



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all



Youth Mental
Health Promotion

Your Guide to Supplies

Use this guide to help you gather the supplies you'll need to make the most of the Thrival Kits program!

Boxes

- **Shoe-Box** - from home
- **Cereal Box** - from home
- **Cardboard Box** - from home, or purchase at Staples or Amazon

Chime

- **Bell** - purchase at Michael's or Amazon
- **Chime** - purchase at Michael's or Amazon
- **Triangle** - purchase at Michael's or Amazon
- **Clap Rhythm** - create your own or choose a video from YouTube

Label

- **Labels** - create your own or purchase at Staples or Amazon

Journal

- **Bulk Journals** - purchase from Staples or Amazon



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Raisins

- **Raisins** - from home or purchase at Amazon
- **Welches** - from home or purchase at Amazon
- **Chocolate Chips** - from home or purchase at Amazon

Touchstone

- **Stones** - collect from outside or purchase from Amazon