

Education is a natural process carried out by the human individual, and is acquired not  
by listening to words,  
but by experiences in the environment.

~ Maria Montessori

Dear Families,

Today's art suggestion is [Words of Inspiration: Rock Painting](#)

Perhaps you have heard of The Kindness Rock Project. This is our version of a wonderful family activity.

For this super simple activity, you will need:

**Rocks** - any size, although flat rocks work best if writing on them. Gather rocks from yard, parking lots, forest preserves, etc.

Acrylic **Paints** or paint pens; sharpies; other paints

Paint **Brushes**

**Newspaper** - lay rocks on paper for easy cleanup

**Non-toxic clear sealant**, mod podge or glue

Make sure rocks are clean. This should be an easy cleaning work for your child. They are used to rock scrubbing and table and dish washing from the classroom.

After rocks are dry, get to work painting! Any color or design will work - this will be your background for your inspirational words.

After paint dries, adult or older sibling can paint inspirational words, quotes or images on the rock.

As a last step to preserve your art work, spray or paint non-toxic sealant on rock. Let dry. If you are able to do any of these steps outside, the paint may dry quicker or leave to dry in a sunny window.

When you go out for a walk or take a hike in the woods, leave your rocks in places people may find them. You can leave one at a neighbor's door step, along a favorite path, or by the bus stop.

*Inspirational Suggestions:*

Smile and the world smiles back at you.

You matter!

Be loved

You are great

smile

spread kindness

love one another

peace

Sending Peace and Love,  
Ms. Annie and Ms. Kendra

