



## “Rock” Your Fun Run with Kindness

Kindness is free to give and receive! Help WUCF celebrate the PBS 50<sup>th</sup> Anniversary by spreading random kindness “rocks” for others to find and share while you run. What a great way to “rock” your run and who knows...you may find one made just for you!

Here’s what you need:

- Smooth flat rocks work best
- Soap and water (to clean rocks)
- Acrylic paint
- Paint brush
- Permanent markers (optional)



Here’s how to make them:

1. Find or purchase your rocks.
2. Scrub them with soap and water and allow them to fully dry (overnight or in the sun)
3. Paint rocks with your favorite color and let them dry.
4. Decorate your rocks by painting a fun design or writing a positive note.
5. Make sure you write **#PBS50** or **#WUCFFunRun** on the bottom of each rock.
6. Take a selfie with your rock and share it on social media using the hashtags.

**Now it’s time to ROCK Your RUN with KINDNESS and leave them for others to find!**