

## **Mental Health First Aid Kit Item Checklist For Children & Teens**

- Action figures
- Adult or children's coloring books
- Affirmation cards
- Back scratcher
- Barbie dolls
- Bible or other religious or spiritual book
- Blanket
- Bottle of bubbles
- Bottled water
- Brain teaser activity worksheets or activity book
- Bubble wrap
- Calligraphy set
- Conversation cards
- Coupon(s) from parents
- Craft kits
- Deck of cards and/or favorite board game
- Earplugs
- Favorite books and/or magazines
- Fidget or stress ball
- Gratitude cards
- Journal or notebook
- Lego set
- List of favorite movies
- List of favorite quotes
- List of favorite YouTube video of animals, comedians, or other sources of humor
- List of five (5) people you could contact by text or phone call (including their name, contact info, and time of availability)
- List of YouTube sites for breathing exercises, exercise, meditation, and/or yoga
- Matchbox cars
- Mindfulness cards
- Origami set
- Packet of hot chocolate or tea packets
- Pack of thank you cards
- Painting set
- Pens, pencils, colored pencils, crayons
- Playdough or Kinetic sand
- Playlist of favorite songs

- Rubik's Cube or other brain-teasing objects
- Pictures of people and places which are important to you
- Photo album
- Puzzles
- Scented hand lotion
- Scented sanitizer
- Seasonal decorations
- Sentence completers
- Sketch pad
- Small box or packs of tissues
- Snacks (granola bars, trail mix, packet of popcorn, chocolate bar.)
- Stickers
- Stick-on tattoos
- Stuffed animals
- Travel pillow
- Travel-sized games
- Trivia book, worksheets, or app
- Washcloth and bar of soap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



