



One message at just the right moment can change someone's entire day...outlook...life.

Origin of the Kindness Rocks Project





GOAL #1: Inspire others through randomly placed rocks along the way...

GOAL #2: Recruit every person who stumbles upon it to join in the pursuit of inspiring others through random acts of kindness.

Since then...

- Kindness Rocks have been found all across the United States, Canada, England, Ireland, Germany, Australia and New Zealand
- Have been featured on ABC News, Fox News, The Boston Globe, The Today Show, NBC Boston, The Washington Post, Detroit Free Press, Chicken Soup for the Soul and many more
- Visit www.thekindnessrocksproject.com or The Kindness Rocks Project on Facebook for more information

Survivor Day Kindness Rocks

- **Do**

- Be creative
- Include messages of hope, comfort and of course, kindness
- Focus on the survivor
- Have fun!

- **Avoid**

- Overly religious words or symbols
- Focus on oneself
- Misspelled words (if in doubt, please ask)



The Project

- 11/1 morning - The base coat – let it dry
- 11/1 afternoon - Designs and/or a message – let it dry
- #thekindnessrocksproject on the back
- 11/8 - The finish (mod podge)
- Trade with a friend, set aside the rocks for Survivor Day, take one home!

**Thank you for participating in
The Kindness Rocks Project!**