

# Walk 'n' Rock

Crafts | Painting | Outdoor Activity



ConnectABILITY.ca

## 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



