

Kindness Rocks



DESCRIPTION

Share inspirational and positive messages with those around you through a random and anonymous act of kindness. Kindness Rocks are decorated stones with cheerful notes that are left for someone to find and help brighten their day!



WHAT YOU NEED

- Palm-sized rocks or small stones – find some outside or visit Smile Works Pediatric Dentistry office to pick some up!
- Various colored paints or markers, anything that can be used to decorate a rock

REFLECTION AFTERWARDS

- Where did you choose to leave your Kindness Rock and why?
- What did you write/draw on your rock, and how do you think the person felt when they found the rock you decorated?

PLAN

1. Decorate rocks with preferred materials.
2. Leave decorated rocks on neighbor's lawn, parks or other public areas for others to find and share a special message to put a smile on their face.
3. Share photos of your child's Kindness Rocks on Facebook and tag @SmileWorksPediatricDentistry or post on our "Smile Works Pediatric Dentistry" Facebook page to inspire others to participate and create their own Kindness Rocks!

RESOURCES

Kindness Rocks Song:

<https://www.youtube.com/watch?v=jmNQOnnmVXo>

