

Kindness Rocks



You will need

- Paint
- Paint Brushes
- Permanent Markers
- Smooth Rocks (make sure you don't take rocks from a beach – you can buy them at DIY Shops)

Before you begin

Prepare some kindness rocks to show everyone that you care.

Have a go

1. Take some rocks and start by painting a base colour.
2. As the painted rocks dry, have a think about the type of messages or pictures that you want to paint on the kindness rock.
3. Some good examples of messages might be:
 - Be kind.
 - Be happy.
 - Be brave.
 - A friend in need is a friend indeed.
 - Don't worry, be happy.
5. Once they are dry, write a message or draw a picture onto the rocks.
6. Decide whether to place the rocks somewhere in the local community or whether to give them to someone else.



Additional Information

This activity can be linked to the Care for Care Homes project by delivering your painted kindness rocks to a local care home. Or you could place your painted rocks in areas of the local community for others to find them and spread some happiness.



Reflection

This activity is about doing something kind for others and thinking about the difference thinking of others makes. Imagine looking at the kindness rocks while you are having a bad day.

Think about different messages that you could write.

- How would it make you feel to find a kindness rock?
- Would it make you feel better?
- Would it make you want to reach out to other people who are having a bad time?

Think about how you are going to share your kindness rocks.



Safety

Make sure an adult helps you choose the correct paint to use. Make sure you protect the surface you are working on with newspaper or other covers to prevent damage.

All Activities are taken from the Scout Association's Great IN Doors programme.