**Metamorphic rocks**

These rocks form below Earth's surface, when heat and pressure are applied to either igneous rocks or sedimentary rocks. This heat and pressure 'cook' the rocks and greatly change their structure. The rocks partially melt, which transforms their chemical composition so that the final rock is very different to the original rock. A common metamorphic rock is marble, which forms when heat and pressure are applied to limestone over thousands of years. Another common one is slate, which forms out of shale and mudstone.

**Regional metamorphism**

This process begins when opposing forces on the tectonic plates begin to squeeze a large area of land. The opposing forces fold and crush the rocks, creating various kinds of metamorphic rocks, depending on the level of heat and pressure.

**Metamorphic uses**

Metamorphic rocks have a variety of uses in everyday activities. They have been used in buildings, carvings, tools, and decorations.

- **Marble**
  The metamorphic rock marble was used to build the Taj Mahal in India.

- **Jade**
  The metamorphic rock jade has been used in Chinese carvings for many centuries.

- **Lapis**
  This deep-blue metamorphic rock has been used in decorative artwork since ancient times.