

Positivity Rocks

Positivity Rocks is a fun and easy way to show kindness. This latest (and maybe the sweetest) craze; which has already swept the world, has artists of all ages spreading happy thoughts by way of painted rocks.

The idea is simple: Paint something inspiring or cheerful on a rock and leave it for someone else to find.

Please see below for a step by step guide on how to create your own positivity rock!

1. First you'll need some rocks

You can find rocks just about anywhere in nature, so the choice is yours when it comes to deciding which ones you'll want to paint. Keep your eyes peeled for some suitable ones on your travels!



2. Clean the rocks

Once you've collected the rocks that you'll be painting, cleaning them is the next step. The best method would be to simply soak them in hot water for a few minutes, then scrub away at any dirt with a toothbrush or the abrasive side of a sponge. Pat with a towel and let air dry completely before painting.

3. Painting for your rocks

You'll need some paint and paint brushes. These aren't as easy to find in nature as rocks, so you'll need to pick some up at your local arts and crafts store, or you can buy them online. The best paint for rocks that we've found is acrylic paint – they even sell acrylic paint markers, which we find to be the best for rock painting.



4. Base coat first!

Paint a base coat on your rock for the best results, then just get creative!

5. Varnish

Once your rock art is complete, don't forget to make it water tight by varnish, PVA glue or even clear nail varnish. We can recommend using spray varnish.



6. On the reverse of your rock you can direct the finder to our Bee Mindful Facebook group and instruct what to do with their find:



