

Rock Painting

Arts | Painting



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WHAT MAKES IT MEANINGFUL

Painting rocks is a meaningful activity because it allows individuals to express creativity and personal style in a simple, hands-on way. It's calming and helps develop focus, fine motor skills, and hand-eye coordination (Art Academy of Madrid). For many, it's also a chance to connect with nature, whether by collecting rocks or placing them in special spots afterward. The act of transforming a simple rock into something beautiful or symbolic can foster a sense of achievement, self-expression, and pride, making it an accessible and therapeutic experience for all.

TIME

20+ Minutes

MATERIALS

- Smooth rocks (can be collected outside or purchased \$5+)
- Acrylic paints (\$6+)
- Paintbrushes (variety of sizes) (\$3+)
- Water cup (for cleaning brushes)
- Paper towels (for drying brushes)
- Palette or paper plate (for mixing paint) (\$2+)
- Optional: Markers, googly eyes, glitter, or stickers for extra decoration



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INSTRUCTIONS

1. If you have some rocks nearby, pick ones that are smooth and easy to hold. If not, you can always buy a bag of smooth rocks. Look for ones that are big enough to paint on but not too heavy to handle.
2. Give your rock a quick wash with water to remove any dirt. Make sure it's completely dry before you start painting!
3. Think about what you want your rock to be. Maybe it's a happy face, an animal, a rainbow, or just a bunch of fun colors. You can even paint more than one rock to make a collection!
4. Grab your brushes and dip them into your favorite color. Start by painting a base layer. If your rock is going to be a bright color, it helps to paint the whole rock white first. Let it dry for a few minutes.
5. Once the base coat is dry, start adding fun details! You can paint dots, stripes, or zig-zags. Use small brushes to paint eyes, mouths, or patterns. Feel free to get creative with colors and designs.
6. Wait for the paint to dry. It usually takes about 15-20 minutes, depending on how thick the paint is.
7. If you want, you can add stickers, googly eyes, or a sprinkle of glitter to give your rock extra flair! Just make sure the paint is dry before you add anything.
8. Your painted rock is ready! You can put it on display in your home or garden, or give it as a gift to someone special.

RESOURCES

- Painted rock ideas and references: [120 Easy Rock Painting Ideas to Inspire You to Start Making Painted Rocks](#)
- Art and cognitive development: [How is art linked to cognitive development?](#)
- Giving encouragement and praise: [Praise, encouragement and rewards](#)

*All prices are quoted from listings on *Amazon.ca*

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SUPPORTS NEEDED

This activity requires some fine and gross motor skills, assist when necessary. Some individuals may also need a bit of encouragement for play! Be sure to prioritize creativity and independence in this activity.

OTHER THINGS TO NOTE

If you make a mistake, don't worry! Just paint over it once it dries. Mix colors together on your palette to create new, fun shades. If you use your rocks outside, coat them with a clear sealant to protect the paint. This activity is hands-on and accessible, making it fun and easy to adapt for different abilities!