

## Spring Art Activity #1: Inspired by the Kindness Rocks Project & Emily H.

Reference: <https://www.thekindnessrocksproject.com/>



**Step #1:** Prepare rocks (wash them off, if necessary), by painting a surface color/colors. Acrylic or oil based paint is recommended. You can also use a sharpie to draw instead of paint and move onto Step #3. Set aside to dry completely before moving on to step #2

**Step #2:** Use small paint brushes and acrylic paint to design your rock. If you have paint pens, those make detail work very easy. Throw some shine with your creativity and/or words. Here are some examples for inspiration: Strength, Love, Breathe, Appreciation, Calm, Presence, Listen, Stillness, Relax, Hope, Laugh, Play, Silliness, Understanding, Teach, Learn, Trust, Joy, Honor, Mindfulness, Let go, Kindness, Brave, Proud, Support, Powerful, Fighter, Inspire, Truth, Compassion, Humor...

**Step #3:** Set the rocks to dry completely and you can use non-toxic sealer if you desire. Drop the rocks around the neighborhood, share with a friend, or take a pic of your gorgeous rocks to share with the world!