

Challenge

Kindness Rocks

In your garden or when you are out and about look for some small rocks or large pebbles. Can you think of some kind words, such as be brave, be happy, love? Paint these onto your rocks and pebbles, you could add a picture to go with them. Then leave your rocks along your pathway for visitors to read or next time you go to the park you could leave them for others to find to spend your kindness. Or you could paint a Christmas picture and again leave on your path or in the park to share with others.

