

PAINT A KINDNESS ROCK



Go for it

Ask an adult
for help!

Make someone's day by sharing your positive thoughts.
Place kindness rocks outdoors in places to surprise people,
or in your own enchanted forest or garden.

YOU'LL NEED

- Acrylic paint
- Non-toxic clear acrylic spray sealant
- Brush
- Paint pen

*Hygge (pronounced 'hooga') is an old Danish word describing the idea of slowing down, being together with people that you care about (or even by yourself) to relax and enjoy life's quieter pleasures.



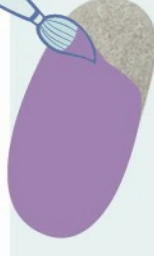
STEP BY STEP

1 Find smooth, flat rocks large enough for your message.



2 Wash them and let them dry.

3 Paint your rocks a solid colour. Let them dry.



4 Use a paint pen to write a message that spreads joy.



5 Go outside to spray your art with a non-toxic clear sealant.



6 Place rocks in open spaces where people can see them, smile and have a very hygge* day!

