

# Kindness Rocks



## PURPOSE

- Sharing positivity
- Acts of kindness can contribute to boosting your mood and reducing stress
- Showing kindness to others promotes a sense of belongingness

## OBJECTIVE

- Promote Positivity
- Practice Kindness

## INSTRUCTIONS

### Materials

- Rocks - small and smooth
- Paint
- Paint pens
- Clear paint sealer (optional)

### Application

- Create a rock garden with a sign to encourage students to take what they need
- Leave rocks in random places to brighten someone's day
- Hand out rocks at lunch or arrival/dismissal

### Assembly

1. Wash rocks to remove debris
2. Paint a base coat on one side of the rock and let dry
3. Use paint pens to write an inspirational message - see below for ideas!
4. Once dry, use clear paint sealer if desired to preserve paint



**A special thank you  
to Key Club  
members for  
the creation of this  
activity.**

### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



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Contact [Nathalia@erikaslighthouse.org](mailto:Nathalia@erikaslighthouse.org) for more information



# Kindness Rocks Ideas

Use these inspirational messages as ideas for your school's kindness rocks. Feel free to get creative and add your own in the spaces below!

There is hope.

Be you.

You matter.

You are not alone.

You are awesome. You rock.

You are kind.

Shine bright.

You are loved.

The best is yet to come.

You are strong.

You can do hard things.

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