

# MAKE A SELF-CARE BOX

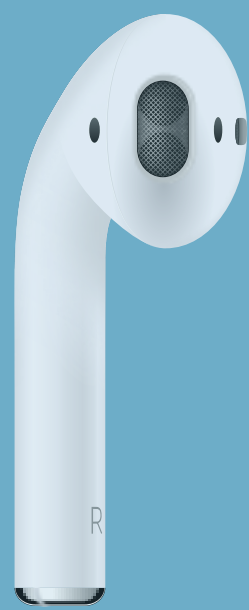


Sometimes feeling stressed or overwhelmed can come out of nowhere. By making a self-care box, you'll feel prepared next time these feelings come up. Grab an empty shoebox or small container and gather things that calm you down and make you feel good. Your self-care kit can be your own personal first aid kit!

Here are suggestions for your kit, but remember this is all about YOU!



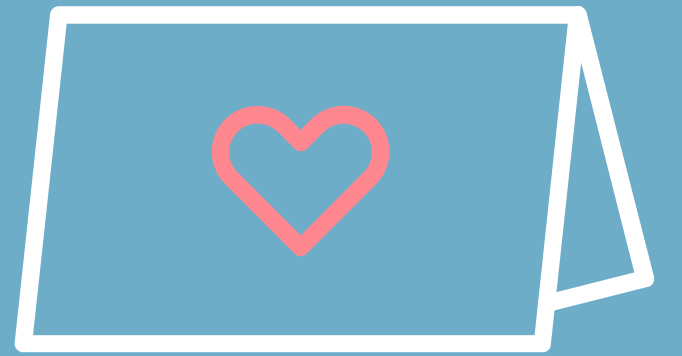
Fidget spinner



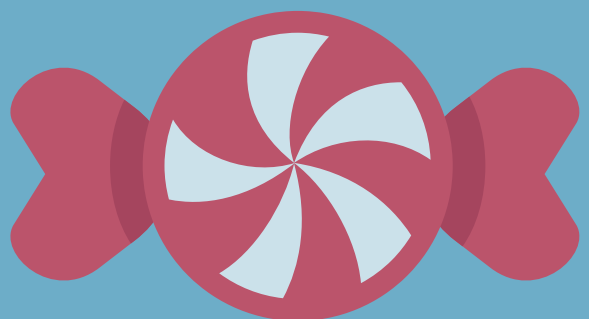
Earphones to listen to music



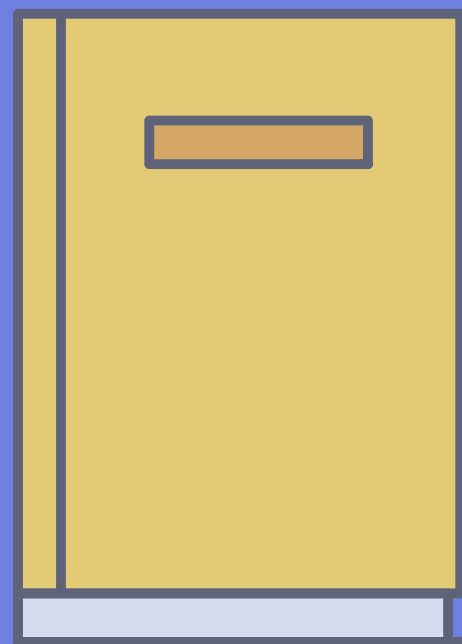
Stress ball



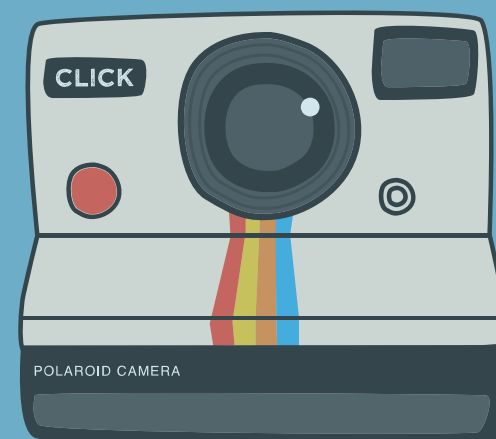
A card from a loved one



A piece of your favorite candy



Journal & a pen



A photo that makes you happy



A SuperSibs postcard or keepsake