



# *Memory Rocks*

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## **Materials Needed**

Rocks with smooth surfaces  
Acrylic paints  
Paintbrushes  
Chalk  
Sharpie markers

## **Rationale**

This activity allows participants to decide how to manage their memories about the death or non-death loss of a loved one. The activity engages participants regardless of what stage of grief they are in.

## **Description**

The instruction to the group can be that they are collecting rocks to represent and/or honor some of their memories of loved ones. A natural discussion may emerge at this time. Once rocks are collected group members can create images or write on rocks memories connected to the loved one who has died that they want to cherish as well as ones they wish were not part of their memory. Rocks that hold more negative memories can be thrown into a body of water and released.

