

NATIVE

connections

FAMILY CHALLENGE

WEEK ONE

KINDNESS ROCKS

Kindness rocks! Don't you agree? For the first week, we're asking you to paint some kindness rocks! First, head outside and look for some smooth rocks. Next, grab some paints and paint your rocks expressing pictures and greetings of kindness. Then, when your rocks are dry, head outside and hide them around the community. Take a photo of the rock, don't tell us where it is, and we'll post them for the community to find! If you and your family happen to find a kindness rock, be sure to take it home and place it in your garden or a special spot that will remind you every day, that kindness rocks!!

**Submit your form on April 11th to
LKoniak@senecahealth.org or ARovito@senecahealth.org**

NEED SOME IDEAS?

Not sure what to paint? Here are some ideas to get you going:

A happy sun • A rainbow • The wampum belt • A feather
A rock that says "you're loved!"" • A happy emoji • A heart

Paint whatever makes you happy, because it will probably make someone else happy too!

Submit your photos by April 11th!