



Boys & Girls Clubs
of Hamilton



Outdoor Mindfulness

Exploring Family togetherness and Mindfulness one Breath of
Fresh Air at a Time



Rock Stacking

Stacking things is one of those activities that is innate in our nature. Next time you are at the beach or by a river or any other location with plenty of different shapes and sizes of rocks Go Wild and start stacking. Challenge yourself to stack them high or wide. Create designs. Let your imagination go wild.

The irregular shape of rocks makes this more challenging than stacking building blocks, and over time your child will develop an inexplicable inner sense of physics that allows them to do improbable things like balancing large rocks on top of smaller ones.

You can also have them explore the feel and texture of the stones.

Before you leave though, make sure to have your children dismantle the stacks

If your children are having a hard time embracing the ephemeral nature of rock art, let them take pictures before they pull it apart.