

#TinyRevolutions – Rocks of Kindness

Siobhan Kearney, Fun Palaces Ambassador in Northern Ireland, has been involved in the area of mental health and wellbeing for over ten years.

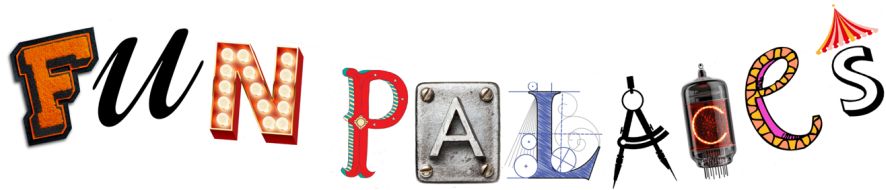
"I was so attracted to the ambassador role as I could see the huge potential it would have on mental health and wellbeing. Having worked as CEO of a mental health charity, before going on to set up my own wellbeing business, I know that being creative, being connected, being active and being part of something, is good for your mental health."

Here she shares her Tiny Revolution, Rocks of Kindness.

"Rocks of Kindness is not a new concept – but it is one that gets people feeling more involved and where there is a feel good factor – especially when it also helps you connect with nature. There is lovely feeling of taking the time to paint your own rock, with a message of kindness on it and becoming absorbed in the task means that you are focused for that time and not thinking about anything else - an opportunity to slow down and just simply be present to yourself when you are painting. Putting in on a neighbour's doorstep, or in a public area for people to see, shares the kindness and so you are giving to others.

Getting outdoors in nature and being active is good for your physical and mental health and by being creative you are keeping learning, which is again, something you can feel proud of. Connecting with others through Rocks of Kindness and seeing others joining in creates a sense of achievement and so it becomes a community connection – which is so important at this particular time."





You can create your own Rocks of Kindness to share with your local community. You just need some small stones / pebbles or rocks, and some paint (Poster paint or acrylic will work best for this). Paint your messages onto your rocks, and find some good places to leave them for people to find. You never know – your words may be the exact thing a finder needs to hear in that moment.

Siobhan has been sharing her pics on Facebook and people have already told her how good they make them feel when they see them and one person said her daughters just love to find them when they are out for a walk. This is why Siobhan does them and is looking forward to “planting” many more when she is out in her local community.

Enjoy – and do send pictures of your own Rocks of Kindness to be shared with others on Fun Palaces social media! Email them to amie@funpalaces.co.uk, text them to 07747 182 865, or tweet them to [@FunPalaces](https://twitter.com/FunPalaces).

To share your own #TinyRevolutions ideas contact Fun Palaces: www.funpalaces.co.uk
email: amie@funpalaces.co.uk