



Decorate a kindness rock & randomly place it.

Art by James, age 12, California, USA



Get Inspired

Quote

"How beautiful a day can be when kindness touches it."

George Elliston

Fact

According to researchers, pleasant surprises make us happier.



Shake It Up

Rock out for 1 minute!

"I am creative!"



Talk It Out

1. What is a kindness rock? Have you ever made one?
2. How do you think someone would feel if they randomly found a kindness rock while walking outside?
3. What are some kind words you could write on a rock to happily surprise someone?



Do It!

1. Find a smooth rock that you can decorate.
2. Paint, write or draw a kind message on the rock.
3. Place your kindness rock in a surprise location for someone else to find.

Decorate a kindness rock & randomly place it.

SEL Competencies

Self-Management

Self-Motivation

Social Awareness

Perspective-Taking

Self-Awareness

Self-Confidence

Timeframe

15 - 30 min

Materials Required

A smooth rock

Markers, paints,
Sharpies or things to
glue on the rock



Get Inspired

Quote

Invite a student to read the quote.

Fact

According to researchers, pleasant surprises make us happier.

[Source](#): Science of People



Shake It Up

Get your students moving. Invite them to do the following activity:

1. Stand up and ROCK OUT!
2. Pretend you are in a rock band, Play air guitar, air drums or simply dance for 1 minute.

When finished have your students say, "I am creative!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. What is a kindness rock? Have you ever made one?
2. How do you think someone would feel if they randomly found a kindness rock while walking outside?
3. What are some kind words you could write on a rock?



Do It! (as a class or individually)

1. If possible, prior to doing this lesson, have your students find a smooth rock they can decorate.
2. If all students have a smooth rock available, let them create their kindness rock during class.
3. If students do not have a smooth rock, encourage them to find one after school and then decorate it.
4. Have students place their completed kindness rocks somewhere that will surprise the person who finds it.