

Creating Your Own Wellness Kit Ideas!

When I'm stressed, I can feel healthy in my mind, heart, and body by...
(pick a category and get some ideas for your kit!)

Moving My Body:

- “Do 15 jumping jacks/sit-ups/pushups” written on a piece of paper
- An exercise routine written out
- A list of your favorite stretches
- A list of your favorite songs to dance to



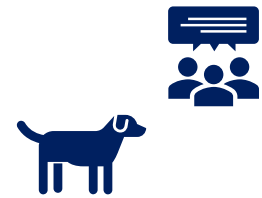
Visiting a Special Place:

- A photo of your special place
- A drawing of your special place
- A journal entry about how it feels to be in your special place
- Paper, a crayon, or magazine clipping that is a color that is related to your place



Connecting With Others

- A list of people to connect with or call
- A pen, paper, and stamp to write a letter
- A stuffed animal to hold
- A reminder to play or care for your pet



Relaxing

- A teabag- to make a cozy drink
- A piece of paper sprayed with calming perfume or essential oil
- A stone or fidget toy
- A breathing exercise written down
- A picture of a calm place (like a beach or a bed)



Eating Healthy

- Healthy eating reminders (“Eat a vegetable today! Or “Drink a glass of water!”)
- Magazine cutouts of fresh foods
- A healthy and yummy recipe



Being Creative

- A paper and pencil, crayons or markers
- Colorful paper and glue
- A list of journaling prompts
- A homemade “connect the dots” picture
- The lyrics to a song you like to sing



Looking At Different Colors

- A cut out, drawing, or printed photo of flowers or colorful artwork
- Something sparkly
- A color wheel



Connecting With My Spirituality

- A journal entry/print out of your favorite prayer or hymn
- An inspirational story
- A meditation prompt



Something Else

- A list of things you love about your life
- A list of things you're grateful for
- A feelings wheel
- A note to your future self

