

KINDNESS ROCKS



GET INVOLVED



30 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Help show someone else a bit of kindness by decorating a rock and leaving a kind message on it to help bring a smile.

You'll need a smooth rock to paint / draw on. You'll be able to find this in your garden, on a walk or at the garden centre. Wash off any dirt and then decorate the rock with permanent markers or paint. Make sure your image is bright and colourful. Allow the rock to dry and then finish it by writing a kind message on the bottom of the rock.

Now you can give your rock to someone else. Leave it on the doorstep of a friend or family member or you could leave it in a public place for a stranger to find. If you leave it outside, then your rock will need coating in PVA glue or a sealant to make sure the paint / pen doesn't run in the rain.

Share a picture of your kindness rock with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Smooth Rock
- Paint / Paint Brush
- Permanent Marker



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. An adult should initiate contact with the BB group on social media.