

Personalizing Your Kit

Aim

To encourage students take charge of their mindfulness practice by personalizing their kits.

Student Resources

Box and journal

Activity

- This activity encourages self-expression, creativity, and reflection on what supports their own well-being. Students are given 15-20 minutes to personalize their kits.

Facilitator Script

- Today, we are going to personalize our mindfulness kits. Personalizing your kit means making it your own—decorating it and deciding what goes inside to make it special for you.
- First, take a look at your kit. Think about what kind of items you might want to include that help you feel calm, focused, or happy. These could be small objects, drawings, notes, or anything else that feels meaningful to you.
- Next, start decorating your kit. You can use the markers, stickers, or other materials to add your name, designs, or anything that shows your personality. There's no right or wrong way—your kit should represent you.
- After decorating, add any items you'd like to include in your kit. Think about what will help you when you're feeling stressed, worried, or just need a moment to yourself. You can add as few or as many items as you like.
- Take your time and remember that this mindfulness kit is for you. When it's done, it will be a special, personalized kit that you can use whenever you need a calm or happy moment.
- Once we've finished decorating our kits, we'll put our first tool inside—a journal for writing down your thoughts and feelings.
- Take a few minutes to write your first journal entry. Here are some questions you can think about and answer in your journal (Make sure to provide a timeframe so students know how long they have).



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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?