

Kindness Rock Garden

Welcome to RAK Week! RAK stands for Random Acts of Kindness. Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* **Each day should take you about 15-20 minutes (excluding prep/clean up.)** You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

Materials: Rocks, Paint Markers or Sharpies, clear sealant, paint brushes, Wood board

Daily Lessons

Day 1 Extension

3 min Video:

The Importance of Kindness

[Video Link](#)



Day 1- Explore- Kindness Rocks

Explain RAK week and how the class will create a Kindness Rock Garden to spread kindness beyond the classroom. Optional- create a kindness rock ahead of time to show them. Example: [Kindness Rock Garden](#) Head outside and decide on a place for your garden. Make sure to get admin. Approval first though. Have students bring in a rock tomorrow (or provide rocks if possible). In addition to our painted rocks, we will leave plain ones so others can paint them if desired!

Day 2 Extension

Example: Video on Sample Kindness Rock Garden: [LINK](#).



Day 2- Create foundation for Rock Garden

As a class, discuss kindness rocks. Has anyone ever found one? If so, what did it look like? Were their words, images, or just colors? How did you feel when you found it? Did you keep it or pass it along? Clear your rock garden area and add mulch if desired. Decide as a group on a sign for your garden and create it using a wood board. Make sure your sign invites people to take a rock or share a rock!

Day 3 Extension

Kindness Charades: Have students work in small groups to act out kind ways to help



Day 3- Paint Rocks- Base + Design

Today is painting day! Paint markers work best, but Sharpies can also be used. Have students do several rocks if time allows; some with words and others with just images and color. Remember to keep some plain ones out as well so new rocks can be created in the future by others!

Day 4 Extension

RAK Share: Have students share 1 RAK they've done AT HOME this week.



Day 4- Paint Rocks- Finish Design

Students will finish their kindness rock designs today. Make sure every rock design is covered with clear sealant so they last longer. If time allows, invite volunteers to share their rock design and the inspiration behind it.

Day 5 Extension

Journal Entry: How were you kind to yourself this week?



Day 5- Plant Your Garden!

Today is the day to get out of the classroom and “plant your garden. Make sure the signage is sturdy and affixed to the area securely. Place all the rocks in your garden along with the plain ones. Publicize your garden by word of mouth if desired!