

#	PROJECT	SUPPLIES
		*In most cases, assume the supplies listed are for each student, i.e. "a journal" means a journal for each student
1	<u>Give Worry a Time Out</u>	1. Stones (if you don't have stones, you can use paper) 2. Markers for writing on stones (paint pens and permanent markers work best, but any markers will do) 3. A <u>bag</u> or box for each student that's large enough to hold a dozen or so stones (if your group will be meeting multiple times) 4. Markers or fabric pens for decorating the bags or boxes
2	<u>Build Your Own Art Studio</u>	1. A chair 2. A stool, bucket, box, or stack of about ten books 3. A medium to large basket, plastic bin, box, or other container for holding your art materials 4. A jar, glass, or empty can for your pens, pencils, scissors, and other tools 5. Favorite objects, photos, and other items for decorating your art studio
3	<u>Capture the Feeling</u>	1. A <u>journal</u> or paper 2. Pencils, colored pencils, and markers 3. (optional) Paint and/or collaging materials 4. Three or more objects to use for the warm-up worry brainstorm (see step 1): rubberband, ball of string, balloon, tape, glue, or other objects of your own choosing
4	<u>Change Your Story</u>	1. Paper (consider using small 2 x 3" papers so students can add their artwork to their <u>OK Kits</u> as a reminder of their changed stories) 2. Writing/drawing materials (pens, pencils, markers) 3. (Optional) collaging materials
5	<u>Perfectionists Unite!</u>	1. Heavy paper or cardboard 2. Magazine & newspaper clippings, pipe cleaner, string, fabric, wrappers, foil, sticks, stones — whatever you can find to make your art truly hideous 3. (optional) Clay 4. (optional) Paints and foam brushes or paint brushes 5. A pen for proudly signing your imperfect masterpiece
6	<u>Take Your Brain on Vacation</u>	1. A <u>journal</u> or paper 2. A large piece of paper (at least 8 ½ x 11) 3. Writing/drawing materials (pens, pencils, markers)
7	<u>Make Your Own OK Kit</u>	1. A <u>journal</u> or paper 2. A small container like an old candy tin (we use <u>these</u>) 3. Materials for decorating, like: papers and magazines for collaging, decorating tapes, stickers, fabrics (old socks are great for adding a little cozy carpeting inside your box) 4. Glue stick or <u>Mod Podge</u> (this is a kind of glue that you can also brush on top of your paper and pictures to create a smooth, protective finish) 5. (If using Mod Podge) A foam brush or paintbrush 6. Writing materials (pens/pencils/markers) 7. Long strips of paper 8. String 9. (optional) <u>Paint pens</u>
8	<u>Make a Tiny Book (or 12)</u>	1. 8 ½ x 11 paper 2. Scissors 3. Writing/drawing materials (pens, pencils, markers)

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9	<u>Try the Self-Love Workout!</u>	1.Small pieces of paper 2.Writing materials (pens/pencils) 3.Something to collect your papers in, like an envelope, zip bag or small container 4.A way to play music
10	<u>Meet Your Worry Beast</u>	1.A <u>journal</u> and/or paper 2.Writing/drawing materials (pens/pencils/markers) 3.(optional) Paints, collaging materials, self-hardening clay (if you want to make a 3D beast)
11	<u>Tame Your Worry Beast</u>	1.A <u>journal</u> and/or paper 2.Writing/drawing materials (pens/pencils/markers)
12	<u>Let Your Inside Out</u>	1.Magazines, photos, and other collaging materials (like junk mail, newspapers, wrapping paper, cereal boxes, etc.) 2.Glue stick or Mod Podge 3.A small box that can be unfolded into a flat piece of cardboard — any size, shape, or color will do. Tea boxes and those boxes that cupcake liners come in work great. If you have the kind of box that opens on the top and bottom but doesn't unfold in the middle, it's okay to cut one side of the box to get it to lay flat. After you're finished collaging the inside, you can just tape it back together.
14	<u>Create a Power Altar</u>	1.Paper 2.Cardboard or thick paper for the base 3.Pencil 4.Glue 5.Scissors 6.Writing/drawing materials (pens/pencils/markers) 7.Any small materials that remind you of someone who inspires you (like pictures from magazines, ribbons, stickers)
15	<u>Keep an Art Journal</u>	1.A <u>journal</u> (if you want to make your own, see materials below) 2.Writing/drawing materials (pens/pencils/markers) 3.(optional) Collaging materials: scissors, glue or tape, and some magazines, newspapers or junk mail To make your our journal: 1.A stack of paper — regular old white paper, lined paper, colored paper, cut-up grocery bags, etc. Some artists like to mix papers together 2.(optional) Heavier paper or cardboard to use as your cover 3.A pair of scissors 4.Something to hold the paper together, like string, yarn, fishing line, dental floss, a rubberband, a plastic bag (see instructions) 5.(optional) A paper punch, nail, or other hole-making tool
16	<u>Journal On!</u>	1.A <u>journal</u> (to make your own, see <u>Project 15: Keep an Art Journal</u>) 2.Writing/drawing materials (pens/pencils/markers) 3.(optional) Paints, collaging materials (old magazines, scissors and glue)

