

Mentoring Wishlist

Help supplement Bridges for Kids and GEMS (Girls; Empowered, Motivated, Successful) with **new and unused items** to enrich programming throughout the year. **Items in bold indicate a higher need.**

If you have any questions, contact Mentoring Director Mindy Gardner at bridges@cortlandywca.org.

Crafts and Art Supplies:

- Sketchbooks or Journals: For self-expression and reflective writing.
- **Coloring Books or Mandala Coloring Pages: Encourages mindfulness and relaxation.**
- **Colored Pencils, Markers, and Crayons: Essential for drawing and coloring activities.**
- Paints and Brushes: For more expressive art projects.
- Scissors and Glue Sticks: Useful for collages and other craft projects.
- Construction Paper: Versatile for various art and craft activities.
- **Craft Kits: Kits for making friendship bracelets, DIY jewelry, or other crafts.**
- **Fabric Scraps: Ideal for fabric-based crafts or DIY projects.**
- **Loom Bracelets: Excellent for keeping hands busy during discussions.**
- Friendship Bracelets: Different material than Loom Bracelets

Mindfulness and Relaxation:

- Mindfulness Cards or Affirmation Cards: Daily prompts for positive thinking.
- **Sensory Items: Stress balls, fidget spinners, or putty for relaxation.**
- Guided Meditation Resources: Audio or video resources for mindfulness.
- Yoga Mats: For practicing yoga or meditation.
- Aromatherapy Diffusers: Essential oils for a calming atmosphere.

Games and Activities:

- Board Games: Games that encourage **cooperation** and communication.
- **Emotion Flashcards: Cards with various emotions for discussion.**
- Puzzle Sets: Engaging puzzles for cognitive stimulation.
- DIY Vision Boards: Magazines, scissors, and boards for creating vision boards.

Communication and Connection:

- **Note Cards and Stationery: Encourages letter writing and expressing feelings.**
- **Memory Journals: A shared journal for writing and exchanging memories.**
- **Photography Supplies: Disposable cameras or smartphones for capturing memories.**
- **Books and Educational Resources:**
- **Guided Workbooks: Workbooks focused on self-discovery and emotions.**

Novels with Positive Themes: Books that explore empathy, resilience, and friendship.
Educational Board Games: Games that teach social and emotional skills.

Outdoor and Physical Activities:

- Sidewalk Chalk: For creative expression in outdoor spaces.
- Jump Ropes: Simple but effective for physical activity and fun.
- **Gardening Supplies: Seeds, soil, and pots for gardening activities.**