

MENTAL HEALTH AWARENESS WEEK • 18-24 MAY 2020

Paint a Stone

Paint a stone with a picture and a kind message

Instructions to make someone smile!

- 1) When you are out and about collect a stone.
- 2) Wash the stone and let it dry.
- 3) Paint the stone with a message, a picture or both!
- 4) Give the stone to someone and make them smile.



Monkey's top tip.

You could leave the stone in your local area for someone to find. It will make them smile!


You could also use several stones, using each one for a different picture, letter or word to make a treasure hunt!

If possible, ask a grown up to use a craft sealer or varnish to make your message last longer outside.



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