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?