

KINDNESS ROCKS

ACTIVITY



Kindness Rocks are a wonderful way to spread joy and leave encouraging messages for others. You can hide them for others to find (for example, around your neighbourhood or school) or simply pass them to friends and family.

Step 1

Gather rocks

You can find rocks at a local landscaping business or your neighbourhood park. Be careful not to take too many rocks from nature as it can disrupt the environment.

Step 2

Prepare rocks for painting

Rinse your rocks well and allow them to dry completely. If you want more vibrant colours, start with a white base coat (you might need a couple layers of paint). Allow the paint to dry in between coats.



Step 3

Choose the right paint

You can use a brush and non-toxic acrylic craft paint or paint pens for your rocks.

Step 4

Have fun creating!

First, paint your rocks solid colours and let them dry. Next, write kindness messages (ideas are provided on the next page) with a fine or medium size marker and include drawings and other decorative elements. Finally, seal rocks with Mod Podge® or another kind of sealant (optional).



Add **#biglifejournal** to the back of your rocks. Share photos of your completed rocks on Facebook or Instagram and tag @biglifejournal

MESSAGE IDEAS FOR YOUR KINDNESS ROCKS



- | | |
|--|---|
| ☐ You Make A Difference | ☐ Be Yourself! |
| ☐ Thank YOU! | ☐ Reach for the stars |
| ☐ You ROCK | ☐ Make today great |
| ☐ We appreciate you | ☐ YOU DECIDE :): |
| ☐ You matter | ☐ Shine bright! |
| ☐ You've got this | ☐ You can do hard things |
| ☐ Choose kind | ☐ Keep chasing rainbows |
| ☐ Focus on the good | ☐ You're a gift to the world |
| ☐ Have a good day! | ☐ Enjoy the little things |
| ☐ You CAN! | ☐ You can move mountains |
| ☐ You're awesome! | ☐ You are braver than you think |
| ☐ Smile! | ☐ Keep going until you're proud |
| ☐ We believe in you! | ☐ You make the world a better place |
| ☐ Choose to be happy | ☐ If you can dream it, you can do it |
| ☐ You are loved | ☐ There's only one YOU! |

KINDNESS ROCKS BASKET

You can also make a Kindness Rocks Basket! Put your rocks into a basket and place it on your front porch, at a community center, in a park, or in a garden for others to take.



KINDNESS ROCKS

TAKE ONE FOR YOU
or
PASS ALONG

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KINDNESS ROCKS BASKET

Make a Kindness Rocks Basket for delivery drivers this holiday season to thank them for their hard work. Put your rocks into a basket and place it on your front porch with snacks for them to enjoy.



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DELIVERY DRIVERS



THANK YOU

for delivering our packages!

TAKE ONE!

WE MADE THESE **KINDNESS ROCKS** FOR YOU :)

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KINDNESS ROCKS BASKET

You can also make a Kindness Rocks Basket for your holiday party or any other gathering or event. Use the sign below to add to your basket and write a personal message in the open space.





EPISODE 17 GUIDE

IN THIS EPISODE, CHILDREN WILL

- discover the superpower of **kindness!**
- travel to **Los Angeles, California**
- be inspired by **Tina Hovsepien**, architect and philanthropist

DISCUSSION QUESTIONS

- How did Tina use her kindness?
- Why did she think her kindness was her superpower?
- Can you think of a time you were kind to someone? What did you do?

TRY THESE ACTIVITIES

1. Turn to Chapter 9 "Be Kind" in the [Big Life Journal Second Edition](#). In this chapter, children will discover the superpower of kindness.
2. The **5-Day Friendship Challenge** included in the [Challenges Kit](#) is a perfect connection-based activity for children and their friends and family. The challenge contains a variety of printables designed to build relationships and strengthen bonds.
3. Help your child create their own **"I'm a Helper" Jar** (included in the [Growth Mindset Activity Kit](#)). They will practice sharing kindness by helping others.
4. Print out the **Kindness Trackers** available in our [Kindness & Community Kit](#). Your child can check off or colour in a section each time he/she performs an act of kindness. This visual can help children see that their actions make a difference.

All kits can be found on biglifejournal-uk.co.uk.

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms.*

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