

Kindness Rocks

Remember that kindness to yourself in your thoughts and actions is as important as kindness to others. So, keep one rock for you 😊 then give others to people you know and leave some outside to be discovered by a stranger.



Description: Create kindness rocks and start spreading kindness today

Time to Complete: 15-30 minutes

Supplies Level: Medium

Tags: Pre-K – 2nd, 3rd – 5th, Kindness, Gratitude, Developing Character

Step 1: Gather your supplies -

- Rocks (find outside or purchase)
- Smock or old t-shirt
- Paint pens
- Acrylic sealer (like ModPodge)
- Acrylic paint for base coat (optional)

Step 2: If you'd like, paint the rocks a solid color using the acrylic paint and let it dry according to the directions. Be careful not to paint the bottom or it will stick. If you would like the entire rock covered, you will need to do the top, let it dry, and then do the bottom. This creates the basecoat.

Step 3: Using paint pens, decorate the rocks with kind words and/or colorful pictures that might make someone feel happy when they see your hard work.

Step 4: When the rocks are dry, seal the rocks so your designs are protected. You will first spray the bottom of the rock, let it dry for an hour or so, and then spray the top. Be sure to follow the directions on the can.

Step 5: Spread kindness by sharing your kindness rocks!

We'd love to know what you thought of this project!

*Submit an online review on this project's Inside Out Club @Home page and
Send a picture to info@insideoutclub.org if we can share it on social media/in newsletters*