



Activity: Kindness ROCKS!

eluna

RESOURCE CENTER

Objective

Research shows that focusing on kindness and gratitude can improve emotional resilience, reduce symptoms of grief and depression, and promote a sense of connection and hope. Simple acts of kindness are linked to increased levels of neurotransmitters that boost mood and reduce stress. For this activity, families will write meaningful messages of encouragement, love, and kindness and share them with others. In doing so, families can honor those they are remembering and gently shift their focus to creating positivity and making meaning in the midst of grief.



Supplies

- Flat and smooth rocks
- Acrylic paint pen markers
- Clear acrylic spray or Mod Podge (optional)

Instructions

1. **Choose your rock:** Clean your rock and let it dry completely
2. **Create your design:** Consider a kind word, encouraging message, or symbol that feels hopeful, comforting, or joyful
3. **Let it dry:** Once dry, you can seal your rock with an acrylic sealer or a thin layer of Mod Podge to prevent fading
4. **Spread kindness:** Decide if you want to keep your rock as a personal reminder of hope and comfort or if you would like to leave it somewhere in your community to be found by someone else

Additional ideas

Family members may also find it helpful to create rocks with their person's name or symbols that remind them of their person and the memories shared with them. These can serve as tangible reminders that offer comfort and connection.

Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!