

KINDNESS ROCKS CHALLENGE

Big Life Journal

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 neighborhood 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 colors, start with a white base coat (you might need a couple layers of paint). Allow the paint to draw 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 colors 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



- | | |
|--|---|
| <input type="checkbox"/> Choose to be happy | <input type="checkbox"/> You are worth it |
| <input type="checkbox"/> There is only one YOU | <input type="checkbox"/> Reach for the stars |
| <input type="checkbox"/> You ROCK | <input type="checkbox"/> Make today great |
| <input type="checkbox"/> Dream Big | <input type="checkbox"/> YOU DECIDE :): |
| <input type="checkbox"/> Be KIND | <input type="checkbox"/> Shine bright! |
| <input type="checkbox"/> You got this | <input type="checkbox"/> You can do hard things |
| <input type="checkbox"/> Choose Kind | <input type="checkbox"/> Keep chasing rainbows |
| <input type="checkbox"/> You matter | <input type="checkbox"/> You can choose to have a good day |
| <input type="checkbox"/> Shine on! | <input type="checkbox"/> Celebrate the little things |
| <input type="checkbox"/> You CAN! | <input type="checkbox"/> You can move mountains |
| <input type="checkbox"/> Be BRAVE | <input type="checkbox"/> You are braver than you think |
| <input type="checkbox"/> Be UNIQUE | <input type="checkbox"/> KEEP GOING, you're doing great! |
| <input type="checkbox"/> You are strong | <input type="checkbox"/> If you get tired, learn to rest, not to quit |
| <input type="checkbox"/> Start today | <input type="checkbox"/> If you can dream it, you can do it |
| <input type="checkbox"/> You are loved | <input type="checkbox"/> Mistakes are proof that you are trying |

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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