LEARNING BENEFIT: KINDNESS IS CONTAGIOUS!

The Care Bears’ mission is to spread caring and sharing throughout the land. When you show kindness, it not only makes those you’re kind to feel good, it also inspires them to spread kindness. So when you are kind to your preschooler, they will be kind to others, who will in turn be kind to more people, and so on, and so on, and so on!

ACTIVITY: SHARING & CARING ROCKS

Make Your Own Sharing & Caring Rocks...because sharing and caring ROCKS!

1. Collect 5-10 rocks that are big enough and smooth enough to write on.
2. Wash and clean them with soap and water. Then, let them dry.
3. Paint the rocks with acrylic paints, or color them with washable markers.
4. Use dark markers, paint, or magazine cut-outs to add kind words and phrases to the rocks like: i love you, smile, relax, believe, trust, shine, be brave, be happy, be kind, be curious, feel good, I care, breathe, joy, dance, you matter, stay bright.
5. Paint a layer of white glue or Mod Podge on top of the rocks to seal in those kind messages. If you don’t have it, don’t worry!
6. Give the rocks to others, take one for yourself when you need it, and leave some outside for your neighbors to see or grab if they’re feeling down.
7. Tell your child that they ROCK for making and sharing their kindness rocks! (Maybe give them a special rock too!)