

# Foliation and Gneiss



*Rocks with layers like this one are called gneiss. The layers are called foliation.*

Imagine you're hiking up a steep mountain, the sun shining bright overhead. As you climb, you spot a special rock among the others. It's not smooth like the ones in the river or rough like the volcanic rocks nearby. This rock is different. It's solid and strong, with layers that seem to sparkle in the sunlight. This kind of rock is called gneiss.

It's easy to notice gneiss because of its unique appearance. It's like a colorful puzzle with layers of dark and light stripes. These stripes are what we call foliation. Foliation is like the rock's signature pattern, showing how it changed over time. Some layers feel rough, while others are smooth. There may even be shiny specks that look like glitter!

Gneiss wasn't always a rock with layers. It started as a different kind of rock, maybe one that was made from sand or lava. But over a long time, it changed. It went through something called metamorphism, which is like a rock makeover. During metamorphism, the rock got squished and heated deep underground. As a result, it turned into the rock with the different layers that you see today.

