

# PEACE ROCKS

## ★ 1 EXPLORE

Think about how colors can make you feel a certain way.

**Blue** makes me feel \_\_\_\_\_

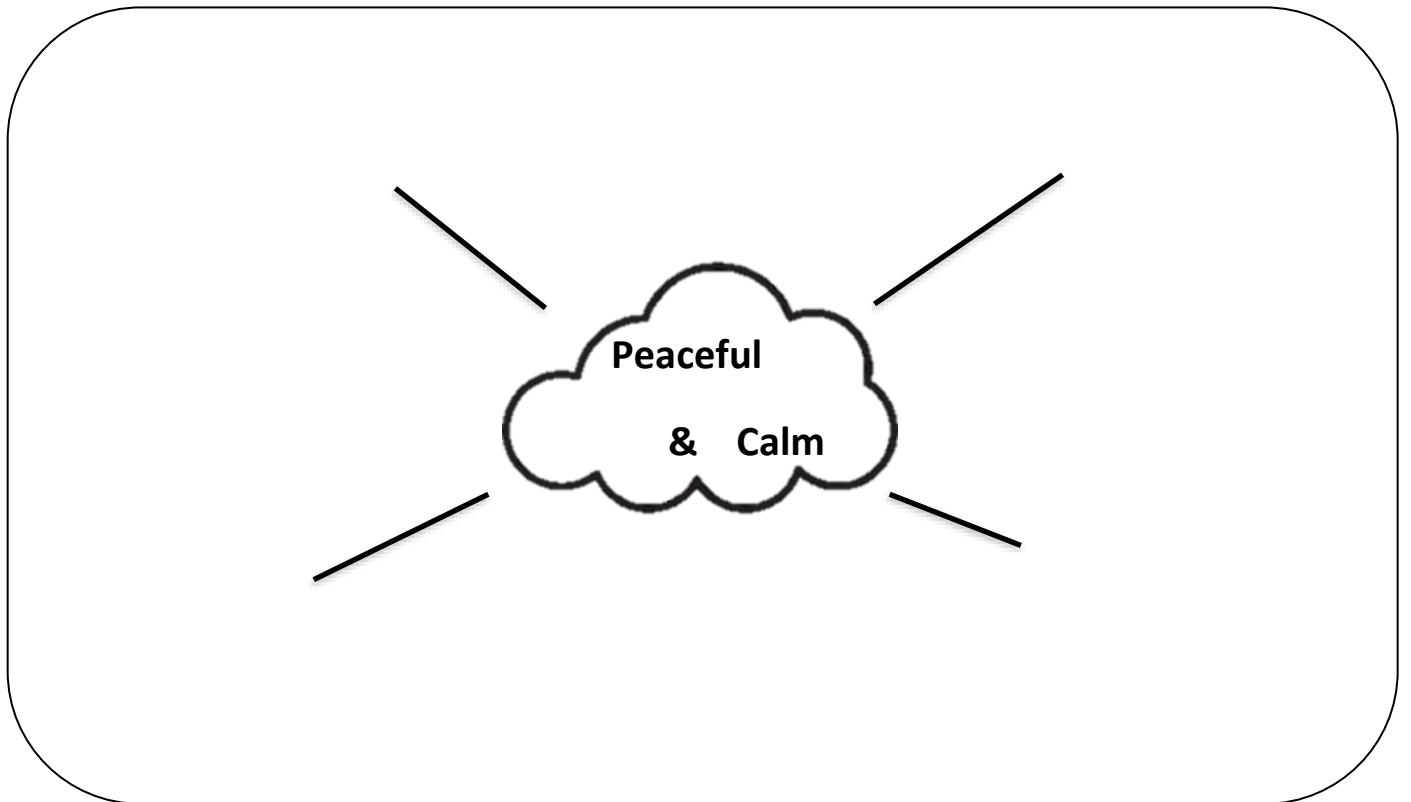
**Green** makes me feel \_\_\_\_\_

**Yellow** makes me feel \_\_\_\_\_

\_\_\_\_\_ makes me feel \_\_\_\_\_

## ★ 2 IMAGINE

Make a Mind Map and write down everything that makes you feel peaceful and calm e.g. like things, colors and certain words etc..



## 3 CREATE

You need:

- 3 Medium sized rocks
- Acrylic Paints, stickers, Jewels, Ribbon, Markers or anything you can think of to make your Peace Rocks unique and special.
- Glue gun or glue
- Kindness, Tranquility and your Creative mind set!

## 4 REFLECT & GIVE

**Put one decorated Peace rock in the kitchen or bathroom where you wash your hands. (We are all doing a lot of that these days!)**

→ Every time you wash your hands remember to look at your creation, take a breath and reflect on peaceful thoughts that make you feel calm.

**Give one Peace Rock to a neighbor or friend.**

→ Leave a note or tell them what the Peace Rock means to you and why you created it. Ask them to carry it forward and create 3 Peace Rocks of their own. One to keep that is special to them; One to give to a friend and one to place somewhere random to help spread PEACE.

**Place your last Peace Rock someplace a stranger will discover it: in the park or on a short wall near your house.**

→ The idea is to spread feelings of PEACE, HOPE and KINDNESS one rock at a time. If even a few people stop and think about what your Peace Rock means, slowing down for a second to think about PEACE..... we have achieved a great deal!