

WHAT WILL YOU ADD TO YOUR OK KIT?

a CALMING STONE 

A PLAYLIST 

A GOOD MEMORY 

a note from a friend 

A song written by you 

clay charms 

A LIST OF THINGS YOU LIKE 

GOOD SMELLING THINGS 

SOMETHING (like a cinnamon stick or lemon peel) TO DRAW ON 

your Best Dreams 

SOMETHING QUIRKY 

TO DRAW WITH 

WORLD'S SMALLEST PAINTING 

Yarn for finger knitting 

NICE DICE 

a FELT CREATURE 

mood ring 

A LETTER TO YOUR FUTURE SELF 

leaf 

NATUREY THINGS
a feather
A seashell

something really smooth 

PIC of your FAVORITE animal 

photos of people you LOVE 

Bubble WRAP (to POP!) 

FOR ME! 

some thing really SHINY 

FREE ICE CREAM 

a drawing of someone who is really good at GIVING HUGS 

SONG LYRICS 

a little Book 

OK 

YOUR IDEAS HERE 

Find instructions for NICE DICE on our CREATE page at okyou.org —there are many other projects there, too, and you can shrink any of them down to fit inside your OK Kit!