

Kindness Rocks!

Spread Kindness - One Rock at a Time

The Heart of New Ulm Brown County Mental Health and Wellness Team is asking community members to spread kindness, one rock at a time. Sometimes the world gives us a small sign of encouragement, right when we need it the most. That's the idea behind **The Kindness Rocks Project**. It's a wonderful project that encourages people to decorate rocks with inspirational messages and leave them in easy-to-find places in your community for others to find. Follow these easy directions to make your own Kindness Rocks!

TO GET STARTED

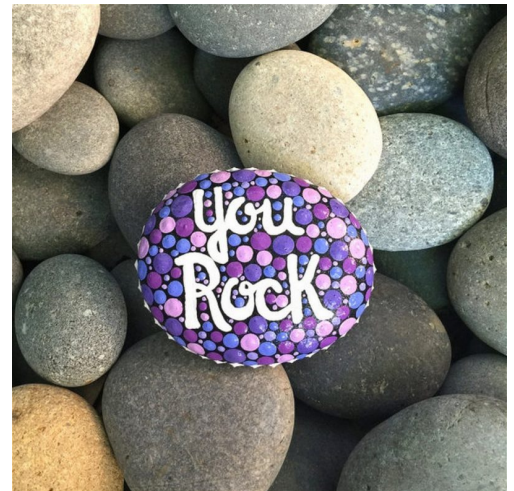
Start collecting rocks! Simply head out into nature or purchase them from your local home improvement store. Smooth flat stones work best for artwork—just be creative!

PREPARE THE ROCKS

Paint your rocks with non-toxic acrylic paint to help prepare them for your paint pens. This increases the life of your paint pens too!

GET CREATIVE

Decorate your rocks with messages of kindness that will inspire, motivate, praise or spread cheer! Sharpie OIL-BASED paint pens work best. They come in two tip widths; the fine tips work best for writing. We also love Prismacolor permanent calligraphy pens!



SIGNED, SEALED, READY FOR DELIVERY

To protect your artwork from the elements and to prevent fading, use a non-toxic sealant such as Mod Podge or a clear acrylic spray to seal your rock. Make sure your artwork has dried completely before sealing.

DON'T FORGET THE

Be sure to add #rockNU (for New Ulm) or #rockSE (for Sleepy Eye) to the back of each rock you drop. This will enable you to keep track of your kindness! Later you can put the # into your social media search bar and possibly stumble upon posts from people who have found your rock. Cool, right?



When dropping your rocks, be sure to get permission from the property owner first. It is our goal to promote respect and consideration for others while spreading kindness.