

# — IN A — PERFECT WORLD

## Love Rocks!

At *In a Perfect World*, we envision a world where *all* children act with kindness and empathy. Making love rocks gives them an opportunity to show love for strangers or those closest to them... even themselves!

What makes you feel sad? Happy? Loved? Worried?

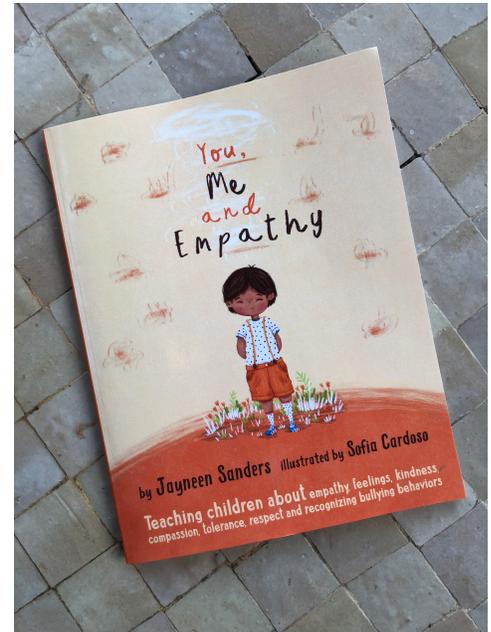
Have you ever seen another person feel that way?

How did that make you feel?

What can you do with that feeling?

These were some of the questions our Dreamcatchers ponder as they learn about tolerance, respect, and compassion for themselves and for those around them brought to life by the book *You, Me & Empathy*.

Why? Because cultivating empathy in children leads them to profound acts of youth-led, youth-driven service.



Did you know that people we see every day could be struggling with invisible problems? They might be sad about something, nervous about a new experience, they might not feel like anyone loves them.

If you were not having a perfect day, what would make you feel better? What could encourage you?

Armed with these questions, Dreamcatchers get to work creating Love Rocks with words of encouragement. One rock for themselves, one for a loved one and one (or more!) to serve as a random act of kindness.

Who would they give them to? Why? How does it feel to know that you did something special for people you may never meet?



### WHAT YOU'LL DO:

Read an inspiring book & decorate rocks with special messages of hope, love and encouragement.

### WHAT YOU'LL NEED:

- Small smooth rocks (2-3")
- Paint Markers
- Non-toxic Sealant (optional)
- The book *You, Me & Empathy* (or, *A Spot of Kindness*)

### WHERE TO GET WHAT YOU NEED:

Amazon, craft store (ie: Michaels). Here is a link for your parents to check out:

**IAPW LOVE ROCKS on AMAZON -**  
<https://a.co/90ga018>

### HOW TO DO IT:

1. Gather your supplies and decide on the words and phrases you want to use for each rock. Here are some ideas:

*Smile - Love - Hope - Dream/Dream Big - Be Happy - Peace - U R Awesome - Blessed - Thankful - Joy - Imagine*

**Tip: It's usually best to choose one word, so you can write the letters big enough to read!**

2. Get a little work area organized & ask your parents to get the markers ready for you. Remember, the paint markers are permanent! So you might want to wear a smock or an old shirt that you don't mind getting some paint on.

3. You may want to write your word on your rock in pencil to make sure it fits, then go ahead and trace over with paint markers!

4. Once you're done making the rocks, let them dry. Your parents may want to seal them (but this is optional and **definitely something an adult would need to do!**)

### WHAT'S NEXT?

Start thinking about who you want to give your special Love Rocks to. How about leaving one in the mailbox for your postal carrier? Or what about surprising a stranger by leaving one on the grass beside the sidewalk near your home? Maybe someone in your own house could use one? How about keeping one for yourself to remind you of something special?

### DON'T FORGET TO TAKE PICTURES!

We love to share stories of our Dreamcatchers practicing *Everyday Kindness!* Tag us @perfectworldfdn on Instagram and use the hashtag #IAPWEveryday so we can see your beautiful creations!