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17	<u>Create a Story Doodle!</u>	1. A partner 2. Paper 3. Writing/drawing materials (pens/pencils/markers) 4. A timer or a clock to keep track of your time
18	<u>Sing Your Worries!</u>	1. <u>Journal</u> or paper 2. Writing materials (pens/pencils/markers) 3. A singing app like <u>Smule</u>
19	<u>Open Your Own Art Museum</u>	1. A place for your art museum—a box, a pulled-out drawer, a fence, a sidewalk... so many options! 2. Paper 3. Cardboard, popsicle sticks, or clay if you want to make your own frames in addition to the downloadable frames included in step 10 4. Scissors 5. Little containers like small boxes, jars, corks, etc. for displaying small objects in your museum 6. Materials for making art: markers, pencils, paints, clay, collaging materials like magazines or junk mail 7. Some way to hang up your art like tape, glue, or putty
20	<u>Raise Your Voice</u>	1. A pencil and extra paper for sketching your ideas 2. Cardboard or some other kind of sturdy surface you can draw or paint on. Consider reusing something from the recycling bin—or even recycle an old sign. If you plan to leave your sign outside, you'll want your surface to be waterproof. 3. Markers or paint (waterproof markers or acrylic paint if your sign is going to be outside) 4. Paint brushes if you'll be painting
21	<u>Spread a Little Bot Love!</u>	1. Some paper or a <u>journal</u> for sketching ideas 2. Writing/drawing materials (pens/pencils/markers) 3. Markers or paint 4. Dominos if you have them, but paper, cardboard, wood, clothespins, stones, or other objects will work just as well
22	<u>Shine Your Light</u>	1. Paper or <u>journal</u> 2. Writing/drawing materials (pens/pencils/markers) 3. A <u>small box</u> — at least 4" x 4" works best 4. An <u>LED tea light</u> or very small flashlight 5. Decorative papers, magazines, and other collaging materials 6. Materials for creating your miniature scene, such as: felt, pipe cleaners, air-dry clay, cotton balls, sticks, small stones, shells, miniature animals, trinkets, etc. 7. Decorative papers, magazines, and other collaging materials 8. Scissors 9. A pencil or ballpoint pen for poking a hole into your box 10. Glue, glue stick, or <u>Mod Podge</u> & brush 11. (optional) Paints & brush
23	<u>Hang a Wish</u>	1. Paper (thick cardstock if possible) 2. Writing/drawing materials (pens/pencils/markers) 3. Scissors 4. String 5. Tape

