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**STAFF SELF CARE KIT IDEAS**

**Soothers**

* Dark chocolate/hot chocolate
* Bubble bath
* Ice pack
* Sleep mask
* Magic wand/tiara
* Loofah sponge
* Play dough/silly putty
* Pipe cleaners
* Soothing Chamomile tea
* Stress ball
* Face mask
* Incense
* Essential oils
* Lavender soap/lotion
* Pocket stone
* Scented candle
* Coupon for one hour of wellness/self care time to use at their discretion

**Distractors**

* Laffy taffy/fire ball candy/Listerine strips
* Pedometer
* Puzzle or puzzle toy
* Pen and journal
* Nail file
* Bubbles
* Dynaband (rubber plastic band for stretching against resistance)
* Mandala coloring pages and colored pencils