



Valley of the Sun
UNITED WAY

SENIOR MINDFULNESS KITS



SUPPORT SENIORS IN THE VALLEY—HELP CREATE MINDFULNESS KITS!

Mindfulness practices have been shown to support older adults in managing stress, improving focus, enhancing self-awareness and reducing anxiety. For many homebound seniors, these simple, soothing activities can offer a powerful sense of calm, connection and personal empowerment.

ASSEMBLE KITS WITH A GROUP:

Gather your coworkers and spend time assembling kits that uplift and inspire. Each kit will include items such as:

- ✓ Socks
- ✓ Flashlight
- ✓ Pens
- ✓ Colored pencils
- ✓ Game booklet
- ✓ Journal
- ✓ Stress ball
- ✓ Nutritious snack
- ✓ Encouragement cards

These kits will be delivered to homebound seniors throughout Maricopa County—offering not just tools for mindfulness, but a reminder that they are seen, valued and cared for by their community.

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