KINDNESS KITS FOR OLDER ADULTS

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and through adulthood.

THE PROJECT

COVID-19 has left our older friends felling isolated and lonely. Cheer them up by creating a *Kindness Kit* to show that someone cares. The kit will be delivered to older adults in our community.

REFLECTION

Mental health problems are common, how did you cope with stress and isolation during this COVID-19 crisis?

How did making kindness kits help you gain a better understanding of the importance of being connected?

TAKE ACTION

In a gallon size baggie, include a few selected items from the list below or other great items older adults would enjoy.

Tea/coffee

Snacks

(Chocolate with inspirational messages, gum, mints etc.)

Small game, deck of cards, puzzle book etc.

Massage ball or fidget toy

Journal

Pens

Notecards and stamps

Small candle

Warm Socks

Lotion

Tissues

Lip balm

Note of kindness

Drop off Kindness Kits at United Way of Central Minnesota, 921 1st Street North, St. Cloud 56303

Contact Mary Krippner, Director of Volunteer Engagement at 320-223-7991