

Occupational Therapy

Kindness Rocks

Materials Needed:

- Palm-sized, smooth rocks
- Acrylic paint
- Paint brushes
- Black permanent marker (optional)
- Clear outdoor sealant spray (optional)

How to Make:

1. Gather rocks— Search outside for rocks that are smooth and about the size of the palm of your hand
2. Prepare rocks— Use soap and/or water to clean your rocks, then let your rocks dry
3. Paint rocks— Use the acrylic paint, create a background or design on the rock
4. Let rocks dry— Let your rocks dry
5. Decorate rocks- Using paint and/or permanent markers, write a positive word or message on top of the rock, for example, “Hope,” “Have Fun,” “Smile,” or “Happy”. Older kids and adults may choose to write more detailed or complex messages!
6. Spray rocks— Once the rocks are dry, spray with a clear outdoor sealant spray
7. Enjoy— Keep your rocks to enjoy OR go for a walk and place them in parks or along sidewalks for others to see and enjoy



For more info on The Kindness Rocks Project, see link: <https://www.thekindnessrocksproject.com/>