

Peace Pebbles - Levels C & D

GRATITUDE

To support students to practise generosity and peaceful problem-solving by creating and gifting a Peace Pebble. Inspired by Mercury in the Playful Astronauts journey, students learn that thoughtful, calm actions can help repair relationships, reduce conflict, and bring people together.



Learning Intentions

Students aim to create a Peace Pebble as a symbol of kindness and giving.

Students aim to understand how small acts of giving can help others feel calm, valued, and supported.

Students aim to express feelings and ideas using colour, symbols, and creative design.



Success Criteria

I can decorate a pebble using colours or symbols that represent peace or kindness.

I can choose someone to give my Peace Pebble to and explain my choice.

I can reflect on how giving something kind can make others feel good.



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Duration: 15 - 20 minutes

Objective

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Players

Whole class or small groups

Suitable for 4 - 26 students

Students work individually, then share as a group or with a partner

What You Need

One small, smooth pebble per student (set it as a homework task for students to find one at home)

Paint pens, markers, or acrylic paints

Bowls of water and cloths for clean-up

Optional: stickers, glitter, or natural materials (leaves, flowers)

Optional: paper and sticky tape or sticky notes for messages

AAC devices or communication boards as required

Setup

1. Arrange materials on tables or activity stations, ensuring clear access for all students.
2. Revisit the Mercury theme:
 - "Mercury teaches us about balance."
 - "When we feel upset, we can choose peaceful actions."
3. Explain the activity clearly:
 - "Today we will make a Peace Pebble."
 - "We will give it to someone to share peace and kindness."
4. Discuss who students might give their pebble to, offering examples.
5. Ensure all tools, trays, and tables are at accessible heights.
6. Confirm AAC devices are on and open to people, feelings, or kind words pages.



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Gameplay

Step 1: Choose a Person

1. Ask students to think about someone they would like to give their pebble to.
2. Support decision-making with prompts if needed:
 - "Who helps you feel calm or balanced?"
 - "Who would you like to be kind to?"
3. Students may choose:
 - A friend
 - A classmate
 - A family member
 - A teacher
 - Themselves

Step 2: Decorate the Peace Pebble

1. Invite students to decorate their pebble using:
 - Calm or happy colours
 - Symbols of peace (hearts, stars, smiles, circles)
2. Encourage slow, mindful decorating.
3. Adults support by modelling, offering limited choices, or assisting with fine motor tasks.

Step 3: Add a Message (Optional)

1. Students may write, draw, or dictate a short message, such as:
 - "Thank you."
 - "This is for peace."
 - "You help me feel calm."
2. Messages can be attached to the pebble using tape or placed alongside it. Teachers to assist where required.

Step 4: Giving the Pebble

Students choose how to give their Peace Pebble:

- Giving it directly to the person
- Leaving it in a safe place
- Taking it home to gift later
- Placing it in a classroom "Peace Basket"

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Debrief / Reflection

Gather students and ask one question at a time:

- "How did it feel to make something kind?"
- "How do you think the other person will feel?"
- "How can giving to others help when there is a problem?"

Reinforce the message:

"Small, peaceful actions can make a big difference."

Winning the Game

There are no winners or losers.

The reward is the joy of giving, creating, and sharing peace.

Sensory-Specific Learner Variation

Purpose: To support regulation, focus, and tactile engagement.

Adjustments include:

- Begin with a short breathing exercise while holding the pebble.
- Use textured or larger stones for easier handling.
- Offer sponge dabbers or finger painting instead of brushes.
- Play quiet music or nature sounds during the activity.
- Allow students to choose paper "peace circles" instead of pebbles if preferred.

AAC-Specific Supports

1. Prepare AAC in Advance

- Pages with: kind, peace, thank you, happy, calm, friend

2. Model AAC Use

- Teacher activates symbols while describing the activity

3. Supported Expression

- Students may indicate:
 - Who the pebble is for
 - How it makes them feel
 - What the pebble means
- Responses may be via AAC, pointing, eye gaze, or gesture

4. AAC Reflection

- Ask: "Who is your pebble for?"
- Ask: "How does giving feel?"



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Accessibility and Inclusion Notes

- Ensure all materials are within reach and easy to handle.
- Provide adapted tools for grip or control as needed.
- Allow peers or adults to assist with decorating or gifting.
- Accept all forms of expression equally.
- Reinforce that students may choose themselves as the recipient if needed.

Teacher Notes

“Peace Pebbles – Levels C & D” supports gratitude, generosity, emotional regulation, and peaceful conflict resolution. It works well as a calming, reflective activity and a meaningful close to Mercury-themed learning. The tangible gift helps students remember that kindness and calm choices can be shared and carried into the wider world.

