



kindness

Challenge

Create your own [#BeKind](#) pebble

We would like you to spread kindness around Kent and Medway.

To do so, design and paint pebbles or rocks with one of the following slogans:

[#BeKind](#)
[#KindnessRocks](#)
[#WorldKindnessDay](#)

On the back of the pebble, please encourage people to upload their find to the Kent Children's University Facebook page.

Once you have decorated your pebble, choose somewhere safe to leave it for someone to find.

If someone finds your pebble or you find someone else's you can decide whether to keep it or re-hide it to be found again.

See how far your pebble travels and make people smile.

We recommend buying pebbles/rocks from any DIY store or garden centre. Please do not take pebbles from the beach.



Thank you to Tina Hills ([#SittingbourneRocks](#)) for the inspiration!

If you are part of KCU, you will **earn 1 Learning Credit** for designing 5 [#BeKind](#) pebbles. Evidence could be photographs, designs and your parents' upload to Social Media.

www.facebook.com/KentChildrensUniversity

