

Connecting ~ with Rock Projects



Connecting with those you are quarantined with can sometimes be difficult.

This instruction sheet will give you a few ideas on how to do that while creating some fun, therapeutic art.

All you will need:

- The rocks provided in this kit (brought to you from our favorite place of self care in Dyers Bay, ON)
- Markers OR paint and paintbrush
- newspapers/paper to make clean up easy
- a time designated to work on this project together

It's important to take time to think about some **positive words** right now.

Each person paints a rock (or a few) with words that they find reassuring, hopeful or calming.

Once everyone has painted their rocks, bring them all together to have a look.

Ask each person:

- 1-why they chose the word they did
- 2-are they happy with the end result
- 3- can they use it in a sentence.

They can all be kept together in a basket somewhere in the house. Try to make a sentence with them!



Identify strengths in others!

Each person decorates a rock for another person in the house with something that represents one of their strengths or a positive message about that person. Be creative, be sappy, be funny....

Once everyone has completed their rocks, have everyone come together to do a show and tell and present their rocks.

This can be a great time to have a good discussion and show someone how much they mean to you if you haven't said it enough .



Create your own game with the rocks. Tic-Tac-Toe A fun way for everyone to contribute to the creating of a project...and...you get to play with it together when it's all done.

For this one, you will need one extra material (a board, piece of paper, paper bag...). You will need something to create a gameboard #

Split up the rocks into two teams. Each team chooses a theme and colours to use on 5 rocks.

When both sets have been painted/decorated, bring them together and play.



Thank you for participating. We hope you enjoy this little bit of art therapy. If you are willing, please share with us on Social Media your final projects. We would love to hear about your process and see how it all turns out

