

FRIENDSHIP STONES

Celebrating Kindness



CONNECT the ways kindness and friendship are gifts that anyone can give and receive. Unlike some other gifts, the more kindness we give to others, the more we have in our hearts. Friendship can also help us grow, especially when we expand these behaviours to a bigger circle to include community members and global citizens. Think of kindness and friendship as superpowers that help us do amazing things!



CREATE a kindness campaign to share within your school, extended family, or entire community. How can you collect and connect kindness phrases? Choose a few to paint on stones and decide who will help you create them. Together, place the Kindness Stones in locations such as parks, paths, and other public places. These words of wisdom will serve as reminders, encouraging others to perform acts of kindness.

Design a plan for making Kindness Stones. Start by gathering quotes. Write and illustrate some quotes in a practice draft first. Then use acrylic paint to write the quotes and paint a design on smooth rocks.



Some example quotes:

"A kinder world starts with you."

"No act of kindness, no matter how small, is ever wasted."

"One kind word can change someone's entire day."

"Scatter seeds of kindness wherever you go."

"Kindness is contagious."

"In a world where you can be anything, be kind."



PRESENT the kindness messages as if they are hidden treasures for others to discover. Work with a team to decide where to leave the Kindness Stones. "Hide" the messages in plain sight by the side of walkways, on desks or shelves, next to doors, or on a sandy beach. If your plans include private property or an indoor location, make sure to get approval. Now let others find these lovely stones and be inspired by the messages of friendship and kindness.



RESPOND by watching how others respond to finding random messages of kindness and friendship. What do they do with them? Do they point them out to others? Gather them into a display? Put them back where you left them? Notice changes in people's facial expressions, posture, or tone of voice. If possible, ask how finding the stones made them feel. Notice how you react to their responses. It's wonderful when kindness comes full circle!

