

SELF-CARE KITS



PURPOSE:

Why?

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. It can be any combination of items that you can use at a time. A gift for you, by you!

HOW TO:

Materials & Budget

- Bag or Basket
- Bracelet Making String and Beads
- Motivational Stickers
- Small notepad
- Coloring Books
- Snacks or candy
- Tea-Bags
- Bubbles
- Candles
- Sleeping Eye Mask
- Face Mask
- Fidget Toys

Cost will vary for different items. The materials for the self-care kit should not be expensive. You could probably keep this activity under \$50!

Instructions

- Buy a variety of materials students can put in their Self-Care Kits.
- Lay out all the different materials in a table and provide each student with a bag to place their items in.
- Take your Self-Care Kit home to enjoy!

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.

Impact

This activity is great for club meetings as it's relatively quick & easy to do individually.

Example(s)

Example from UHS BC2M!



Example from Crystal Springs Uplands HS BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

