

RANDOM ACTS OF KINDNESS! (by: Sandhya Rajesh)

ADULT SUPERVISION ALWAYS REQUIRED FOR THESE!

- ★ You can spread some kindness with little sticky notes or some notes to give to neighbors. But check with an adult before you do this as it might not be safe.
- ★ Another option would be to send fun and colorful emails or text messages and make someone's day with a thoughtful and kind message from you! This one is more COVID-friendly, so I encourage you to try it!
- ★ Or... Kindness Rocks! See the steps below!

Materials for Kindness rocks:

1. Medium-Large Rocks
2. Paintbrushes
3. Paint
4. Modpodge/sealer
5. Paint marker/Paint Pen

Steps for Kindness Rocks:

1. Take our rock and paint the background a fun color!
2. Find an inspirational and uplifting quote you believe others will benefit from when they see our rock! What do you think will make them smile? 😊
3. Then, Paint or write it on with your paint pen in a fun design.
4. Add doodles all around, make it colorful, draw some pictures and accents to your rock.
5. Wait till everything is dry, and then paint/brush on the sealer to finish it off.

WHERE TO PUT IT:

- You could put kindness rocks at your door, on a trail, BUT remember to check with an adult/supervisor/parents if it is allowed.
 - Do not put it anywhere where it might cause danger. Please check with an adult before doing this step.
 - Adult Supervision always required
- ★ Spread the kindness: Have fun and always be kind! Come up with more acts of kindness too!