

OPTIONAL ART ACTIVITY: PAINTING AND DECORATING ROCKS

Materials: You will need **smooth pebbles** big enough paint on and **acrylic paint, paint pens, permanent markers, nail polish, bedazzle stick on jewels, temporary tattoos, or stickers.** Be **creative!** If your rocks will be out in the weather, you may want to coat them with transparent varnish (ask caregivers to help with this). I used clear nail varnish for mine.

Instructions: Painting pictures or messages on Rocks and leaving them lying around in a park, at the beach, on a walk or even by the roadside for someone to find is a great way of doing something creative and kind. Many people are finding Lockdown hard and lonely, so if you can brighten up someone's day by leaving a little something to cheer people up you are being mindful of others. You would be surprised how something little like this can be valued and appreciated. You may want to leave one in a friend's letterbox to make them smile. 😊

Don't hide your rocks too well or they may never be found. **Remember to stay safe when you are out walking, don't go out alone, and don't leave rocks to be found if you are feeling unwell.**

