



CHAPTER ONE

Kezbah's Heartstone: Finding Value in Ordinary Things

Did you know the heartstone is real?

Years ago, the author of *The First Flame* was about to start a hike in Sedona when a man returning from the trail walked up to her and handed her the heartstone in the image below.

"This is for you," he said, and walked away.

The author kept the stone and was inspired to use it in *The First Flame*. Kezbah, who owns the heartstone, is also inspired by a real person, a longtime family friend who grew up in Indian Wells.



Directions

There are no right or wrong answers. Your responses are for you and your notebook.

1. Finding Your Own Heartstone

Have you ever found a rock, shell, feather, or other object and decided to keep it?

Sometimes the things that become important to us are ordinary objects that remind us of a special moment, place, or person.

Go outside and find a rock that appeals to you. If you already have one saved, you may use that instead.

a. Why did you choose this rock?

b. Draw a picture of your rock. Draw what you notice and what inspires you.

2. Unexpected Gifts

Sometimes someone notices us or shows kindness when we least expect it.

a. What would you do if someone walked up to you and handed you a rock, saying, "This is for you"?

b. Why do you think the author saved the heartstone all these years?

3. Show and Tell

Bring your rock to class, or share it with a friend or family member.

Be prepared to explain:

- Where you found it
- Why you chose it
- What makes it special to you

