

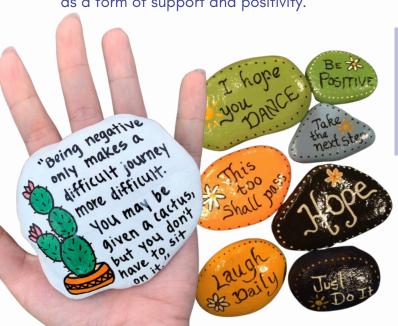
WE NEED KINDNESS ROCKS!

What are kindness rocks?

Kindness rocks are small rocks with nice images and/or words written on them

Why do we need them?

Events we table at are often very heavy or emotional, so we encourage people to grab a rock from our table that speaks to them and carry it around through the event as a form of support and positivity.





Interested in getting involved?

Paint some rocks and email us at CONTACT@ALUMNIINRECOVERY.ORG to arrange drop off/pick up!

SPEAKING ABOUT ADDICTION.
CONNECTING WITH COMMUNITIES.
MAKING A DIFFERENCE.





HOW TO MAKE KINDNESS ROCKS!

STEP 1: Choose/find a smooth rock and paint it entirely - a lot of people choose to paint it fully black or fully purple for OD awareness.

STEP 2: Paint pens are recommended – or use a tiny paint brush Write a positive word or message, paint a symbol or image, grab a marker and use them for writing if you need to!

STEP 3: Add stickers, jewels, or anything else to complete your masterpiece. Make the final touches!

STEP 4: Coat the rock in modge-podge - this will ensure the paint stays in tact and doesn't chip or wash off!

STEP 5: LET THEM DRY! Email us at contact@alumniinrecovery.org and we will arrange for a drop off/pick up!



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