



## KINDNESS ROCKS

### **1. Find the perfect rocks.**

You want a nice and smooth rock, this will help make writing on the rocks easier. The size of the rock is important too. Think about how much space your message will take and choose a rock that's big enough for all the words



### **2. Prep the rocks.**

Once you have your rocks, you want to make sure they are ready to be painted. Washing your rocks makes the paint stick better and removes any debris from the stones.

### **3. Give your rocks a base coat.**

This can be as simple as painting the whole rock with a single color. Or you can make beautifully painted base coats with everything from pour painting to dot painting.

### **4. Get creative!**

Finding what you want to write on a kindness rock can be a challenge. Feel free to make a picture instead.

### **5. Seal your rocks.**

If you paint rocks for hiding, you need to make sure you have the perfect sealer for painted rocks. This will protect your rocks from the sun and rain and even snow.

### **6. Hide or give your kindness rocks.**

*This is the most important step.* As long as your rock makes someone smile, you have succeeded.

### **Kindness Rock Tips**

- Never glue embellishments to rocks you plan on hiding. While they are beautiful, these additions are terrible for the environment and the animals. Stick to paint on any rock you plan on hiding.
- Be kind. These rocks are meant to make people happy, so their phrases should always be positive. Stay clear of negative thoughts, bad language, or anything inappropriate. You never know who is going to find the rocks.
- Place your rocks in open spaces, not in places that will disturb nature or ruin a lawnmower.



## Kindness Rock Ideas & Quotes

- Throw kindness around like glitter
- Live your best life
- Spread love
- Just be you, no one else can
- Dare to dream
- Be awesome today
- Laugh more
- Be the reason someone smiles today
- You are capable of amazing things
- Think happy thoughts
- Live, Laugh, Love
- Be yourself
- Have faith in yourself
- It's cool to be kind
- Every moment matters
- Enjoy the little things
- Be strong
- The best is yet to come
- You are strong
- You got this
- Not all who wander are lost
- Mistakes are proof that you are trying
- Say yes to new adventure

