

# MINDFULNESS KITS

## Support children in the valley by creating Mindfulness Kits

Mindfulness practices and activities can support children with stress management, increased focus, self-control, and decreased levels of anxiety and gain a sense of peace and provide overall well-being. When we teach mindfulness to kids, we equip them with tools to build self-esteem and skillfully approach challenges.

### Prepare Kits with a Group

Volunteers will assemble the kits and write notes of encouragement for kit recipients.

Kits may include items such as:

- Notebooks
- Crayons
- Pipe cleaners
- Stress balls
- Putty

These kits will be distributed throughout Maricopa County classrooms, getting into the hands (and minds) of students who need them most.

\* Pricing dependent on amount of kits/volunteers.



## THANK YOU FOR YOUR SUPPORT!

For information and drop off coordination please contact:  
Volunteer Engagement at [volunteer@vsuw.org](mailto:volunteer@vsuw.org) or (602) 631-4868