

Self-Care Kits

bring
change
to mind

high school

How To

- What is a **self-care kit**? It is a place for you to store items that promote feelings of happiness and relaxation. You can open your kit on days you are feeling you need some self-care. A gift for you, by you!
- It can be any combination of items that students use at a time they need to address self-care.

Materials

The materials for the kits are up to you, some ideas are motivational Band-Aids, Bracelet Making String, Motivational Stickers, a Journal, Bath Salts, Coloring Books, Chocolate, Tea-Bags, Pack of Gum, Quotes, Candles, Head Massager, and any other materials you can come up with! Buy bags and find a table to place all the materials!

Budget

The materials for the self-care kit should not be expensive. You could probably keep this activity under \$50.

Number of Students Reached

This activity could be beneficial to do within your club and could reach all of the club members!

Timeline

This will take a week to plan and purchase materials for the kits. The activity will take no longer than 10-15 minutes in length.