

Give

Kindness Rocks!

Kindness rocks are rocks with positive messages on them. They are hidden around the community for other people to find or they can be given as a present.

This activity is about doing something kind for others and thinking about the difference this makes. Imagine that you found one of the rocks whilst having a bad day. How would it make you feel to find the kindness rock? Would it make you feel better? Would it make you want to reach out to other people having a bad time?

Start by thinking about a positive message that you would like to give. Some good examples of messages might be:

- Be kind
- Be happy
- Be brave
- A friend in need is a friend indeed
- Don't worry, be happy

Now take a rock and start painting!

Next you need to decide whether to place the rocks somewhere in the local community or whether to give them to someone else.

