

## Build A Better You – Week 1

### The Kindness Rock Project

- ❖ **Grab a rock.**
- ❖ **Decorate it with a positive message.**
- ❖ **Leave it where someone can find it.**  
**BE MINDFUL and BE RESPECTFUL of others, as that is what true kindness and peace is all about. Do not trespass or leave your rock in a place where it is unsafe (ex. not a tripping hazard).**
- ❖ **Please get permission from your parents or guardian before doing the rock project and have your parents or guardian accompany you when placing your rock. If you can, take a picture with your rock so we can share it with others.**
- ❖ **If you find a rock that is meaningful to you, keep it or give it to a friend. Take a picture and tell us where you found it!**
- ❖ **We will share your pictures on Facebook and with The Kindness Rocks Project (<http://thekindnessrocksproject.com/>)**
- ❖ **Our goal is to share kindness and positive thinking to our friends, our community and the world. Let's begin with a simple rock, some art and a lot of love.**
- ❖ **Placing your rock:**
  - **Keep your rock out of grassy areas (we do not want to cause an accident with a lawn mower.**
  - **The mulched area around the memorial at the Palmyra Borough Building is an excellent location.**
  - **Along trails and paths associated with Get Outdoors Lebanon.**
  - **Keep rocks off of sidewalks and private property.**

“Peace cannot be kept by force; it can only be achieved by understanding”

Albert Einstein