

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