

THE KINDNESS Kindness Rocks Art Rocks | ROJECT Therapy Activities

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:



Problem

Solution

Hectic

Screne

CHAOS

CALM

ADDITIONAL IDEAS:

Fear-Courage

Overwhelm-Calm

Scattered-Focussed

Complicated-Simple

Confused-Certain

Anxious-Tranqil

Worried-Relaxed

Pessimistic-Optimistic

Unlucky-Lucky

Nervous-Confident

Concerned-Peaceful

Unmotivated-Motivated

Apprehensive-Definite

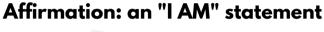
Bored-Refreshed

FILL YOUR JAR THE KINDNESS PROJECT



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 oursevies we practice self compassion and we cultivate hope when we pass it along.

Intention: An aim, goal or plan









Personal reflection: "Today I..."





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





For Adults









THE KĬNDNESS Rocks PROTECT

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