

Walk 'n' Rock

Crafts | Painting | Outdoor Activity



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WHAT MAKES IT MEANINGFUL

An introduction to the activity and how it helps lead to a meaningful day.

TIME

The duration of the walk is of choice. Painting the rocks may vary 30-45 minutes.

MATERIALS

Include and necessary or suggested materials needed for the activity

- Flat rocks (can be found outdoors!)
- Paint (Dollar store \$5-10)
- Paint brush
- Small cup of water to rinse brush (household item)
- bag



INSTRUCTIONS

Include any instructions needed

The walk and rock hunt

1. Grab a bag, water, and head out for a nice walk in the community!
2. During your walk look out for flat surface rocks that would be easy to paint on. Collect at least 5 rocks or more if you like. Place them in your bag
3. Continue your walk or return home when you are ready.

The rock painting

1. Wash your rocks under water and pat them dry.
2. Set up your paint station.
3. Paint your rocks- your choice of colour or design.



RESOURCES

[How to Paint Rocks Step by Step](#) || [Rock Painting for BEGINNERS](#) || [Start Stone Painting Today!](#)

SUPPORTS NEEDED

Supports may vary, based on individual's needs.

OTHER THINGS TO NOTE:

- Art supplies are covered under Passport, due to temporary eligibility.
- Designed rocks can be added to plant pots or garden for decorations.