

# #DoSomething

## INITIATIVE GUIDE.

CARE PACKAGE INITIATIVE

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jack.org

**Description:** Show someone you care about their wellbeing by giving them a self-care package. Stop by your local dollar store and stock up on items that double as de-stressing or wellness tools. From stress balls to colouring books, bubbles to journals. Or keep the cost at \$0 by getting creative with DIY objects instead!

**Objective:** To encourage individuals to utilize affordable self-care resources available to them.

**Impact category(ries):** Attitudes

**Target audience:** Anyone and everyone!

**Time commitment:** 2 hours.

**Cost:** \$0-10

**Volunteer requirements:** You, yourself, and you

**Partnerships:** No partnerships necessary.

**Promotion:** Post on social media with the hashtag #DoSomething to be part of a national campaign. Invite others to create packages for their loved ones with you!

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