

## Craft: You Rock!

In this craft, you will be creating inspirational stones to share with family and friends to help lift their spirits.

The stones you collect can be any size- you will be painting them with pictures and words- so it is up to you! Remember to pick smooth stones as they will be easier to paint and write on.

Materials needed:

- Pebbles or stones of various sizes
- Paints (acrylic works best)
- Sharpie or other permanent marker (if you don't want to paint your words)
- Paint Brush

Some fun words of inspiration to include on your stones (if you're stuck for ideas):

- You Rock!
- Be Happy
- Smile
- You are Awesome
- Be Strong
- Follow Your Dreams



When you are ready to “rock”, paint each stone with several coats of acrylic paint and allow to dry. Once dry, you can start writing or drawing. You can use toothpicks to make polka dots or to help paint fine lines. You can also use an old toothbrush to splatter paint if you'd like some texture. Once all the paint is dry and you are happy with your creation, you can use a coat of acrylic varnish to create a glossy finish on your stone. You are complete! Don't forget to initial the back of your stone, so your friends and family know it was your creation.