

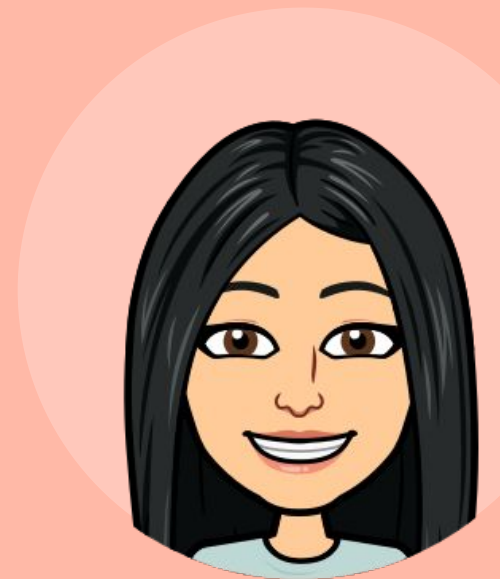


Self-Care Kits

Amariah Clay & Ashley Garcia

11th Grade

Beaverton High School



The Problem

We knew that coming in into this year would be challenging as a 9th grader. The problem that we were having in our school was that ever since the beginning of the school year, and COVID, we lacked in the ability to provide connections, tools and resources to help students feel less anxious and nervous.



The Solution: Self Care Kits

Initially- We wanted to create a kit that included a candle, treats, stickers, meditation tips and a therapeutic coloring book.

Later on- We made changes to our original plan to better fit the needs of 9th graders and expand the meaning of self care:

- Collaborated with our school Social Worker and Mindfulness Studies Teacher to better understand the resources we might want to provide
- Added a wellness lab invitation and a page of affirmation statements
- We added lists of clubs at our campus to get 9th graders involved, remotely or in-person, to add an element of community care.
- We made everything English/Spanish bilingual to connect with more members of our community.

The Solution: Self Care Kits

What's in the bag?

- ✓ Mindfulness Tips
- ✓ Affirmations Card
- ✓ Clubs on Campus
- ✓ Invitation to Wellness Lab
- ✓ Infinity Breathing Card
- ✓ Therapeutic Coloring Pages
- ✓ Water Bottle
- ✓ Stress Ball
- ✓ BHS Sticker
- ✓ 2 Masks
- ✓ Candy

Thank you to: Campbell Stewart (BHS Social Worker), Mary Bengel (BHS Mindfulness Teacher), Emily Lux (BHS Art Teacher), Carla and Ms. Fregoso (friends).

9th Grade Mindfulness Methods

Did you know that everything and in everything you do, it can be done mindfully? Trust! The mindful methods below are all forms of self-care, helping to put your mind and body first. Here are some easy things to try!

- 1. Mindful Eating:** Take a moment to smell your food. Chew slower and on purpose, noting the texture of the food before taking another bite. Benefit: Eating and breathing slower soothes the nervous system.
- 2. Mindful Walking:** Walk with all your senses. Focus your awareness on what you are seeing in great detail. Listen for all the sounds to the right, left, behind, and in front of you. Feel the air or heat on your skin. Benefit: Taking your senses for a walk can be surprising. Seeing the familiar in new ways. Notice if your breathing has slowed and deepened. Are you feeling more calm?
- 3. Mindful Communication:** Try fully listening to someone talking to you. Look in their eyes with kindness. Allow them to share without you "jumping" or what to say when they're done. Holding space for others is a gift. Benefit: Connections improve. Understanding arises.
- 4. Mindful Breathing:** Science has proven that different breathing techniques affect our bodies and minds. Try simply doubling the length of your exhale. Example: Inhale at a normal rate or a bit slower for a count of 4. Exhale slowly and controlled for a count of 8. This should be done in a soothing comfortable way. Benefit: Situations prove that mindful breathing slows stress and anxiety.

And did you know that we offer a mindfulness course at Beaverton High School? Talk to your counselor if you are interested in taking this class!

COLOR

Coloring for relaxation

How can coloring help me to destress and practice self-care?

1. Attention flows away from ourselves. A simple act, such as coloring, takes your attention away from yourself (and those things that are stressing you out) and into the present moment. When you get into the flow of coloring, your brain enters a relaxed state by focusing on the present and blocking out the monstrosity thinking we all experience.
2. Go ahead and color outside the lines! The outcome of coloring isn't predictable or prescriptive; it can be as neat — or as messy — as you choose, and this is one of its relaxing perks.

Thanks to Ms. Lux for the beautiful artwork! Relax and enjoy, Beavers!

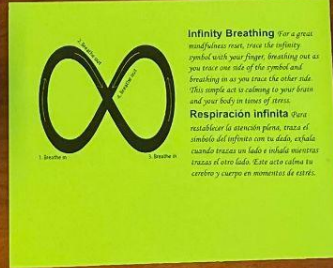
Colorear para relajarse

¿Cómo puede ayudarme colorear a aliviar el estrés y practicar el cuidado personal?

1. La atención se aleja de nosotros mismos. Un acto sencillo, como colorear, aleja tu atención de ti mismo y de aquellas cosas que te estresan y la lleva al momento presente. Cuando entras en el flujo de colorear, tu cerebro entra en un estado relajado al concentrarse en el presente y bloquear el pensamiento absurdo que todos experimentamos.
2. ¡Adelante y colorea fuera de las líneas! El resultado de la coloración no es predecible ni prescriptivo. Puede ser tan ordenado, o tan desordenado, como quieras, y este es uno de sus beneficios relajantes.

¡Gracias a la Sra. Lux por las hermosas obras de arte! ¡Relájate y disfruta!

The Kits





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#RedForEd



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IT
FOR ALL
THE PEOPLE
OF THE WORLD

NO COPYRIGHT
INFRINGEMENT

Assembling all 400 kits!

Our Reflection

Something that I learned about myself is that I wanted to make sure that every freshman was cared for equally, and I really care about the community!

-Amariah Clay

I learned that this project allowed me to connect with lots of people in a professional matter when it came to assembling the kits. I also now know the importance of making our freshman feel welcome in a new environment and taking time for yourself .

-Ashley Garcia



“ I appreciate the bag, and
the stress ball was my
favorite.”

-Dezmin Valencia, 9th
Grader at BHS



Data

In Person	230
CDL	173
Total Bags	403



Thank You! :)