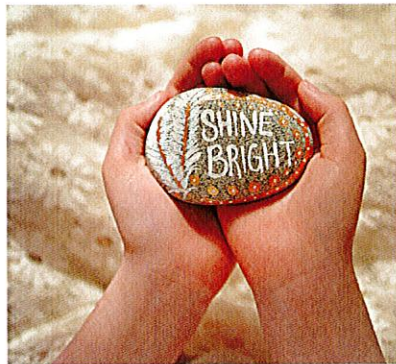


# KINDNESS ROCKS



**Kindness Rocks are a fantastic way to spread joy and kindness and leave inspirational messages to others. You can hide them around the neighborhood for others to find or give them as gifts to special friends and family.**

## GATHER ROCKS

You can find rocks at the park, local beach, or waterfront. You can even purchase at a craft store.

## WASH ROCKS

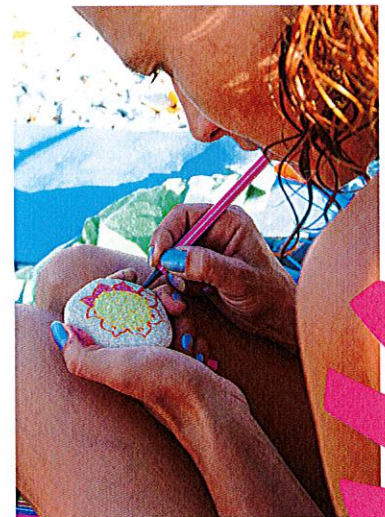
Wash your rocks well and allow them to dry completely. If you want vibrant colors, apply a white base coat of paint.

## PAINT ROCKS

Use a brush and non-toxic acrylic craft paint. Paint your solid colors first, let them dry, then write your kindness messages. Suggestion: Use a fine or medium size paint marker. Be creative.

## DISTRIBUTE ROCKS

This is the REALLY fun part. Hide your rocks. Refer to the next page for a list of great places to hide your rocks.





# KINDNESS ROCKS

## IDEA'S OF PLACES TO HIDE ROCKS

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1. Parks
2. Swimming pools
3. Sidewalks
4. Schoolyard
5. Library bookshelves
6. Splash pad
7. Amusement park or zoo
8. Hiking trails
9. Community Centre
10. Sports field
11. Beach
12. Around the neighborhood
13. Mall or stores
14. Restaurants
15. Downtown or at the waterfront

# KINDNESS ROCKS MESSAGE IDEAS




Just Breathe



You Got This!



Life's a Journey  
Not a Race



Mistakes Are  
Proof You Are  
Trying



If You Can  
Dream It, You  
Can Do It



Say Yes To  
New  
Adventures



Never Stop  
Looking Up



Make Today  
Great




Collect  
Moments, Not  
Things



Teach, Love,  
Inspire



You Are  
Capable of  
Amazing  
Things



Be The Reason  
Someone  
Smiles Today



Do What  
Makes Your  
Soul Shine



Laugh More!



Be Silly. Be Kind.  
Be Honest.



Think Happy  
Thoughts



Be Awesome  
Today



Be Your Best  
Self