





Print symbols, cut apart & laminate.

Use clear Velcro to attach the outside of the agate stone to the agate symbol card.

We discussed each of the gemstones color, meaning and what it looked like as we read that page in the book.

On the page where Agate the Moose is almost in tears we discussed what an agate looks like on the outside. When we did this in OMazing Kids Yoga most kids used words like "plain" or "grey".

After reading the page in the book where the friends "polish" Agate the Moose with their kind words, we removed the outside of the agate symbol to reveal the inside and discussed what they thought about the agate now. They used words like "beautiful", "blue", "stripes", etc... which lead to a discussion about how it is important to get to know our friends and what they are like on the inside.

I had small polished agates in various colors that the kids got to feel and then place on their tummy as we did relaxation breathing. I wanted to also have a real agate geode to open up but they didn't have one at the gift shop in out museum of natural history ..... something I'll be keeping an eye out for on vacation. ©