

## Picturing Peace Week

### Create Your Own Cairn (Stone Structure)

Rock balancing, also known as stone stacking, stone building, and stone balancing, is when you balance or stack rocks on top of each other in various positions to produce sculptures. Some of the more famous and frequently built stone structures are called cairns (pronounced 'kern'). The name originated in Scotland and translates to 'pile of stones'.

Cairns can be found around the world and originated thousands of years ago. Explorers used them to mark newly discovered geographic areas and to conceal their messages. Travelers and hikers have used them as trail markers and guides to help them find their way through the wilderness. Some cultures also used them as memorials and for burials.



**Duration:** 15-30 minutes

**Materials:**

- Stones
- Paint (optional)
- Patience

**Instructions:**

1. You can paint your stones to create a colorful stone structure.
2. Starting with larger stones, begin balancing and stacking your stones ending with the smaller stones. This process will be meditative and will test your patience. If your structure falls, you can restart and try to use different stones.
3. Be creative and add something that isn't stone to your structure.

