



Kmart ML2107 Stacking Stones Instructions

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Kmart ML2107 Stacking Stones



How is this product Mindful?

43-112-654 / ML2107

Mindfulness is a self-improvement practice which teaches you ways to focus on the present moment, while acknowledging and accepting your experiences¹ feelings, thoughts, and sensations. This product can help you develop concentration, patience confidence, focus and a growth mindset. Mindfulness can help you reduce stress and find inner peace within a busy world.

Fun Facts

Did you know that first people to inhabit portions of Alaska, Arctic Canada, and Greenland used stones stacked in the likeness of a human to help them navigate while traveling? They are called an Inuksuk, pronounced in-ook-shook. The inuksuk holds deep roots in the Inuit culture, a directional marker that signifies safety, hope and friendship. Inukshuk are said to be the product of cooperation, teaching us that when we work together, we can do even greater things. The stones which make up the Inukshuk are maintained through balance.

Mindful Building

1. Rather than rushing to build a stone structure quickly take your time. Slow down. Become more mindful. Use the power of concentration and focus to create your structure. Reflect on how to create a solid foundation for your structure. Notice what works and what doesn't work.
2. Using one stone at a time slowly and thoughtfully stack one on top of another to create a tower. How high can you build it before it tumbles? When we slow down, take our time, and reflect on our intentions and actions we can make a great impact in the world.

Normal Game Rules:

Regular rules:

In this game, players first agree to the level of difficulty they will play. One star has the lowest difficulty so is suitable for younger or new players, while three stars is the most difficult.

Once agreed, the corresponding cards are shuffled and placed back side upwards. The first player flips over the top card, and has 1 minute to try and construct the stack. If the stack falls over at any point, that player is eliminated. Once complete, the next player must also make the same stack the first player did under the same time limit. Each player follows suit. Any player that successfully builds the stack advances to the next round. At the next round the order of players is reversed, so the last player from the 1st round will be the first in the 2nd round. That player then flips the next card from the pile and attempts to construct it.

Players continue the same way, until only one player remains. That player is declared the winner.

2-player challenge rules:

The 10 challenge cards (indicated by red strip at base) are randomly shuffled and placed back side up between the 2 players. The 20 blocks are also evenly divided between the 2 players.

The top card is flipped, then both players must attempt to build the stack first. If the stack falls for either player they can continue to try and build it up. The first player to complete the stack is awarded a point.

Players continue with subsequent rounds. The first player to accumulate 3 points is declared the winner.

Additional ways to use these stones:

1. Work together with a partner to create an Inuksuk.
2. Build your own stacked stone structure. Be creative and playful. Bonus activity: draw or sketch your creation in a journal.
3. While working with a partner take turns to build a tower of stacked stones. See how tall you can build it before it tumbles. Remember to encourage and support each other while building it. Challenge yourself and see if you can use all the stones for your tower. Reflect on what was easy about this challenge and what was hard about this challenge. How do you respond when things are easy or hard?

Product Highlights:

- Part of the Mindful Living product line
- Great for home and classroom use
- Made of a light yet durable material
- High quality product for play & learning
- Makes a wonderful gift
- Attractive and durable packaging
- Helps develop teamwork, concentration & focus
- Helps develop mindful and intentional play
- Helps develop a growth mindset and patience

This product was developed with Amber Pavey, who is a certified mindfulness instructor, a certified youth yoga teacher and an experienced school teacher.

Amber offers mindfulness programs in schools, workplaces, and online to support and improve personal well-being. Amber is the founder of Present Possibilities, an organization that empowers kids, teens, and adults to thrive


rather than just survive in our modern-day world.

www.fsc.org

WARNING: FOR SAFETY REASONS, PLEASE REMOVE ALL TAGS, LABELS AND PLASTIC FASTENERS BEFORE GIVING THIS TOY TO YOUR CHILD.

MADE IN CHINA
FOR AU / NZ: IMPORTED FOR KMART STORES IN AUSTRALIA AND NEW ZEALAND.
PRODUCT MAY VARY FROM IMAGE SHOWN. PLEASE KEEP THE PACKAGING FOR FUTURE REFERENCE

Documents / Resources

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