

Rock On



Spread positivity around town!

First: Collect rocks from a nearby stream or pond.

Second: Clean and dry them.

Third: Write encouraging messages on the stones and decorate them.

Fourth: Place your rocks around the neighborhood, spreading kindness to your community.

Fifth: Share your story on [The Kindness Rocks Project](http://www.thekindnessrocksproject.com) (www.thekindnessrocksproject.com).

Take it a step further: Apply for a Random Acts grant to help offset the cost of art supplies so you can decorate more rocks and spread kindness to more people.

Need help completing your kindness act?

Reach out to our Student Group Coordinator for help with planning or assistance.

Need help with funding for your act? We can help you! Apply on the Random Acts website.

Changing the world one random
act of kindness at a time

A registered 501(c)(3) organization in the
United States. EIN #: 04-3276521



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