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24	<u>Award Yourself</u>	1. A <u>journal</u> or piece of paper for writing down some ideas 2. Paper for making your certificates— any kind will do 3. Writing/drawing materials (pens/pencils/markers) 4. (Optional) Paint 5. Scissors 6. Some way of displaying your certificate, like tape, a thumbtack, or even a frame
25	<u>Create an Inner Self-Portrait</u>	1. Paper or a <u>journal</u> for writing down ideas 2. White paper for your portrait (heavier paper is best if you'll be painting) 3. Writing/drawing materials (pens/pencils/markers, crayons, etc.) 4. (optional) Watercolor paints and paint brushes 5. Eraser
26	<u>Invent a New Worry!</u>	1. A <u>journal</u> or paper 2. Writing/drawing materials (pens/pencils/markers) 3. Any other materials you want to use to bring your worry to life: paints, clay, collaging materials, etc.
27	<u>Write What's Important To You</u>	1. A pen or pencil 2. A <u>journal</u> or paper
28	<u>Capture your life in comics</u>	1. Something to draw with (pencil, pen, etc.) 2. Something to draw on (<u>journal</u> or paper) 3. Some folks like to keep their comics in bound notebooks or sketchbooks so they can look back at earlier pages they created 4. If you want, you can also use loose papers or even sticky notes that you can later collect into a book
29	<u>Be your own best friend</u>	1. Small pieces of paper (plain white paper works perfectly fine, but you can also try fancier papers, or pictures cut from magazines (as long as there's space to write on them) 2. Writing materials (pens/pencils/markers)
30	<u>Create your own poetry kit</u>	1. Old magazines and junk mail that can be cut up 2. Scissors 3. Tape — either masking or Scotch tape will work 4. A container for each student— like a jar or a tin—for holding their words 5. (optional) <u>Magnetic tape</u>
31	<u>Design a Tattoo!</u>	1. A <u>journal</u> or paper 2. Writing/drawing materials (pens/pencils/markers)
32	<u>Draw To Listen</u>	1. A partner 2. Paper 3. Writing/drawing materials (pens/pencils/markers) 4. An object that's meaningful to each student but that their partner hasn't seen before

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33	<u>Start a Music Club!</u>	1. A friend or group of friends 2. A way to listen to music i.e. a computer, smartphone, bluetooth speaker 3. A way to explore music, i.e. Spotify, Apple Music, YouTube, Tidal, CD's, vinyl. Click here for a list of free streaming services 4. Writing materials 5. (optional) Elements of Music hand out
34	<u>Throw a pity party</u>	1. Scrap paper — in different colors and patterns or just plain white 2. Markers or paint 3. Scissors 4. Tape 5. Glue 6. String 7. A balloon (1 for the group or 1 for each student) 8. An empty toilet paper roll (1 for the group or 1 for each student)
35	<u>Try a new attitude: gratitude</u>	1. A 4 x 6 photo for each student 2. 3 sheets of 8.5 x 11 paper per student (plain printer paper works great, but you can also use colorful papers) 3. A paper cutter, or ruler and scissors 4. A stapler 5. Writing materials (pens/pencils/markers)
36	<u>Stretch Your Mind With Shapes</u>	1. Paper 2. Something light to draw with (like pencils or a light-colored pencils) 3. Something dark to draw with (like pens or Sharpies) 4. (optional) Something to color with like crayons or colored pencils
37	<u>Hunt for treasure</u>	1. A journal, notepad, or paper (to make your own journal, try Project 15: Keep an Art Journal) 2. Writing materials (pens/pencils) 3. (optional) A phone or other digital camera 4. Paper for drawing 5. (optional) Pencils, markers, or paints
38	<u>Make Friends With a Tree</u>	1. A tree! 2. A journal (to make your own journal, try Project 15: Keep an Art Journal) 3. Writing/drawing materials (pens/pencils/markers) 4. (optional) A phone for taking photos
39	<u>Play Emotion Charades!</u>	1. Strips of paper 2. A pen 3. Two cups, bags, or other containers
41	<u>Print your perfect place!</u>	1. Paper 2. Rubber Stamp Ink Pads or paint — or if you don't have paint, try making your own, or using coffee, berries, or beets to make your own homemade ink! 3. Brushes 4. Paper plates or some other surface you can squeeze your paints out on 5. Colored pencils, markers, drawing pencils 6. Scissors to cut old sponges into shapes

