



PARTICIPANT KIT CHECKLIST

Use this list to determine supplies needed for Participant Kits. The Participant Workbook lists additional items that can be found in most homes. Refer to the Workbook for a complete list of materials.

Participant Workbook

SESSION 1: STRESS LESS AT HOME	
A LOT ON MY PLATE	<input type="checkbox"/> Paper Plate (1 per person) <input type="checkbox"/> Marker (1 per person)
CIRCLE OF SUPPORT	<input type="checkbox"/> Paper Plate from <i>A Lot on my Plate</i> Activity <input type="checkbox"/> Marker
MAKE YOUR OWN STRESS BALL	<input type="checkbox"/> Balloons (2 per person) <input type="checkbox"/> Funnel <input type="checkbox"/> Flour, Corn Starch, Popcorn Kernels, or Rice <input type="checkbox"/> Scissors <input type="checkbox"/> Marker (optional)
SESSION 2: MINDFULNESS	
GETTING THE FULL EXPERIENCE	<input type="checkbox"/> Chocolate Bar or Piece of Fruit
MINDFUL MOCKTAILS	<input type="checkbox"/> Cardinal Punch Recipe <input type="checkbox"/> Cranberry Juice <input type="checkbox"/> Orange Juice <input type="checkbox"/> Lemon Juice <input type="checkbox"/> Ginger Ale <input type="checkbox"/> Lemon/Orange Slice (optional)
SOOTHING SENSES KIT	<input type="checkbox"/> Bag, Box, or Tote
SESSION 3: SELF-CARE & SELF-KINDNESS	
AT HOME SPA	<input type="checkbox"/> Medium Bowl, Plastic Container, or Jar <input type="checkbox"/> ½ Cup of Sugar <input type="checkbox"/> 3-4 Tbsp. Olive Oil <input type="checkbox"/> Skin Safe Fragrance Oil (optional) <input type="checkbox"/> Hand Lotion (optional)
GRATITUDE JAR	<input type="checkbox"/> Jar <input type="checkbox"/> Ribbon <input type="checkbox"/> Stickers <input type="checkbox"/> Pen or Pencil <input type="checkbox"/> Paper
SESSION 4: PLANNING FOR SUCCESS	
AFFIRMATION STONES	<input type="checkbox"/> Rocks or Stones <input type="checkbox"/> Small Bag or Box <input type="checkbox"/> Paint Brush or Sponge Brush <input type="checkbox"/> Non-toxic Acrylic Paint, Permanent Markers, or Paint Pens <input type="checkbox"/> Gloss Varnish (optional)
JAR OF LIFE	<input type="checkbox"/> Jar <input type="checkbox"/> Rocks, Pebbles, & Sand
MINDFUL MEAL	<input type="checkbox"/> Lentil Spaghetti Recipe <input type="checkbox"/> Red lentils <input type="checkbox"/> Pasta sauce <input type="checkbox"/> Spaghetti pasta