

"GIVE JOY" KITS

Pack a "Give Joy" Kit for your friend, your loved one, your peer, or even yourself! Gifting a kit filled with specially-curated items can cultivate moments of joy, benefiting both you and the recipient!

1

FIND YOUR KIT VESSEL



Purchase cardboard boxes from office supply/craft stores, or look around for shoe or shipping boxes you can reuse.

Get creative! You can use a tote bag, a pencil case, a small pouch, or learn Furoshiki with a towel or handkerchief!

2

GATHER YOUR SUPPLIES

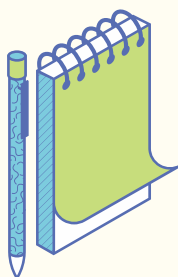
Think of who you're making the kit for: yourself? A friend? A family member?

Start making a list of all the items you know they'd like.

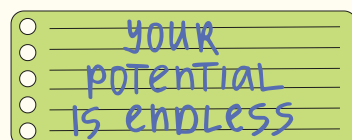
Take inspiration from our ideas below:



SOCKS/FUZZY SOCKS



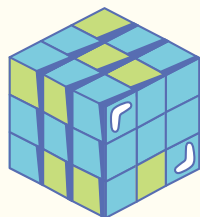
POCKET NOTEBOOKS /PENS



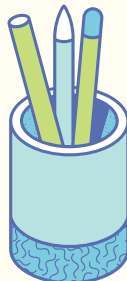
NOTES WITH AFFIRMATIONS



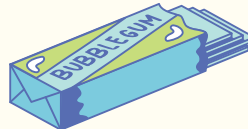
MUGS



FIDGET TOYS



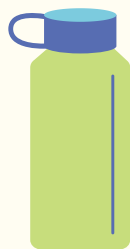
COLORLED PENCILS



GUM, MINTS, AND CANDY



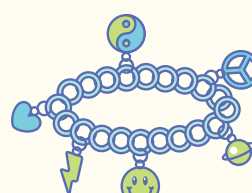
SKINCARE



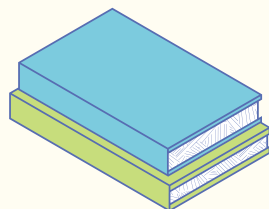
REUSABLE WATER BOTTLE



CARD GAMES



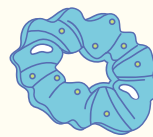
JEWELRY



BOOKS



TRAIL MIX, GRANOLA BARS AND PROTEIN BARS



SCRUNCHIES

3

FILL YOUR KIT AND GIVE IT AWAY

Have fun with it! Turn your Kit-filling into a party: invite over friends or encourage your chapter to host an event. Take a moment to write your recipient a kind note, or if you're gifting it to yourself, stash it away for those moments when you need a pick-me-up.

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