

#Care For Care Homes

Kindness Rocks

Over the next few weeks, the Scouts are working with the British Red Cross and the National Care Association to do 10,000 acts of kindness to improve the wellbeing of people in care homes and reduce social isolation.

Why is this so important?

Care homes have been hit incredibly hard by the current global pandemic, from residents falling ill to being separated from their loved ones.



But you can make a difference...

Kindness Rocks...

The world is very different at the moment and that can make some people feel a bit down.

To help lift people's spirits and show your community that we'll get through this, create a kindness rock.



Find a smooth stone/pebble either in your garden or a local park/green space. Make sure you're not disturbing the ecosystem by removing the rock you've chosen – this is why it's important to never take one from a beach.

Once you've got your rock you could either paint it or use suitable pens to decorate it.

You might like to add:

- A positive/kind message
- A positive image (for example a rainbow)
- A message of how to boost mental wellbeing, for example: read a good book
- The Scouts logo



Once you've finished your rock, if you can, why not pop it somewhere safe near the care home or arrange for them to be dropped off by your Leader, for residents to display in their rooms?



Take photos of you with your Kindness Rocks and get your Leader to share them with Norfolk on social media.

Together, let's show how much Norfolk Scouts care.