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42	<u>Make a Joy Jar</u>	1. A jar with a lid, or other small container like a box or plastic tub — one for each student 2. Jar decorating materials like colorful tapes (or masking tape and markers), pens, collaging materials, stickers, paint, etc. 3. Scissors 4. Glue
44	<u>Spread the love</u>	1. <u>Journal</u> or paper 2. Pens and papers for writing notes 3. Gift-making materials (these are just a few ideas): ◦ <u>Cardboard jewelry boxes</u> or <u>small bags</u> ◦ Stones ◦ Colored tapes & ribbons ◦ Little trinkets—shells, miniature animals, feathers, etc. ◦ Self-hardening clay for making your own little trinkets (<u>clay recipe here!</u>) ◦ Pom pom balls and googly eyes (or markers to draw your own eyes) for making little pom pom pals
45	<u>Make your own Merit Badges!</u>	1. Pencils 2. An old T-shirt to cut up 3. A circle to trace (see step 3 for specifics) 4. Scissors 5. Thread and needle OR fabric-safe markers OR fabric paint 6. Ruler 7. Two pins or paperclips per badge 8. Safety pins if students want to wear their badges
46	<u>Float your boat</u>	1. 8 1/2 x 11 paper, plain or fancy. Lightweight paper is easiest to fold, but you can try heavier papers (Construction paper is not recommended because it tears easily.) 2. Additional paper for writing notes to tuck inside your boat 3. Scissors 4. Markers 5. Glue or <u>Mod Podge</u> 6. Your choice of materials for decorating your boat: paints, collaging supplies, stickers, colorful tape, etc.
47	<u>Make some new friends</u>	1. Paper 2. Markers 3. Tape 4. Scissors 5. (optional) Magazines for cutting out face parts 6. Stuff you find around your school or home, like a box of tissues, a roll of toilet paper, a pencil sharpener, a broom
48	<u>Your idea here!</u>	1. Any materials you need to bring your idea to life!
49	<u>Make a peace pet</u>	1. Any kind of material like fake fur, an old sweater, a pair of socks... the thicker the better. If you're making a mini pet for your OK Kit, you can use these same materials or a puff ball and (if you want) felt for feet 2. Scissors that are mighty enough to cut through fur 3. Glue 4. (optional) Needle and thread 5. Googly eyes or <u>stuffed animal eyes</u> 6. (optional) Cotton balls or extra material for stuffing if you're making a larger peace pet

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50	<u>Make some Nice Dice!</u>	1. A <u>journal</u> or some paper 2. A small piece of paper for making a key 3. Writing/drawing materials (pens/pencils/markers) 4. Something to make your dice out of, like <u>small blocks of wood</u> or self-hardening clay (if you want to keep your Nice Dice inside your <u>OK Kit</u>, be sure your blocks are small enough) 5. Materials for adding words or pictures to your dice, like markers, paints, paint pens, paper, or stickers
51	<u>Create a "Goodnight Worry" Pillowcase!</u>	1. Paper (several sheets per student), pencil and eraser, drawing tools that bleed when water is added (felt tip pens, watercolor pencils, etc...) 2. Two cups of water (one to wash brushes in, the other to add water to sketches) 3. Paint brushes or Q-tips to blend your colors 4. A pillowcase per student (color of the pillowcase should be lighter than your markers) 5. Permanent markers or fabric pens 6. Washable markers or pens 7. Scissors 8. (optional) A playlist to listen to while working! Here are some suggestions from project creator, Ceyda: ◦ 'Rainfall for sleep' or sounds from nature ◦ Steel Bird by Ekova in Sleep Lullabies ◦ Dere Geliyor Dere, in And the Weathermen Shrug their Shoulders, by the Ex and Tom Cora ◦ Adriano Viterbini - Imidiwan Afrik Tendam (Tinariwen)
52	<u>Create an Obstacle Hallway</u>	1. <u>Colored masking tapes</u> 2. Scissors
54	<u>Make a scratch-off painting</u>	1. A paper plate or some other thick paper that can handle paint. 2. Oil pastels or crayons 3. Black acrylic or tempera paint 4. A palette (you can make one on anything including paper, foil, plastic cups, an old plate, a piece of cardboard) 5. A paint brush 6. A cup of water 7. Some napkins 8. A trashcan or waste basket 9. A toothpick or something to scratch with (a fingernail, piece of card, a comb, spoon, fork, or the other end of your paintbrush)
55	<u>Turn your worries into music</u>	1. Any random objects that can be used to make music!
56	<u>Create an Affirmation Wheel</u>	1. Pizza plates or paper plates (you can also cut a circle out of a cardboard box) 2. Screws or nails 3. <u>Envelope fasteners</u> 4. <u>Mini binder clips</u> 5. Colored paper 6. Scissors 7. Colored permanent markers like Sharpies 8. Scotch Tape 9. Affirmations (at least one for every person) written on small strips of paper placed inside a paper bag or container 10. (optional) Stickers, fabric, or ribbon 11. This <u>Positive Thoughts & Affirmations Worksheet</u>

