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, 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.
WHAT IS ROCK PAINTING?

Let’s first talk about what Rock Painting is and how it came to be. Rock art is the earliest form of human-kind creativity. In archaeology, rock art is human-made markings placed on natural stone. Rock Art can be found in many regions all over the world. This rock art depicts myths, legends, rituals, religion, and types of area maps such as mountains, rivers, and lakes. These works of art show a living landscape of life back then. A pictograph is the first form of painted rock art which dates back to the Upper Paleolithic period.
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?

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.
If your community has a Kindness Rocks Project, join the movement by painting rocks and leaving them for others to find. To find out if your community is a part of this project, search Facebook for rock groups in your area, then join and be a part of this inspirational movement.

Please be aware that there are areas that are illegal to remove rocks from such as, National and State Parks, waterways, and railway tracks. Leaving painted rocks and removing rocks for painting from National and State Parks is prohibited. Consider finding on public beaches and even buying stones from local garden centers or rock yards.

If you participate in the Facebook rock group, check with the group administrators about guidelines on where hiding rocks are allowed. Hiding painted rocks in hospitals and businesses are typically not allowed unless given permission to do so.

IS ROCK PAINTING FOR EVERYONE?

The answer to that question is of course, yes! You don’t have to be a talented artist to paint, you just need the desire to pick up a brush and just start. Learning the fundamentals of painting techniques will take practice and over time you will develop your own style. Children’s art is art in its purest form. Without guidance, kids can just have fun with painting without judgment. Starting a new hobby, like painting isn’t impossible but practice is key to improving your skills. As I said, rock painting is for everyone, art doesn’t discriminate.
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 dry for 24 hrs before handling your painted rock.

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CAN PAINTING IMPACT MY WELL-BEING?

The answer to that question is of course, yes!

Having an active lifestyle with physical activity and a creative outlet to keep the mind sharp is important as we age. Painting rocks is an exciting, new hobby that sharpens and broadens your mind and most importantly, delivers numerous health benefits.

BENEFITS OF CREATING ART

EXPANDS YOUR IMAGINATION
Most people, in their youth, lock themselves up in right-brain or left-brain boxes and continue to live that way for the rest of their lives. Individuals who are artistic, right-brainers use painting as a natural way of improving their creative skills. People who consider themselves as analytical thinkers, left-brainers, can expand and nurture their creativity by starting an artistic hobby. Improving one’s imagination is an important role in the brain’s development.

MEMORY BOOSTER
Another great health benefit of rock painting is to improve your memory recollection skills. Unfortunately, some diseases enable us to retain recalling skills and degrades the mind, so painting can help sharpen the mind by conceptual visualization and practice. Continuing to use the mind for creative outlets like painting or drawing, reduces the chances of developing a memory loss related disease as we age.
PROMOTES CRITICAL THINKING
It is widely known that painting improves creative skills; however, most people don’t realize that it also promotes critical thinking. When an artist begins the painting process, they can sometimes face certain challenges. For example, the tone it represents can change or color choices change. When that happens, we need to use our problem-solving skills and think outside the box to create new solutions for better outcomes.

IMPROVES YOUR FINE MOTOR SKILLS
The frequent handling of paintbrushes and the gentle swish and swash of the hand fosters mobility in fingers and the hand in general. Art has the potential to improve your mobility. Hand and eye coordination are essential when painting, which results in the brain sending signals to the motor neurons for instruction on what to do when to do it, and how to do it.
STRESS RELIEVER
Stress is without a doubt a condition that everyone has to deal with. Increased levels of stress and anxiety have contributed immensely to mental-health issues. Therefore, painting can be an emotional release for people struggling with stress. As one focuses on painting, their mind becomes relaxed, and they soon let go of all their problems and demands that serve to fuel stress and anxiety in their lives. When an individual becomes less stressed, their lives and general well-being becomes happy, healthier and moreover, increased mental fortitude. That is the magic of creating art.

HAPPINESS FACTOR
As we create beauty through artwork, our approach towards life becomes more optimistic. Art has never been about negativity; it's all about positivity and positive outlooks in life. This “happiness factor” waters down negative emotions and provides pleasure and joy. In addition, rock painting boosts their self-esteem and inspires them to achieve new levels of skill.

EMOTIONAL HEALING RESTORATION
As mentioned, painting is all about expressing oneself emotionally. This practice encourages one to look deeper into their emotional state and take stock of them. Releasing emotions through painting can invigorate a person and restore their mental health. The form of healing is defined as an abstract emotional expression, and many painters do swear by it. Letting out emotions by painting heals emotional health.
THE BENEFITS OF CREATING ART

1. RELAXATION AND MEDITATION
   The act of creating a work of art draws people’s attention to details and the environment, mimicking the experience of meditation.

2. EASES THE DIFFICULTY OF HEALTH CONDITIONS
   Art therapy helps patients forget about their illnesses and focus on positive emotions, while also lowering the stress hormone cortisol.

3. INCREASED BRAIN CONNECTIVITY
   Participating in complex activities creates new connections between brain cells, leading to an increase in psychological resilience.

4. RESTORED FOCUS AND CONCENTRATION
   Creating art releases dopamine, the neurotransmitter pathway that boosts drive, focus, and concentration.

5. IMPROVED QUALITY OF LIFE IN DEMENTIA PATIENTS
   Physician Dr. Arnold Bresky cited a 70% success rate in improving patients' memories and self-esteem.
ENHANCE COMMUNICATION SKILLS
Aside from the previous benefits of painting think about how art can improve communication with other people. Since art is all about expression, painting can help express feelings and emotions without words. Painting can also be viewed as surpassing weaknesses like overcoming shyness, and can help with other social disabilities. Since it’s a continuous process, painting can be seen as a long-term solution and can also be picked up as a way of life for those struggling with such social disabilities.

CHILDHOOD-EARLY DEVELOPMENT
Art activities can benefit early childhood development by enhancing fine motor skills, cognitive development, math skills, and language skills.

IN SUMMARY
Given the amazing health benefits with painting, creating art is useful in promoting the well-being of an individual. In addition to improving the mental and emotional capabilities of a person, painting also improves sensory and motor skills. All of this through constant practice and skill development. Life itself presents us with difficulties and sometimes you just need to pick up a brush and begin with a single stroke.

IN THE NEXT GUIDE...
You’ll find out everything you need to know about using acrylics, the right tools and how to use them.

Hopefully, you enjoyed reading this guide and is excited to start your rock painting journey!

Send me a message to rockpaintingguide@gmail.com to let me know what you think of this guide.

Also, follow me on instagram @rockpaintingguide and join our Facebook Group where I share helpful rock painting tips & more!