators lead a conversation about identifying and distinguishing between emotions.

Ask visitors to take turns naming emotions. Encourage visitors to extend their answers beyond mad, sad, and happy.

Examples: confused, shocked, elated, anxious, hesitant, shy, brave, amazed, etc.

Name an emotion (i.e. nervous, brave, annoyed, relaxed) and ask visitors to show with body language how they might look when feeling that emotion or share an example of when someone might feel that emotion.

Ask visitors to explain the difference between two similar emotions and share examples of when someone might feel each emotion. Examples: cheerful vs. thrilled; annoyed vs. furious; sad vs. devastated; calm vs. relaxed, etc.

Script

Different situations make us feel different emotions. Sometimes these emotions can feel big and sometimes they can feel small. It is normal to feel many different emotions and at different intensities. Having the ability to identify and name emotions helps us increase self awareness, an understanding of ourselves, and communicate with others.

Activity 2

Considering Strengths

Step 1: Facilitator highlights how having an awareness of personal strengths can help create a balance when experiencing a difficult emotion. Visitors create rock towers to represent balanced emotions and identify personal strengths.

Explain that visitors will be making a rock tower to represent emotional balance and personal strengths. Ask each visitor to find a collection of rocks to use for the purpose of creating a tower. Have them assign each chosen rock an attribute that correlates to a personal strength.

In small groups, have visitors work to build rock towers. Each time they stack a rock, have visitors name a personal strength. Visitors can keep count of the highest number of rocks used for a tower.

Script

Sometimes when we are feeling a difficult emotion, it helps to focus on our own personal strengths. Personal strengths can be personality traits, natural talents, or activities that you excel in. What are some of your personal strengths?



Step 2: Choose a rock and write a positive affirmation. Writing our intentions in a special place helps us remember and keep emotional balance.

Script

Before we leave The Rock Garden, let's write a positive affirmation. Positive affirmations are phrases you say out loud or in your head as a reminder of your strengths. They help you feel strong, happy, and confident. Consider your personal strengths to help you write a positive affirmation.

Examples of Affirmations: I am a good friend. I can learn new things. I am strong and brave.

Go Deeper: Visitors can paint rocks to represent their affirmations and personal strengths. Rocks can be combined to form a rock garden or can be hidden in the park or for others to find.