



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
*Mental health for all*



Youth Mental  
Health Promotion

## Reflection Questions/Journal Prompts

- Which part of your kit is your favorite and why?
- How do you think using your mindfulness kit can help you during a stressful moment?
- If someone else looked at your kit, what do you think they would learn about you?
- How does it feel to have something that is completely your own?
- What is one new item you could add to your kit to help your mental health?
- Did you enjoy decorating your kit? Why or why not?