

## Taking the “rocks” that your students carry in their backpacks from negative to positive.

Our students come to school every day with “rocks” in their backpacks that hinder their success. We can help them take these “rocks” from hindering them, to helping them find success.

As you know, painted rocks have become the newest trend in society. You can find painted rocks throughout the country, however today the focus is on creating kindness rocks. In some communities these rocks are in various locations and people are asked to take a rock and then leave it in another place. In other communities these kindness rocks are a symbol of passing kindness forward; doing a good deed for someone else. In schools, these rocks can be used to help students “unload” the burdens that they are carrying for the day, and they are encouraged to pick up an inspirational rock that will help them through the day. These rocks are also on campus to remind students that kindness is to be passed on. Some examples of how these rocks are used in communities and schools are listed below. For more information visit the listed website and become a member of the kindness rocks project. Information on ideas and to share your stories visit “[thekindnessrocksproject.com](http://thekindnessrocksproject.com)” and help spread the kindness throughout your school and community.

### Examples:

**Gonzales High School:** The school secretary has a bowl of rocks on her desk with positive sayings given to her by a friend. Four or five times during the day students will rearrange the rocks in the bowl, putting what they feel is the most important one on top.

**Chino Hills:** Check out Chino Hills Connections on Facebook and see what an entire community is doing with inspirational rocks. These rocks are found throughout the community.

**Guide Dogs of America:** The local Girl Scout Troup painted rocks at the entrance to the facility in Sylmar. GDA’s biggest problem is keeping people from taking the beautifully painted rocks.

**Don Antonio Lugo High School:** One teacher has blank rocks in her classroom so that students can “throw away the burden of the day rock.” Students write a simple word or phrase on a rock and put it in a box. They are then encouraged to pick up a rock with a positive word or saying. The Renaissance program also painted “spirit rocks” for their annual rival football game. Students and staff were asked to turn in the rocks for spirit towels. But many rocks now sit on staff member desks and reside in backpacks. Pictures were taken of students and staff who found the rocks, and were placed in a frame saying “You rock”.

**Michaels craft store:** Michaels has promoted painting rocks for Thanksgiving, Christmas, and kindness week. They have offered classes in rock painting and are a sponsor of the kindness rock project.

The Kindness Rock Project had a unique beginning and believes that one message at the right time change someone's entire life/outlook on life. The project has two goals:

Goal #1: Inspire others through randomly placed rocks along the way...

Goal #2: Recruit every person who stumbles upon it to join in the pursuit of inspiring others through random acts of kindness.

I am sure that there are many more communities, schools and businesses involved in helping to spread kindness from coast to coast. Hopefully through CADA we can encourage our students to spread kindness throughout our schools and communities.

I hope that you and your students will paint some rocks and inspire acts of kindness.

Sincerely,

Connie Weeks, Area F Council

Retired Activities Director, Don Antonio Lugo High School

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Thank you to the Don Lugo High School Renaissance class for painting the rocks.

