

Instructions for BANA Rocks

For outside parties looking to develop rocks with the BANA Rocks Initiative, please follow the instructions below:

- 1) Select rocks that have a smooth surface, and are roughly 3-6 inches in size
- 2) Clean the rocks with water and soap in order to remove any dirt or debris (this prevents paint from cracking or peeling)
- 3) Paint the rock with an acrylic paint colour of your choice (acrylic paint can be found at most dollar stores – we recommend bright colours, as they pop); this will serve as the “base”
- 4) After the base has dried, you may begin to decorate your rock. We recommend using acrylic paint pens (available at most craft stores, or on Amazon.ca). When decorating, please keep in mind the following:
 - these rocks represent BANA; therefore, please be sure to omit any curse words, and any inappropriate, body-shaming, or diet-related language/ images
 - make your quotes to-the-point and legible. Lengthy quotes can be difficult to fit on the rock, and may not stand out as much in the community. We recommend one sentence only; brief is best
 - if space allows, include creative drawings that may draw attention to your rock, or inspire “finders” to share on their social media platforms
- 5) On the bottom of the rock, you must write all of the following in order for it to belong to the BANA Rocks Initiative:
#BANABEYOURSELF
post pic + hashtag
BANA.CA
- 6) When the rock has been decorated, and the hashtag has been added, spray your rock with a clear-coat spray paint. Unsprayed rocks will likely wash away with weather, and colours may fade. We recommend this top coat to improve the longevity of your rock
- 7) When your rock is dry and complete, find somewhere in the community to “hide it” (keep in mind, we want people to find these rocks, so please ensure they are visible/findable)
- 8) Take your own creative picture of the rock and share it on one of your social media platforms using the hashtag, OR alternatively email the images to info@bana.ca

Recommended Supply List:

- 3-6 inch rocks with flat surface (we recommend sandstone or slate)
- Acrylic paint (available at dollar stores)
- Paint brushes (available at dollar stores)
- Acrylic paint pens (available for the best price on Amazon.ca)
- Clear spray paint (available at most hardware stores for approximately \$10. We recommend “satin” finish)