

Create and color a kindness rock from the prompt provided. This is meant to be a self reflective activity.

What is your one word for 2021?



What message would you give to your younger self?



Create a wish rock, what would be your one wish?



What is your go-to inspirational quote when you are feeling down?



POLARITY ROCKS

COLLECT AND PAINT A SOLID COLOR ON BOTH SIDES OF YOUR ROCK. ON SIDE ONE WRITE A WORD THAT REPRESENTS SOMETHING YOU ARE LOOKING TO OVERCOME, NEXT FLIP THE ROCK OVER AND WRITE A WORD THAT IS THE POLAR OPPOSITE (A WORD THAT REPRESENTS WHAT YOU ARE TRYING TO ACHIEVE). KEEP YOUR POLARITY ROCK ON YOUR NIGHTSTAND OR DESK AND FOCUS YOUR ATTENTION ON THE INTENDED OUTCOME MESSAGE DAILY.

HERE ARE SOME EXAMPLES:



ADDITIONAL IDEAS:

Fear-Courage

Overwhelm-Calm

Scattered-Focussed

Complicated-Simple

Confused-Certain

Anxious-Tranquil

Worried-Relaxed

Pessimistic-Optimistic

Unlucky-Lucky

Nervous-Confident

Concerned-Peaceful

Unmotivated-Motivated

Apprehensive-Definite

Bored-Refreshed

FILL YOUR JAR



This is a great way to practice intention setting daily. Place an empty jar on your nightstand, desk or counter & each morning create a Kindness Rock with an intention, affirmation or personal reflection and place it in your jar. When the jar is full, empty it out and reflect on the messages you wrote for YOURSELF. Next, carry these with you and place them around for others. When we give to others the messages that we need ourselves we practice self compassion and we cultivate hope when we pass it along.

Intention: An aim, goal or plan



Affirmation: an "I AM" statement



Personal reflection: "Today I..."



Stay Tuned for more Art Therapy Tools...coming soon

THE KINDNESS Rocks PROJECT ART THERAPY ROCK PAINTING KIT FOR ONE



6+ THE ART OF CONNECTING ONE FOR ONE; BUY ONE AND WE GIVE ONE TO A PERSON IN NEED ONE FOR ONE

CONTENTS:



1. SELF GUIDED ART THERAPY ROCK PAINTING GUIDE BROCHURE
2. MULTI-SURFACE ACRYLIC PAINT (WATERPROOF)
3. PAINT BRUSH
4. ROCK HOLDER
5. ARTISTRO PAINT PEN
6. 2 SMOOTH ROCKS



OUR ONE FOR ONE MISSION

WAS CREATED TO HELP US SPREAD OUR IMPORTANT PROJECT WITH THOSE IN NEED OF SOME INSPIRATION. FOR EVERY KIT PURCHASED THE KINDNESS ROCKS PROJECT WILL DONATE ONE TO A PERSON IN NEED. OUR GOAL IS TO DONATE 50,000 KITS!



For Adults

For Kids

"ONE MESSAGE AT JUST THE RIGHT MOMENT CAN CHANGE SOMEONE'S ENTIRE DAY, OUTLOOK OR LIFE."

MEGAN HARRIS, FOUNDER THE KINDNESS ROCKS PROJECT

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THE ART OF CONNECTING
"Holds on to what I can't gather words to say."
-Anonymous

What is Art Therapy?
Therapy that encourages the expression of ourselves through various activities such as painting or drawing. It is based on the belief that the creative process involved in the making of art is healing and life-affirming.

The Purpose of Art Therapy
It is an effective form of communication that helps us with self-understanding or search for meaning, personal growth, self-empowerment, and healing. Art serves as a way of understanding, making sense, and clarifying our inner experiences.

Add Kindness into the mix and you have created the Art of Connecting with your self & others!

LET'S GET STARTED

STEP 1: Choose your base coat color, consider the following psychology of color:
Orange: Enthusiasm, Confidence
Blue: Serenity, Calm, Peace
Green: Tranquility, Good Luck
Purple: Mystery, Imagination
Pink: Compassion, Nurture, Love

STEP 2: Trace the outline of your rock onto a piece of paper so that you can specially design your message.
Create a message that you would like to find yourself. Perhaps you are feeling sad or angry, uncertain or lonely. What message would you give to a friend who was feeling the way you feel?
Share: Give to others that which you need yourself. It is the act of connecting.

STEP 3: Keep one Kindness rock for yourself & leave the other for someone to find in your community!

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ART THERAPY

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INSPIRATION GARDEN

Place these in your community garden and create a sign for that rock.

THE PROCESS
R - RELAX
O - ORGANIZE
C - CREATE
K - KINDNESS
S - SHARE

RELAX: Relaxation is a state of calmness and peace. It is a state of mind where you are free from stress and worry.

ORGANIZE: Organizing is the process of arranging things in a way that makes sense. It is a way of bringing order to chaos.

CREATE: Creating is the process of bringing something new into existence. It is a way of expressing your creativity.

CHOOSE YOUR COLOR: Color is a powerful tool for communication. It can convey emotions and messages without words.

KINDNESS: Kindness is the quality of being friendly, generous, and considerate. It is a way of showing love and respect to others.

SHARE: Sharing is the act of giving something to someone else. It is a way of helping others and making the world a better place.

"When someone is kind to me I feel better about myself."
-Anthony Lee 10

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