**Mindfulness Kits for Adults**



To create a mindfulness kit, please put the following items in a decorated box. Most items can be purchased at the dollar store.

* 5 coloring sheets
  + Free printable sheets available at <https://www.crayola.com/featured/free-coloring-pages/>
* A small journal
* A set of new colorful pens
* A set of small water color paints with a brush
* Stress ball
* A positive hand written note
* Two of the writing prompts on the next page

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| What do you love about life? | This week, I intend to align my life to these three values, feelings, or guiding beliefs: |
| Today, I am grateful for \_\_\_\_\_\_\_ because... | Today I will enjoy nature by... |

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| Write down the lyrics of a song that gets stuck in your head. How does that song make you feel? | What steps can I take to better care for myself? |
| I feel fulfilled and truly alive when… | In what ways do I impact others around me? |