

Kindness rocks activity



This activity promotes kindness, raises awareness about cyberbullying and encourages positive behaviour both online and offline. Students will paint rocks with positive messages and place them around the school or community to spread kindness and support.

Materials:

- Smooth, clean rocks (one per student)
- Acrylic paint and paintbrushes
- Permanent markers
- Sealant spray (to protect the paint)
- Paper towels, plastic tablecloth or scrap paper to protect surfaces
- List of inspirational quotes and positive messages

Overview:

Begin by discussing the importance of kindness and how small acts can make a big difference. Explain how cyberbullying negatively impacts individuals and how spreading positivity can help counteract this. Ask students for examples of kind actions they can take online and offline.

Instructions:

Preparing the rocks:

- Option one: Have students collect smooth, clean rocks outside as a class.
- Option two: Purchase rocks from a craft store.
- Ensure all rocks are clean and dry before painting.

Painting and decorating:

Encourage students to paint a base coat and allow it to dry completely (this helps the paint adhere better). Once dry, students can use markers or paint to write positive messages or inspirational quotes, or draw uplifting images on the rocks. Encourage creativity with examples such as:

- “You rock!”
- “You are loved”
- “Stay strong”
- “Spread love”
- “Kindness rocks”

Optional: As the instructor, consider protecting the paint and messages by adding a layer of sealant once the activity is complete and the rocks are dry.

Placing the rocks:

- Option one: Place them around the school in safe but visible locations, indoors and outdoors.
- Option two: Extend the activity to the community by placing rocks in parks or other community spaces.

Follow-up:

Consider allowing time for reflection and discussion. Possible questions include:

- How did it feel to create and share the kindness rocks?
- What impact do you hope the rocks will have on others?

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