

Happiness Rocks

Materials: paint, paintbrush, markers, and rocks

1. Go outside and find 10 rocks (about the length and width of your pinky finger)
2. Paint the rocks different colors, let the paint dry
3. Use the marker to write positive words on the rocks.

Here are some ideas:

Thank you *Be kind* *Love* *Be happy*

Joy *Smile* *Hugs* *Share*

You can also draw smiley faces, hearts, or stars on the rocks.

4. Leave the rocks around your neighborhood: in the park, at neighbor's houses, or out for your postal worker.

