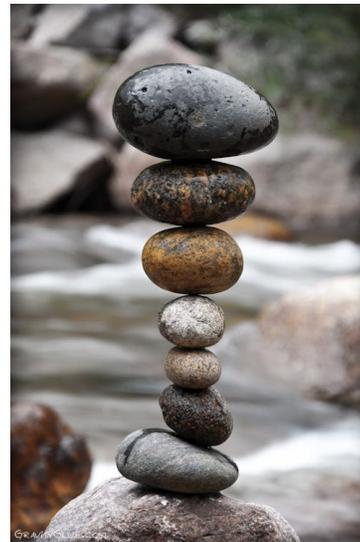




#FontanaTogether

Balancing Rocks

Balancing rocks may appear easy but it can be difficult without understanding “center of gravity” which you will learn about today. The center of gravity or center mass is where the weight of an object is concentrated. Example, when standing on one foot with your arms extended out and the free leg also extended it leaves your planted foot as the center of gravity. Balancing rocks is often used as a meditation activity to focus, grow patience, and physically build balance. However, balancing rocks will also need an imaginary line that acts as the center of gravity. While out on a walk have you seen any rock stacks? Students will make their own rock stacks practicing a physical representation of Balance.



Challenge:

- Stack at least 5 rocks
- Create a stacked rock garden

Materials:

- Rocks
- Patience
- Perseverance

Instructions:

- 1) You will need to gather a few rocks of different sizes and shapes
- 2) Select a rock for the base, make sure it's a sturdy one
- 3) Place your base rock wherever you plan to build
- 4) Feel around for any deep imperfections
- 5) Select your next stone
- 6) Place the stone on edge and find its center
- 7) Slowly rock it around until you feel some resistance
- 8) After you achieve balancing the first stone move on to the next stone

