



## kindness rocks



### What are kindness rocks?

The Kindness Rocks Project was created to spread inspiration and a moment of kindness through inspirational rocks. Creating Kindness Rocks is just one way to express your feelings and thoughts through art. People who struggle with anxiety and depression often struggle with self expression and finding creative outlets. The kindness rocks project both reemphasizes spreading happiness and encourages self expression through the arts.

Through simple acts of kindness, you can uplift people in your community by participating in this fun, simple art project!

You can include an inspirational quote, a kind message, a drawing or a simple design on this rock and place it in the community for someone to find. If you happen to stumble across another kindness rock, make sure you share it to social media using the hashtag #TheKindnessRocksProject and #startaripple.

### materials

- a flat, smooth rock
- nontoxic paint
- paint pens
- nontoxic clear sealant

### conversation starters

- How often does a small act of kindness improve your mundane day?
- When was the last time you expressed yourself through the Arts?
  - How can participating positively impact both you and your community?
- Have you ever seen a kindness rock and wondered what it was?
  - Why it was there?
  - How to get involved?

### start a ripple of giving

- This is a project that is accessible for the whole family and it can easily turn into a hide-and-seek game! Every time you see a kindness rock, challenge yourself to make and hide another.



## DIRECTIONS

1. Find your rock! These rocks can be either store bought or found in the community. The only suggestion is that the rock is flatter so that you can easily paint it.
2. Gather your art supplies:
  - a.non-toxic acrylic paint
  - b.paint brushes or paint pens
  - c.clear, non-toxic sealant
- 3.Pick a kind message, picture, or design and paint it on to your rock!
- 4.Place it somewhere in the community. If it is not in a public park, make sure you have permission to put your kindness rock there!
- 5.While it is optional, it is encouraged to take pictures and share it on social media! Make sure you tag Pebble Tossers and The Kindness Rock Project accounts.

### The Kindness Rocks Project

If you find a special interest or passion in The Kindness Rocks Project, visit their website for more information on becoming involved!

<https://www.thekindnessrocksproject.com>

