



Reflection Bags

Reflection Bags- Share a bag with someone in the community to encourage their self-awareness! Bags could include items and/or notes... adding basic everyday supplies (Band-Aids, little tubes of toothpaste, tooth brushes, healthy snacks, and travel size toiletries) – as someone uses the supplies throughout the day.

Materials Needed:

- Collect everyday items
- Small Ziplock or Bown bga
- Markes
- Paper



Instructions:

1. Have members create reflection bags with items collected.
2. inside bags, members can draw picture or write inspirational messages to help spread kindness, gratitude and compassion.
3. Find a shelter or organization to share the bags with.

Questions? Email ambassadorsupport@km365.org.

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