

## **List of Supplies for Nurturing the Nurturer Activities**

### **Create, Release, Recharge: Creating Crafts for Self-Care**

#### **Supplies for Vision Board**

- Magazines/stickers- Donation from staff
- Glue Sticks- <https://www.amazon.com/dp/B009D9Y6SG/>
- Markers- <https://www.amazon.com/dp/B0006ZIGBO/>
- Canvas <https://www.amazon.com/dp/B082F76Q3T/>
- Affirmation Cards- <https://a.co/d/hk5zDDl>
- Scissors <https://www.amazon.com/dp/B0D25R3XMV/>

#### **Supplies for Stress Balls**

- Scissors- <https://www.amazon.com/dp/B0D25R3XMV/>
- Yarn- <https://www.amazon.com/dp/B0DF6V1893/>
- Balloons- <https://www.amazon.com/dp/B087N6J7RY/>
- Sand- <https://a.co/d/aiuZk8k>
- Funnels- <https://www.amazon.com/gp/product/B08JZ73YG1/>

#### **Videos on how to create a stress ball**

- <https://www.youtube.com/watch?v=Pfsllq0VhtY>
- <https://www.youtube.com/watch?v=SFP3nfQBEvU>

## **Harmony and TLC**

<https://drive.google.com/file/d/1WgASTGomTJpNqYohHDjWITe0zIRLBP6L/view?usp=sharing>

## **Mindful Gardening**

Terracotta Pots-<https://a.co/d/fjddwGq>

Water Cups- <https://a.co/d/3Hlrdsz>

Paint Pods- <https://a.co/d/h7cg2nG>

Potting Mix -<https://a.co/d/fjddwGq>

Planting Seed Paper-<https://a.co/d/bW6FsZD>

Acrylic Paint-<https://a.co/d/6oz0nVW>

Paint Brushes- <https://a.co/d/3XYH5dJ>

Gloves-<https://a.co/d/b273BfH>

Aprons- <https://a.co/d/d480bmp>

Water

Sand In A Bottle

Teal Sand-<https://a.co/d/3AkvF4x>

Tan Sand-<https://a.co/d/jiBZs7r>

Sand Bottles With Cork/Funnels-<https://a.co/d/hlE6naX>

<https://drive.google.com/file/d/1FXopNO3XLJKHDy246gkHXd86pz5L9ox7/view?usp=sharing>

[https://drive.google.com/file/d/18klBU1\\_bYx8S-e2-y9yUKa793xHnk2Gz/view?usp=sharing](https://drive.google.com/file/d/18klBU1_bYx8S-e2-y9yUKa793xHnk2Gz/view?usp=sharing)