

## HEALING KITS: CARE PACKAGES

Each kit is designed to provide emotional safety, comfort, and a sense of being seen. These kits are compact, handmade or hand-assembled, and made with trauma sensitivity in mind.

### Core Contents:

1. **Small Plushie or Comfort Item**
    - Soft, palm-sized stuffed animal or pillow
    - Tactile comfort and grounding tool
  2. **Blanket or Fleece Throw (Mini)**
    - Small, soft fleece in calming colors
    - Rolled and tied with a ribbon or affirmation tag
  3. **Stress-Relief Toy**
    - Fidget spinner, squishy toy, or stress ball
    - Helps with anxiety, grounding, and sensory regulation
  4. **Bracelet (Friendship or Affirmation)**
    - Handmade/elastic band with words like "Brave," "Loved," "Safe"
  5. **Handwritten Note/Card**
    - Message of encouragement from a volunteer
    - Youth volunteers write peer-to-peer letters
  6. **Small Pack of Candies or Gum**
    - Non-melting, comforting (mints, lollipops, gum)
    - Symbolic of sweetness in hard times
  7. **Hygiene Item (Optional Add-On)**
    - Lip balm, mini lotion, hand wipes
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## MENTAL HEALTH JOURNALING KITS

These kits give teens a private outlet for reflection, expression, and self-guided healing.

### Core Contents:

1. **Guided Journal**
  - Blank or lined notebook (A5 size)
  - Decorated with your logo or stickers
  - First 10–15 pages include prompts like:
    - “Today I feel...”
    - “What’s something that made me smile?”
    - “If I could talk to my future self...”
2. **Pen + Colored Pencils or Crayons**
  - Include 1 regular pen + 3–5 colors for creativity

3. **Stickers or Art Inserts**

- Uplifting designs (hearts, stars, affirmations)
- Optional: printed coloring pages

4. **Affirmation Card Pack**

- 5–10 small cards with handwritten or printed affirmations like:
  - “I am enough.”
  - “This feeling will pass.”
  - “I am not alone.”

5. **Mood Tracker Bookmark**

- Double-sided card teens can color daily to track moods