



Valley of the Sun
UNITED WAY

MINDFULNESS KITS



SUPPORT CHILDREN IN THE VALLEY BY CREATING MINDFULNESS KITS!

Mindfulness practices can support children with stress management, increased focus, self-control and decreased levels of anxiety. These activities can also help provide a sense of peace and overall well-being. When we teach mindfulness to kids, we equip them with the tools needed to build self-esteem and to 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:

- ✓ Bracelet
- ✓ Pencil
- ✓ Crayons
- ✓ Squishy animals
- ✓ Pop keychains
- ✓ Pipe cleaners
- ✓ Coloring sheets
- ✓ Tracing cards

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

3200 E. CAMELBACK ROAD, SUITE 375, PHOENIX, AZ 85018

(602) 631-4800 | volunteer@vsuw.org | vsuw.org

