

## Prayer Rock

Creating a prayer rock reminds you to stop. Take a Breath. Say a Prayer.



### You'll need:

- ❁ rock
- ❁ optional: permanent markers, acrylic paint
- ❁ newspaper for your work area
- ❁ acrylic paint pen

### What to do:

*Note: Acrylic paint can permanently stain clothing, so take care while working.*

- 1 Find a rock that you like best!
- 2 Clean and dry it well
- 3 Choose a "base colour" to paint the rock and let it dry.
- 4 Decorate your rock with colourful designs and let it dry.