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57	<u>Make some emotion confetti!</u>	1. Colored papers cut into strips 2. Pens or markers 3. Scissors 4. A cardboard toilet paper roll (1 to share as a group or one per student) 5. A balloon (1 to share or one per student) 6. Strong tape like electrical or masking tape
58	<u>Make a power bracelet</u>	1. A <u>journal</u> or paper 2. Writing materials (pens/pencils/markers) 3. Old beads or air-dry clay for making your own beads. (Hot tip: You can find old beads and necklaces to take apart at many thrift stores!) 4. <u>Stretch string</u> or regular string 5. Scissors
59	<u>Fly A Peaceful UFO</u>	1. Plastic tops from bottles and containers 2. Glue 3. Tape 4. Scissors 5. Paper 6. Writing materials (pens/pencils) 7. A tough long string (yarn, old shoelace, or fishing wire) 8. (optional) Clear plastic dipping sauce container 9. Anything you want to decorate your UFO with like paint, old magazine or newspaper clippings, glitter, tin foil, markers, stickers, glow sticks, LED lights
60	<u>Spin a thought spiral</u>	1. Writing materials (pens/pencils) 2. Paper (any size can work, but the larger the better) 3. A pair of scissors 4. A string (optional, for hanging) 5. Tape (optional, for hanging)
61	<u>Start your day with check-in cards</u>	1. A stack of 3x5-inch notecards (or any other paper cut to a size you like) 2. Writing/drawing materials (pens/pencils/markers) 3. A timer 4. Envelope, small boxes or <u>OK Kits</u> for storing your finished check-in cards
62	<u>Make a Dungeons & Dragons Mini You</u>	1. Pencils 2. Black fine-tipped pens 3. Notebook paper 4. Plain white paper (preferably construction paper thickness) Cardstock paper also works well if you're using a store-bought base but not with the DIY bottle top base 5. Scissors 6. Ruler/measuring tape 7. Glue 8. Recycled bottle tops around 1 inch in diameter (or you can buy plastic <u>standee bases</u> from your local gaming store) 9. Colored pens/pencils/crayons/markers 10. Clear packaging tape 11. (optional) Materials for decorating the base, such as: wrapping paper or clippings from newspapers and magazines; little objects from nature, like pebbles, that can be glued onto the base

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63	<u>Make your own Mad Libs</u>	1. Paper 2. Pens and pencils 3. Erasers
64	<u>Make a worry head</u>	1. Self-hardening clay OR a container that can be painted or collaged, like a bowl, paper cup, pot, or plastic tub 2. Depending on your container, you will either want some paints, markers, or materials for collaging (magazines with faces, scissors, and glue or tape) 3. Paper that can be cut up into notes 4. Offerings (bribes) for your worry head, like little pieces of candy, pretty leaves, marbles, or shells
65	<u>Create your own book of questions</u>	1. 8 x 11.5" printer paper 2. Writing/drawing materials (pens/markers/colored pencils/pencils) 3. Eraser 4. (optional) Paint pens 5. Scissors 6. Collaging materials – old magazines, decorative papers, stickers 7. Glue stick
66	<u>Create A Circle Back To You</u>	For a natural mandala you will need: 1. A bag or other container for collecting your materials 2. A place to walk, which can be around your home, your school, or in a park To draw a mandala, you will need: 1. Paper 2. A pencil 3. Drawing materials (markers/colored pencils)
67	<u>Create A Maze To Find Your Way</u>	1. Paper 2. Pencil and pen 3. Eraser
68	<u>Stick To It!</u>	1. Paper 2. Drawing supplies (pens/crayons/markers) 3. Scissors 4. Clear packing tape 5. Wax paper
69	<u>Make a Super-Filled With Feelz Burrito!</u>	1. Something green to use as avocado, lettuce, guacamole, etc. (like fake leaves and floral foam) 2. Dried beans (any kind is fine) 3. Brown yarn to use as meat 4. White styrofoam to use as cotija cheese 5. Glitter or glitter glue for salsa 6. Yellow or white fabric or paper to make tortillas 7. Small pieces of paper or notecards (big enough to write on) 8. A pen or pencil 9. Tape or glue