



Kindness Rocks Activity

[The Kindness Rock Project](#) was started by Megan Murphy in 2015 on Cape Cod when she wrote “You’ve got this” on a rock and left it on a beach on Cape Cod. After a friend found it, she started leaving more rocks with inspirational messages behind. And the Kindness Rocks Project was launched. Below you will find the instructions for your family to make your own Kindness Rocks. You can take your rock on your walk and place it in an open space for others to find, or you can deliver your Kindness Rocks to collection boxes the weekend of the walk. These rocks will then be used to distribute to Family Promise families and/or to create Kindness Rock gardens at our office in Montclair.

Supplies Needed:

- 3-6” smooth round or oval rocks.
- Mild soap and a soft brush for cleaning rocks.
- Small paint brushes.
- Acrylic paint in multiple colors.
- [Sharpie paint pens](#), if desired, or other permanent markers.
- [Mod Podge outdoor spray](#) or other clear acrylic spray.

To begin, please watch this video: <https://www.thekindnessrocksproject.com/howto>
Next, follow these steps:

STEP #1: Collect some rocks.

Flat, smooth rocks work best. Check around your home or visit your local craft store or garden center for smooth river stones. The 3” to 6” size work best!

STEP #2: Clean your rocks.

Clean the rocks with mild soap and a brush to remove any debris and make the paint stick better. Let them dry completely.

STEP #3: Give your rock a base coat.

Once the rock is dry, paint the top with a base coat of acrylic paint in any color you like. Wait for it to dry completely.

STEP #4: Add your inspirational message.

Using Sharpie paint pens or permanent markers, add your message and any other designs, like leaves, flowers, or smiley faces. Some ideas are: You Matter, Be Kind, Be Happy, Kindness Wins, Have Hope, Be The Change, or You Can Do It.

