





Decorate pebbles in bright colours and patterns. Take them to a care home and put them in the garden. They will become little patches of colour and friendship bringing joy to older people!

Equipment needed

- Medium to large pebbles
- Brightly coloured paints acrylic paints are great, but normal poster paint will do
- Acrylic metallic paint pens (optional)
- Varnish
- Paper

Method

1. Find a suitable rock or pebble! You can pick more than one and make multiple rock arts.

If you have a garden, there might be some in there. Alternatively, look for some outside.

2. On a piece of paper, plan the design for your pebbles.













Remarkable research for healthy ageing THE DUNHILL MEDICAL TRUST











3. Use your paints to create the design on your pebbles.

You will likely need to paint one side and leave it to dry before turning over and painting the other side.

Make sure you cover your painting surface with old newspaper or a plastic bag to

protect it from spills. If you can, paint outside where it might not matter as much if paint gets spilt!

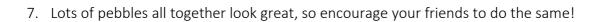
4. When the paint is dry, you could add small details to your design using an acrylic metallic paint pen if you wanted to, but this is optional.

5. Next you need to varnish your pebble. This will protect the paint, even when it rains.

Varnish can be tricky to open and can be dangerous if it's not used properly, so ask an adult to help you with this.

6. You're finished!

Take your pebbles to your chosen care home and ask them to put them the garden amongst the flowers for older people to enjoy.





Department for Digital, Culture Media & Sport





Remarkable research for healthy ageing THE DUNHILL MEDICAL TRUST





