Be Kind School™

be positive

Crafts

Kindness Rocks!

Decorate rocks with inspirational messages, and then leave them in public places or give them to someone who may need them. They're also a great addition to a garden!

Supplies

- ☐ Small smooth rocks (about 3" across works best)
- ☐ Variety of acrylic or spray paint colors
- ☐ Paint brushes
- ☐ Sharpies or paint pens
- ☐ Book or sheet of positive words and quotes
- ☐ Optional: Clear acrylic spray (to seal rocks)

Directions

1. Paint your rock and let it dry.
2. With paint pens or sharpies, decorate your rock with an inspirational message or word.
3. Keep your rock for self-encouragement or give your rock away.

Discussion Question:
What does a kindness campaign look like to you? How can you spread positivity in your school?

kind®
the be kind people project®

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respectful
responsible
supportive
thankful
helpful
honest
friend
considerate
positive
encouraging