

Create your own 'Kindness Stones'

Heathlands Primary Academy

What are Kindness Stones?

- **Kindness Stones** are painted rocks or stones decorated with inspirational messages or sayings.
- People leave them in public places such as their local park, nature trail or even hidden around their school gates for others to find.
- The intention is to spread kindness and love to others within the community.

What do I need to make them?

- Large, smooth stones or pebbles.
- Soap and water.
- Paint
- Paintbrushes.
- Sharpie pen (A felt tip will work too).
- PVA Glue (to seal).

How do I make my Kindness stone?

- First wash your stone with soap and water to ensure it is clean and free of any debris.
- Dry your stone well.
- Paint on your design. You may wish to paint in stages, letting each part dry if you have lots of different layers to your design.
- Once the paint is completely dry, write an inspirational word or message on the back of your stone.
- Cover your stone in PVA Glue to seal it from the rain and outside elements (don't worry if the glue covers your design, PVA dries clear).





What do I do with my Kindness stone once it's decorated?

- Leave your stone in a public place for other people to find.
- Your local park, by your school gates or another public place are all great choices.
- Make sure that you leave your stone in an easy-to-find place where it won't get in the way. For example: If you are leaving your stone in a park, next to a bush, inside a bed of flowers or at the base of a tree would all work well.
- If you wish to leave your stone somewhere along the pavement (on the route you take to school for example) a patch of grass would be great, as long as it is not part of someone's private land and not somewhere it could be a potential tripping hazard.



Now you are ready to get to get started.

Don't forget to take a picture of your finished stone and where you've hidden it.

Have FUN !!!!!