



# ACTIVITY

## SUPERHERO KINDNESS ROCKS

### HOW TO MAKE SUPERHERO KINDNESS ROCKS:

#### WHAT YOU WILL NEED (SUPPLIES):



**Rocks**  
(Smooth & roundshaped)



**Acrylic paint**



**Clear varnish**  
paint or spray



**Small Paint**  
Brushes



**Permanent**  
textas



**Glitter**  
(optional)

#### HOW TO MAKE:

1. Before you start painting make sure you wash your rocks so that they are clean and then allow them to dry.
2. Next you can paint one side of the rock with a thin layer of paint and allow the paint to dry.
3. Then you can decorate the rock using paint, textas and glitter. Allow the rock to dry completely between each coat.
4. Once your rock has been decorated coat with clear varnish and allow to dry.
5. You may like to paint the back of your rock with 'made by a Foodbank Superhero' and the date or include some of the Foodbank Superhero messages.

#### SOME IDEAS FOR WORDS TO USE ON YOUR WORD ROCKS?

**Spread kindness**

**Be humble**

**Help others**

**Support Foodbank**

**Be a superhero!**

**You are a superhero**

**Be thankful**

**Smile**

**You can!**

**You're awesome**

**End hunger!**

**You are strong**

**You are brave**

**You truly rock**

**Hugs**

**Enjoy the sunshine**

**You've got this**

#### INCLUDE # OR @ ON BACK

#foodbanksa #foodbanksuperhero  
@foodbanksa @foodbanksouthaustralia @SARocks

Make sure you send Foodbank SA a photo of your rock once you are finished and let us know where you shared them.

#### WHERE TO SHARE THEM:



House or garden  
for family &  
friends.



Give them as  
gifts.



Give them to  
Foodbank to give  
to others.



Place the rock in  
a public place for  
someone to find.



Place the rock  
in the garden at  
school.

Images: Vecteezy.com

