CARE KITS

FOR HOME
&
ON-THE-GO

CREATED BY GALLERY OF HOPE

CARE KITS

FOR HOME
&
ON-THE-GO

CREATED BY GALLERY OF HOPE

POSITIVE THINGS THAT I ENJOY

I WILL USE ENJOYABLE THINGS THAT STIMULATE MY SENSES TO MAKE IT THROUGH A DIFFICULT AND TOUGH DAY, SITUATION, CRAVING, LIFE CIRCUMSTANCE, ETC.

SMELLS THAT I ENJOY	THINGS THAT TASTE GOOD

SOUNDS THAT I ENJOY	THINGS I LIKE TO SEE

THINGS I ENJOY TOUCHING	ANYTHING ELSE I LIKE/MEMORIES

CREATE A WELL-BEING AT HOME CARE KIT

USING THE PAGE TITLED POSITIVE THINGS THAT I ENJOY, MAKE A LIST OF ITEMS THAT CAN HELP ME FEEL GOOD. THEN CHOOSE ITEMS TO BE PLACED INSIDE A BAG, BOX, CONTAINER, ETC, IN EASY ACCESS LIKE A DRAWER/UNDER THE BED.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

CREATE A WELL-BEING TO GO CARE KIT

USING THE PAGE TITLED POSITIVE THINGS THAT I ENJOY, MAKE A LIST OF SMALL SIZED ITEMS THAT HELP ME FEEL GOOD. THEN PLACE A FEW ITEMS IN A SPECIAL CONTAINER TO SAFELY CARRY THE ITEMS IN A BACKPACK/PURSE/BRIEFCASE/ETC.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

MY WELL-BEING CARE KIT

MAKE A LIST OF WHAT MAY CHEER ME UP, ADD HAPPINESS OR JOY, GIVE HOPE, PROVIDE STRENGTH, ETC. - TO BRIGHTEN MY OUTLOOK DURING A CHALLENGING TIME OR DAY. THEN SELECT ITEMS AND PLACE THEM INSIDE A SPECIAL BAG/BOX.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

MY HELPING OTHERS WELL-BEING CARE KIT OF THE HEART LIST OF IDEAS

THERE'S SOMETHING ABOUT HELPING OTHERS, IT CAN ADD HAPPINESS TO MY SOUL, MIND, AND HEART. INSTEAD OF FOCUSING ON MY ISSUES, DO SOMETHING NICE & CARING WITH SOMEONE OR FOR SOMEONE TO MAKE THEIR DAY BRIGHTER

THINGS I CAN DO WITH SOMEONE ELSE	THINGS I CAN DO FOR SOMEONE ELSE
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____
11. _____	11. _____
12. _____	12. _____
13. _____	13. _____
14. _____	14. _____
15. _____	15. _____
16. _____	16. _____
17. _____	17. _____
18. _____	18. _____
19. _____	19. _____
20. _____	20. _____
21. _____	21. _____
22. _____	22. _____
23. _____	23. _____
24. _____	24. _____

MY HELPING OTHERS WELL-BEING CARE KIT OF THE HEART

THERE'S SOMETHING ABOUT HELPING OTHERS, IT CAN ADD HAPPINESS TO MY SOUL, MIND, AND HEART. INSTEAD OF FOCUSING ON MY ISSUES, DO SOMETHING NICE & CARING WITH SOMEONE OR FOR SOMEONE TO MAKE THEIR DAY BRIGHTER

WHO: **WHEN:** **HOW I CAN HELP:**	**WHO:** **WHEN:** **HOW I CAN HELP:**
WHO: **WHEN:** **HOW I CAN HELP:**	**WHO:** **WHEN:** **HOW I CAN HELP:**
WHO: **WHEN:** **HOW I CAN HELP:**	**WHO:** **WHEN:** **HOW I CAN HELP:**
WHO: **WHEN:** **HOW I CAN HELP:**	**WHO:** **WHEN:** **HOW I CAN HELP:**
WHO: **WHEN:** **HOW I CAN HELP:**	**WHO:** **WHEN:** **HOW I CAN HELP:**

IDEAS: VISIT OR TAKE A WALK WITH AN OLDER RELATIVE, SEND A LETTER OR EMAIL TO SOMEONE SPECIAL OR IN THE MILITARY, CALL SOMEONE WHO WOULD LIKE TO HEAR FROM YOU, VISIT OR SEND FLOWERS TO A CARE CENTER, HELP A PARENT, DO DISHES OR LAUNDRY, PAY FOR A STRANGERS COFFEE, BUY A HOMELESS PERSON A MEAL, MOW A LAWN FOR FREE, TUTOR A STUDENT WHO NEEDS HELP, DONATE TO A CHARITY OR ORGANIZATION THAT HELPS PEOPLE PAY THEIR ELECTRIC BILLS, GET CREATIVE ☺.

AT HOME SENSES WELL-BEING CARE KIT

WRITE DOWN POSITIVE ITEMS THAT HELP ME RELAX OR FEEL BETTER. INCLUDE OBJECTS THAT USE AS MANY SENSES AS POSSIBLE. THEN PUT SOME OR ALL OF THEM IN A SPECIAL BAG, BOX, OR CONTAINER, WITHIN EASY ACCESS, AND USE AS NEEDED.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

SENSES WELL-BEING CARE KIT TO GO

MAKE A LIST OF SMALL SIZED POSITIVE ITEMS THAT CAN HELP ME RELAX AND FEEL BETTER ON THE GO. INCLUDE OBJECTS THAT USE AS MANY SENSES AS POSSIBLE. PUT A FEW IN A LITTLE BAG TO PLACE IN A COAT POCKET, PURSE, BACKPACK, ETC.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____