



**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](mailto: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](mailto:contact@alumniinrecovery.org) and we will arrange for a drop off/pick up!



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