

Title: Friendship Knot -

Kindness Rocks

Section	Beavers Scouts, Cub Scouts (possibly Scouts, Ventures, Rovers)	
Place	Indoor and Outdoor	
Duration	Activity in meeting, and a walk later in meeting or at the next meeting	
Participants	All youth members in small groups	

SPICES

Social - Understand that it is important that I am considerate and help others

Social - Be a friend. Understand that everyone is different. Be welcoming and include others in the things I do.

Character – Learn about respecting others

Physical – be active and exercise regularly

Overview

- This activity will help to create a positive environment in our scouting environment and have a positive impact on our relationships. It also highlights the importance of the relationship between Scouting and the community demonstrating that Scouting is a positive environment.
- Paint kindness messages on rocks to share with others.
- Messages should be positive and friendly (a list of suggested words/phases is below).
- You can also use symbols such as smiley faces.

Activity Objectives

- Have a fun creative activity
- Work together as a team
- Raise awareness of the importance of being kind
- Create a positive link between Scouting and the Community

Materials

- Rocks (flat, clean and dry)
- Newspapers
- Acrylic paint / waterproof markers
- Brushes
- Clear Sealant
- Painting clothes/aprons

Description

Step One

- Set the rocks out on tables with paint and paint brushes.
- Make sure everyone puts on a paint shirt or apron.
- Have a few words written out as suggestions to copy e.g.
Be Kind, Peace, Hope, Brave, Shine, Care, Respect, Share, Friend, Community, Family, Talk,
Listen, Helpful, Better World

Step Two

- Youth members in their Lodges and Sixes (or Patrols) paint rocks with kind messages for people in your community or as gifts
- For younger members, you may like to allow them to draw a heart or star instead of writing a message.

Step Three

- When the rocks are dry, take them outside and paint/spray them with clear sealant. This will prevent the paint coming off them if they are exposed to the elements.

Step Four

- When the sealant is dry, go on a walk around your community and leave them in places where people can find them (this might be part of the following week's meeting)

Tweaks

- You could also use small pieces of wood or slate instead of stones, Alternatively make your own "stones" from clay.
- You might like to put your group name on the back of the rocks, so the community are aware of where they come from.
- Promote the activity on social media or in your local newspaper or community newsletter
 - encourage members of the public to see if they can find any of the friendship rocks
 - encourage members of the public to paint their own rocks and leave them around the locality
- Do this activity as part of a county programme event
- Do this activity to coincide with a suitable religious or cultural festival and get the youth members to paint a kindness message for their family which they can bring home as a gift
- If this activity is not attractive to Scouts, Venturers or Rovers, perhaps they could assist with running the activity in Beavers or Cubs
- This can be adapted for other sections e.g. use different materials such as painting a mug, etc.

Review

- Did you have fun painting the rocks?
- Did you enjoy the walk and finding a good place to leave your rock?
- What did you learn?
- A week or two later – have you heard of people finding rocks? How did that make you feel?

Notes

- Do not remove rocks and stones from protected areas, gardens, etc. (e.g. rocks should not be removed from beaches as they are an important part of the coastal ecosystem)
- Use the buddy system on the walk to emphasise kindness and friendship