KINDNESS ROCKS TOOLKIT

Join the RAKtivist community in spreading kindness by designing kindness rocks and hiding them in places for random visitors to discover. Let's scatter these tokens of kindness throughout our community, spreading joy and encouragement wherever they land.

1. Gather Supplies

Gather smooth rocks of various sizes, acrylic paints, paintbrushes, paint markers, and sealant.

2. Clean and Prep Rocks

Wash the rocks thoroughly to remove any dirt or debris. Let them dry completely before painting.
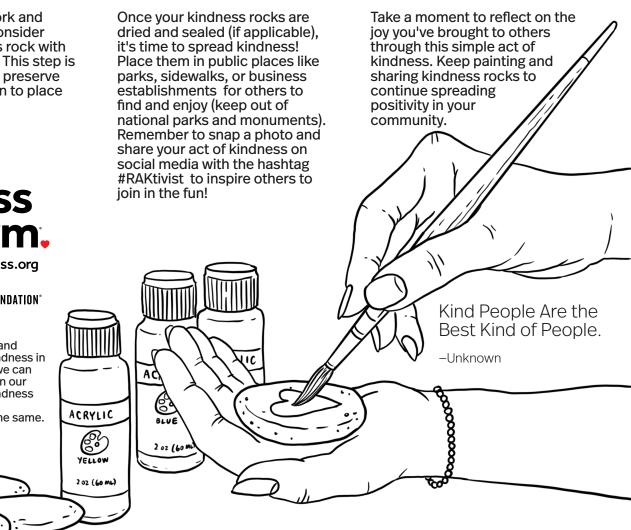
3. Choose Your Design

Decide on a design and/or message to paint on your kindness rock. It could be an uplifting quote, a simple picture, or a colorful pattern – let your creativity shine!

4. Paint Your Rock

Using acrylic paints and paintbrushes, paint/draw your design onto the rock. Take your time and enjoy the process of creating something beautiful for a stranger to find.

5. Add Details

Once the base coat is dry, add additional details or accents using paint markers or smaller brushes. This is where you can really personalize your kindness rock and make it unique.

6. Label Your Rock

Use #RAKtivist and add your location. It's fun to see how far kindness rocks travel. Mark it **to keep** or **rehide** so others don't think they are stealing it.

7. Seal Your Rock (optional)

To protect your artwork and make it last longer, consider sealing your kindness rock with a clear sealant spray. This step is optional but can help preserve your design if you plan to place your rocks outdoors.

8. Spread Kindness

Once your kindness rocks are dried and sealed (if applicable), it's time to spread kindness! Place them in public places like parks, sidewalks, or business establishments for others to find and enjoy (keep out of national parks and monuments). Remember to snap a photo and share your act of kindness on social media with the hashtag #RAKtivist to inspire others to join in the fun!

9. Reflect and Repeat

Take a moment to reflect on the joy you've brought to others through this simple act of kindness. Keep painting and sharing kindness rocks to continue spreading positivity in your community.

make kindness the norm.

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

Share the joy with others and inspire them to spread kindness in their own way. Together, we can make kindness the norm in our communities by hiding kindness for strangers to find and encouraging them to do the same.

Kind People Are the Best Kind of People.

–Unknown