



BOYS & GIRLS CLUBS
OF THE TWIN CITIES

Boys and Girls Clubs Mental Health Kits

*Donations can be dropped off or delivered our administrative office located at
690 Jackson Street, St. Paul, MN 55130*

- Fidget spinner
- Stress ball
- Journal
- Pens
- Affirmation cards
- Meditation cards/Breathing aids
- Yoga cards
- Mini Rubik's cube
- Silly putty
- Coloring books
- Colored pencils/markers
- Mochi squish toys
- Headphones
- Pop it toys
- Mini weighted animals
- Stickers (breathing and tactile)