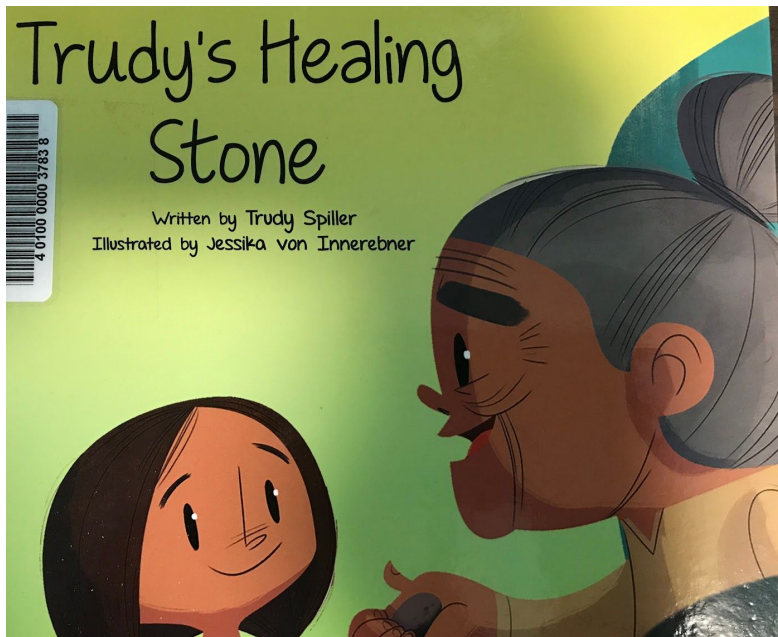


“Trudy’s Healing Stone” by Trudy Spiller

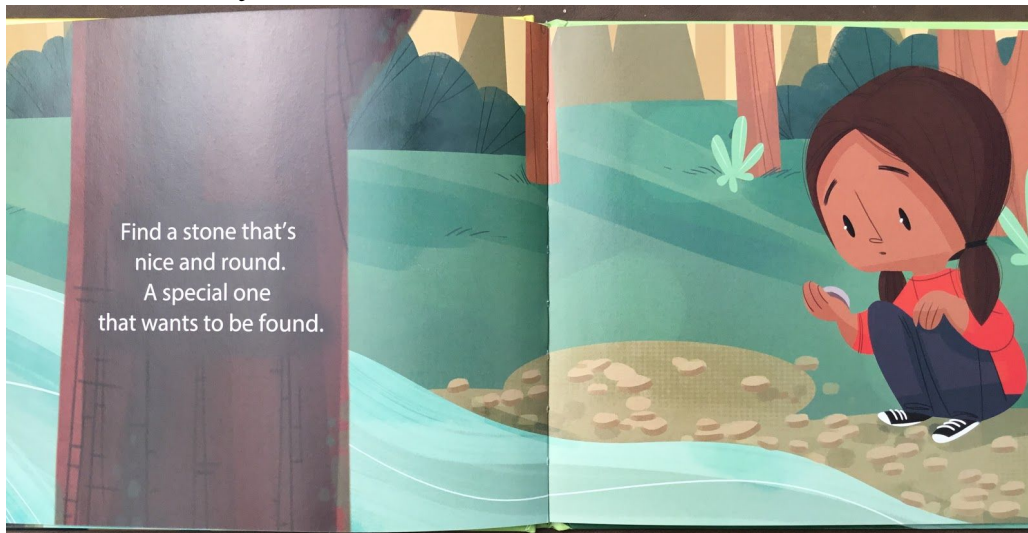
K-7 : An Indigenous Literature Activity
Social Emotional Learning



1. Go to the following link and listen to the picture book [*“Trudy’s Healing Stone” by Trudy Spiller*](#).

When you are watching the video, think about **how you are feeling today**.

2. Now, go outside to **find a stone that is special to you**. Make sure the stone can fit in your hand.



“Trudy’s Healing Stone” by Trudy Spiller

K-7 : An Indigenous Literature Activity

3. You are invited to **write a word or paint a picture to show what you love about nature**. Here are some examples:



“Trudy’s Healing Stone” by Trudy Spiller

K-7 : An Indigenous Literature Activity Social Emotional Learning

4. You are invited to **keep the stone** or **return it to nature**.



5. **Repeat as needed :**

