

# THE BEGINNER'S GUIDE TO ROCK PAINTING:

## HOW TO PAINT ROCKS

### HERE'S WHAT'S INSIDE!

- What exactly is rock painting?
- How the Kindness Rocks Project came to be
- How to paint rocks step-by-step
- The benefits you'll gain from creating art



# INTRO TO ROCK PAINTING

In this guide, you'll discover the joy of rock painting and gain confidence in your artistic ability.

In the following guides, I'm going to breakdown Rock Painting into it's most basic parts and walk you through acrylics, best art supplies, painting techniques, and understanding color theory.



## DID YOU KNOW?

- According to [www.arts.gov](http://www.arts.gov), 71% of Americans used electronic media to watch or listen to art.
- 51% of visual artists in the United States are women
- 61% of high school students with high arts involvement are more likely to go to college.
- According to Michigan State University, creating art is important to early childhood development such as fine motor skills, cognitive development, math skills, and language skills.
- People over 70 who did craft projects had a lower risk of developing mild cognitive impairments.
- According to Psychology Today, creating art can relieve stress, depression, fear, and help reduce pain or other physical symptoms.

Pictographs paints were made with natural minerals combined with a liquid such as water, blood, urine, or egg yolk. These early artists would use their fingers, handmade brush or stamps.

Today, rock painting is a way of being creative by expressing yourself with art. The simple act of applying paint to rock to create art is something as old as time. Painting on canvas can be a little imitating and overwhelming when painting art on large areas. However, this is not the case with rock painting. The best part of rock painting, is that it gives the artist a smaller safe space to create without feeling lost in such a large space.

Painting rocks are simple and everyone can do it. Another bonus is that you don't need a lot of materials to get started. On the upside, rocks can be free, just look in your own backyard, but if you live in an area that rocks are not in abundance, no fear you can buy some from rock yards or local improvement stores.

## WHAT IS KINDNESS ROCKS PROJECT?



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Kindness Rocks Project motto is “One Message at just the right moment can change someone’s entire day, outlook, life”. That is such a powerful statement and everyone has that chance to change someone’s life that may really need that message at the moment in time. Megan Murphy, the founder of the Kindness Rocks Project began leaving messages and inspirational words on rocks and leaving on the beaches of Cape Cod for people to find and to make a difference in their life. The Kindness Rocks Project has grown to many cities across the US and aboard to other countries as well.

# HOW TO PAINT ROCKS STEP-BY-STEP

## HOW TO GET STARTED ROCK PAINTING TODAY!



### STEP 1: GATHER ROCKS

Smooth flat rocks work best, but any rock will do. First, check your own backyard. No Luck? No problem, you can purchase rocks from your local garden center or rock yard.

### STEP 2: PREP ROCKS

Clean rocks in soapy water to remove dirt and debris before painting. Want a smoother rock? Try using wood filler to fill in holes and rough areas, then sand with a light grit sandpaper.



### STEP 3: PAINT & DECORATE

Acrylic craft paint and paint pens are very popular choices for rock painting. Be creative, the possibilities are endless!

### STEP 4: SEAL ROCKS

Time to seal your painted rocks with a clear sealer spray. This will protect your rock art from the outdoor elements and scratches. Let it for dry for 24 hrs before handling your painted rock.



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