



STAFF SELF CARE KIT IDEAS

Soothers

- Dark chocolate
- Bubble bath
- Johnson's Melt Away Stress Lavender & Chamomile Lotion
- Sleep mask
- Magic wand/tiara
- Loofah sponge
- Play dough/silly putty
- Pipe cleaners
- Soothing tea
- Stress ball
- Face mask
- Incense
- lavender soap
- pocket stone
- Scented candle
- Coupon for one hour of wellness/self care time to use at their discretion

Distractors

- Laffy taffy/fire ball candy
- Pedometer
- Puzzle or puzzle toy
- Pen and journal
- Nail file
- bubbles
- Dynaband (rubber plastic band for stretching against resistance)
- Mandalas and colored pencils