

"The Extraordinary Stones" –

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Hello,

I'm Silvia, and I thank you for being here!

Make yourself comfortable on your chairs, or if you prefer, you can sit on the floor on a soft mat. Let's take a few deep breaths together. Inhale deeply, then slowly and calmly exhale. Once more—breathe in deeply, and exhale slowly. Wonderful.

Now, place your hands on your knees and close your eyes.

Imagine that in front of you on the floor, there is a beautiful, colorful pouch. Inside it, there are five extraordinary stones—green, brown, blue, yellow, and red. Gently lean forward and take the green stone. This is the stone of kindness. Feel its shape with your hands. This stone fills everyone with a pleasant warmth, and that warmth reminds you of the good deeds you have done recently. Think of them for a moment, and later, you can share them with all of us...

Once you have gone over your good deeds in your mind, put the stone back in the pouch and take the next one—the brown stone. This is the stone of gratitude. Hold it and feel its texture—Is it smooth? Is it larger than the first one? Heavier or lighter? This stone reminds us of the magical word "Thank you!" Take a moment to think about something in your life that you are grateful for. Whisper softly: "Thank you, thank you, thank you!"



Notes

It's time to return this stone and pick up the next one—the blue stone. This is the stone of honesty. Slowly turn it in your hands, feel its shape, notice how bright the color is, and how heavy it feels. This stone teaches us to always speak the truth, no matter what happens to us or around us. If something troubles you, or if you feel afraid, simply share your thoughts with your parents, friends, grandparents. Say what's in your heart, express your feelings, your beliefs, and your wishes...

Now, let's put the blue stone back and take the yellow one. Hold it in your hands and notice how it differs from the others. This stone is truly special because it teaches us to use our imagination and to dream. I'm sure each of you has at least one big dream—maybe even more! Allow your imagination to take you into the incredible world of dreams for a few moments. Dream freely and be whoever you want to be—sing, dance, paint, laugh. And when you feel that you've discovered your biggest dream, place it in a special corner of your mind, so you can return to it, change it, and who knows—maybe one day, when the time is right, that dream will come true!

Put the yellow stone back and take the last one—the red stone. This is the stone of courage. Courage is a small but incredibly powerful magic within us that helps us overcome fear, face our worries, and do things that may seem difficult or scary. Often, courage appears suddenly, when we least expect it, because it is always inside us—we just have to believe in this magical spark that gives us incredible strength and guides our hearts on what to do.

You are heroes—each and every one of you—every day, every hour. Never forget that, and always be brave!

Now, slowly place the red stone back in the pouch. Take a deep breath in, then exhale slowly. Gently wiggle your fingers and toes, and when you're ready to share your experience, open your eyes!