

ROCK PAINTING



PURPOSE:

Why?

The Rock Painting activity is an excellent way to take a step back from our worries while engaging in a creative and calming practice. It blends mindfulness with creativity, offering students a chance to relax, focus, and create something beautiful amidst their busy lives.

HOW TO:

Materials & Budget

- Bag of multicolored stone pebbles or rocks (\$15-20 or free if you find rocks outside!)
- Paint pens (\$10 or free if you can use school materials)
- Paint (\$10 or free if you can use school materials)

Most of these materials can be found in classrooms (make sure to ask your teachers if it is ok to take extras) but if you would like to spend some money, set aside about \$20 to \$30 depending on the amount of people who participate.

Instructions

- Choose a pebble or a rock and a few different colored paints or paint pens you want to use.
- Think about what you would like to paint. You can paint an inspiring word or phrase. You can also paint a flower or shapes. It's up to you how you would like to decorate it!
- Put on some calming music while your club members paint their pebbles/rocks.
- Let the paint dry and take your pebble/rock home!

Timeline

You need to plan this event 1-2 weeks in advance. It requires going shopping. The actual activity should take no longer than 25-30 minutes.

Impact

This activity is great for club meetings as it is a fun and creative way to get your club members engaged and take home a piece of art!

Example(s)

Example from Branford HS BC2M!



Example from Chapel Hill HS BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

