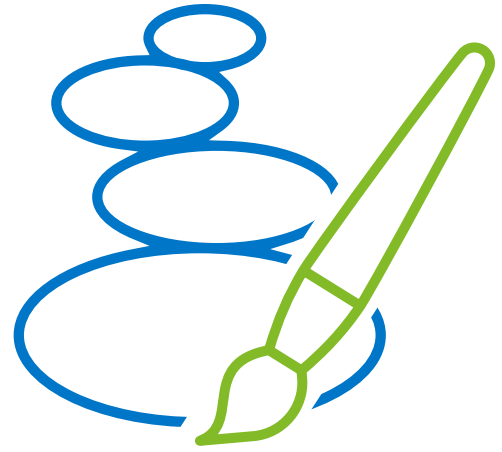




Positivity Rocks



SUPPLIES

rocks, markers, (paint might work better)

INSTRUCTIONS

Collect about 5 rocks from around the outside of your house, or somewhere where you might be able to find rocks big enough to decorate.

Write messages of encouragement on the rocks and decorate them, and then return them to a place where your family or others might discover them.

SOME EXAMPLES OF MESSAGES

- **You Are Loved.**
- **Be Yourself.**
- **You Matter.**
- **Stay Strong.**
- **Smile!**

Get creative and make up your own! Once strangers come across your words of encouragement, you will have made a difference in their day and made them smile.

REFLECT

How does it feel to write positive messages?

How might someone feel when they discover one of your rocks?

What might they do after they feel encouraged?