

## KINDNESS CHALLENGE

Invite your child to brighten up your community by creating Kindness Rocks to spread across your local park, decorate your front yard, or to add to/start a Rock Garden. You can also encourage children to create pictures with kind messages to decorate the windows of your home, for members of your community to see when they walk by your home! This is the first step in teaching children the power of positivity and kindness, and sharing kind words and positivity can really change a persons day, make someone feel better, and make them feel good themselves for sharing kindness through their art!

### MATERIALS

- Rocks
- Sharpies
- Paint + Brushes
- Card Stock
- Markers
- Crayons
- Pencil Crayons



### INSTRUCTIONS

- Make a list with your child of different kind messages
- Collect rocks and begin designing your rocks using sharpies or paint
- Create kind posters including the a kind message on each poster
- Spread kindness to your community!
- Create a new kindness rock garden in your front yard, hang your kindness posters around the front of your home, add to a local rock garden at your local park!

### MINDFUL CHALLENGE

#### Discussion Questions:

- What does it mean to be kind?
- Can you share a time when you showed kindness. How did that make you feel?
- Can you share a time when someone else showed kindness to you. How did that make you feel?
- What are some different ways we can show kindness every single day?
- Do you have any other ideas for spreading Kindness through art in our community?

### MODIFICATIONS

Kindergarten and Younger School Age children will need some assistance with writing kind messages on their rocks