INSPIRATIONAL
ROCK
PAINTING
WHAT IS
THE KINDNESS ROCKS PROJECT

The Kindness Rocks Project was created by Megan Murphy as a way to spread anonymous kindness throughout the world.

When you complete your rock, place it somewhere on campus for a stranger to find. You never know how much impact this one act of random kindness can have on someone’s day!

If you would like to learn more about The Kindness Rocks Project, visit thekindnessrocksproject.com or check out their Facebook group!

You can also keep your rock as a reminder to be kind to yourself.
HOW TO MAKE A KINDNESS ROCK

1. Gather your kind thoughts! Think of some uplifting messages. If you need some inspiration, check out our inspiration page.

2. Fill in a space for your message. You can design it however you want or you can simply write your message on the rock – go with your creative flow!

3. Allow your rock to dry. Then, apply the Modge Podge so your message is waterproof.

4. Place your rock somewhere on campus for someone else to find or keep it for yourself as a way to practice self-love.
KINDNESS MESSAGES
INSPIRATION

beYOUtiful
You got this!
Be brave
You are enough
Trust your instincts
See the good
Be grateful
I appreciate you
Choose kindness
I love you
Walk in wonder
Choose joy
Creativity takes courage
Your time is now
Rise up
I believe in you
Evolve
Love yourself
Love others