WHAT WILL YOU ADD TO YOUR OK KIT?

- Nice Dice Project #50
- Project #29
- a note from your BFF (you!)
- a vacation spot for your brain Project #6
- a mini portrait of your mind Project #50
- a lovable little worry beast Project #10
- a peaceful pet (or 6)
- find a lot more projects and ideas at okyou.org
- a pocket-sized kit to keep you connected to your OK self
- a tiny award Project #24

- A CALMING STONE
- A Playlist
- A GOOD MEMORY
- A note from a friend
- A SONG written by you
- Bubble wrap (to pop!)
- Your Best Dreams
- Something squishy
- A LETTER TO YOUR FUTURE SELF
- NATURE THINGS
- A feather
- A seashell
- A felt creature
- Your 1000 days of knitting
- A drawing of someone who is really good at GIVING HUGS
- A BIBLE
- OK
- A Pic of your favorite animal
- SOMETHING REALLY SMOOTH
- A letter to your future self
- Songs Lyrics
- FREE ICE CREAM
- A drawing of something really smooth
- Good Things
- Good Smelling Things
- A list of things you like
- Notes to yourself: I’ve got this!
- SOMEONE LIKE A CINNAMON STICK OR LEMONGRASS

WHEN YOU’RE FEELING STRESSED OR WORRIED OR JUST WANT SOME CREATIVE FUN....

CREATE YOUR OWN OK AT OKYOU.ORG