

# Girls Rock!!

## How to Rock This Workshop:

### Supplies:

- Rocks
- Drop Cloths (or old sheets, or table cloths)
- Aprons or Old T-shirts (optional, but may be necessary)
- Sponge brushes
- Something to use as a palette (styrofoam plates, plastic plates, plastic lids, wax paper, etc.)
- Acrylic craft paints in bright, fun colors
- White paint pens (Sharpie makes an awesome paint pen, as does Elmers)
- Pencils
- Rockin' Name Tags (optional, but fun & effective conversation starter)
- Rockin' Word List (optional, but fun.... any sheet of paper will do to make your own)
- a fan (optional)

### Let's Rock:

Spread out a few drop cloths on the floor. Put all the rocks and supplies in the center of them. Have the girls get cozy on the floor. (I've found sitting in a circle on the floor to be a little more effective to getting the girls to open up. It's a little less formal and intimidating than a table.)

Begin the workshop by having the girls fill out a Rockin' Name Tag stating their name and something they rock at (or something they love to do!) Then go around, one by one and have the girls introduce themselves and tell the group what they rock at.

Tell the girls that the plan is to focus on positivity, kindness and spreading joy today. Ask them questions about what makes their day, what they think would make their friends or even a strangers day. (Throughout the workshop keep them talking about what they love, what is really important to them, how they can inspire others, etc.)

**What do YOU think rocks? What rocks about you? What would rock someone's day? Rock on!!!**

(Free workshop plan from: [www.carmenforbus.com](http://www.carmenforbus.com))

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Have the girls take turns picking rocks, one at a time, until everyone has 3 rocks. Ask them which paint colors they're drawn to and begin putting some paint on the palettes.

(Encourage them to keep one sponge brush per color, not mixing the colors on the brushes, and encourage them to share colors/brushes with each other. That way you're not having to rinse the brushes over and over and you won't need water buckets. You can take care of rinsing all the brushes at once, at the very end.)

While keeping the conversation going about what they like to do, have them go ahead and start painting their rocks. Set the rocks aside on an extra drop cloth to dry. If you have a fan, turn it on the rocks. It won't take long at all for the acrylic paint to dry. Depending on the color of the rocks and the paint colors used, a second coat may be necessary.

When everyone is finished with their rocks, while they're drying, hand out the Rockin' Word Lists. Read through the list and have the girls circle any words or phrases that really stand out to them. Tell them to think about the messages they might want to put on their rocks. Then ask them if they can think of more words or phrases to add to the list. Get them talking. Once they start throwing out words, they'll start getting excited. Challenge them to see if they can fill up the rest of the worksheet. Suggest shapes, like smiley faces, hearts or music notes. Then have the girls read their lists if they want to and ask them if they've decided what they want to put on their rocks.

Ask them what they want to do with the rocks. I like the idea of keeping one for personal affirmation, a gentle reminder of something positive, a reminder of the day or depending on the age of the girls, a pet rock even. The second rock could maybe be a gift for a special friend, or someone they know that needs a little pick-me-up, for a family member, a teacher or even a thank you. And the final rock,

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could be a **Love Bomb** that gets dropped in a secret location. Maybe it gets dropped in a friendly neighbors rock garden, or on a park bench, or a public trail, on the beach, on the bus, in a shopping cart, on a library shelf, or some other completely random spot where the person that finds it will be pleasantly surprised to find it. The goal is to **Rock Someone's Day!**

When everyone is ready and the rocks are dry, have the girls gather their rocks and begin writing their messages on them with the white paint markers. The paint markers dry fast, so the fan probably won't be necessary.

When everyone is finished, you can finish up by having the girls share their favorite part of the workshop and what they've decided to do with their rocks. Do a little show & tell with the rocks.

And finally, huddle up, hands in the middle and on the count of 3 shout "**Girls Rock!**"

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