

KiNDNESS 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. 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 community. Choose a few stones to paint on. Write kind phrases on each stone. Place the Kindness Stones in locations such as parks, paths, and other public places.

Kindness is like butter. The earth is toast. You have to spread it around.
- Cody E., Grade 7

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."

CREATE A DRAFT ON THESE PAINTED STONES.



PRESENT the kindness messages as if they are hidden treasures for others to discover. "Hide" the messages in plain sight by the side of walkways, on desks or shelves, next to doors, or on a sandy beach. 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 back where you left them? Notice changes in people's facial expressions, posture, or tone of voice. It's wonderful when kindness comes full circle!

