

Love bug Rocks & Pals

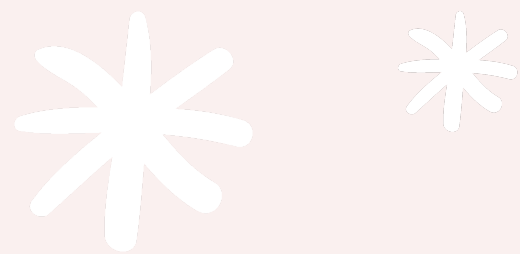
K-2 Grade Mental Health Activity



Supplies

- Rocks
- Paint brushes
- Paint
- Old Newspaper
- Water
- Cup
- Glitter (optional)
- Googly eyes (optional)





Step 1

Find a few smooth rocks that
are nice for painting!



A stylized illustration of a hand in the top left corner, rendered in a light pink color with white, brushstroke-like lines for the fingers.

Step 2

Wash and dry your rock if it has
dirt on it!



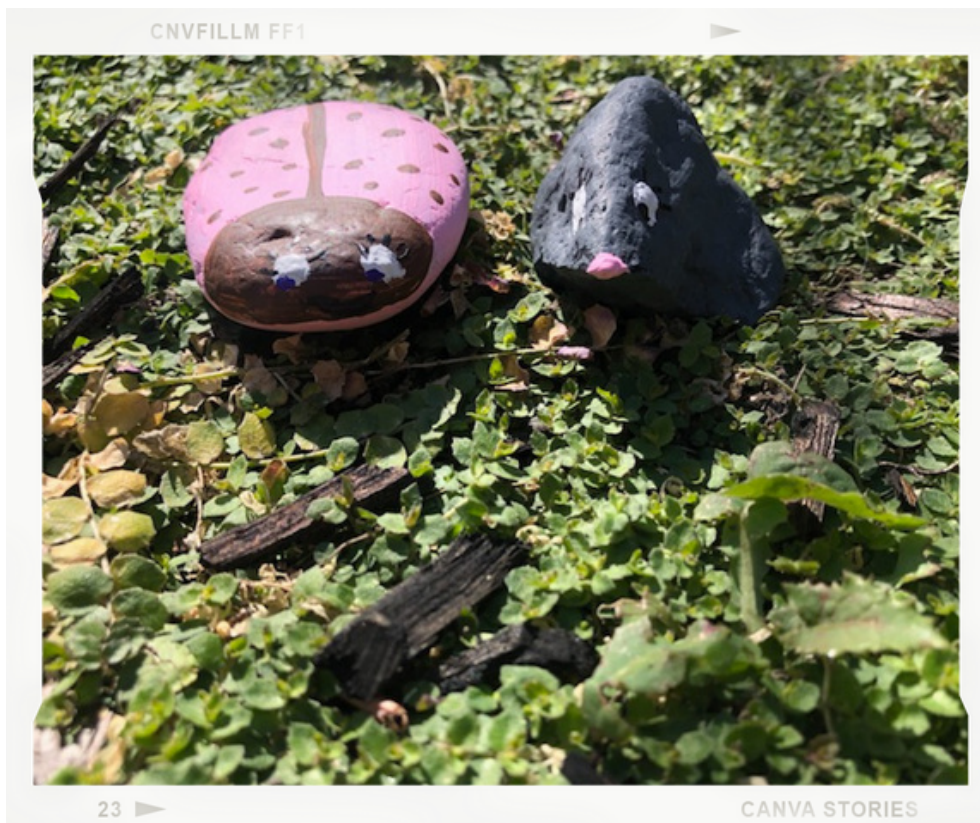
Step 3

Pick out your favorite colors
and paint your new friend!



Step 4

Take a look at this example of a love bug/animal pal!





step 5

Name your new friend!



Step 6

(optional) Paint the name of your love bug on the back of the rock!



What to tell your kiddos

- Tell them this is their new best friend and to treat them the way they want to be treated
- You can tell them that their love bug will always be there for them and that they can confide in them
- You can also tell them that their love bug is there to encourage them and listen to them