

Kindness Stones

Objectives

- Children will identify feelings and emotions.
- Children will receive emotional support.
- Children will be aware of the feelings of others.
- Children will build friendships.



Materials Needed

- Smooth stones
- Paint
- Paintbrush
- Permanent markers
- Paper plate
- Small basket
- Newspaper or butcher paper (optional)

Getting Started

- Gather smooth stones and clean them so they are free of dirt and debris.
- Create a paint palette on a paper plate for the child by squirting three or four colors of paint onto a paper plate.
- For easier cleanup, place everything on top of newspaper or butcher paper.

Activity

1. Talk to the child about kindness. Ask, *Has anyone said something kind to you today? What is something nice that a friend has said to you?*
2. Give the child a stone and say that this is a special kindness stone that is meant to be painted and shared with friends. Kindness stones help people feel one another's friendship.
3. Invite the child to paint the stone. The child can paint the whole thing, only one side, or a pattern.
4. Allow the stone to dry and then use a permanent marker to write a message on the stone. It could be "You Rock!" "Thanks for Being a Great Friend!" "I Love You!" "You Are Special!" and so on.
5. Place the stone in a basket, along with stones other children have made. Share all the messages.
6. Remind the child that in order to keep the paint on the stones, the stones should remain in the basket or indoors.
7. Place the basket where everyone can access it. Tell the child that if he or she sees a friend who is upset, sad, or mad, the child can choose a stone and give it to the friend once the friend has calmed down. Or if the child needs a pick-me-up, allow him or her to choose his or her own stone and hold it until the child feels better.
8. Remind children that the stones are only for holding. You should keep a stone only for a little while and then return it to the basket for when another child needs it.

Extended Learning

For further exploration of emotions, try our [Feelings & Emotions Washable Dolls](#). These dolls are great for introducing feelings and emotions in a low-level way. Children can use the dolls for dramatic and role play and to act out their feelings.