

Kick at Darkness, Inc



DEAR BADASS SURVIVOR,

- YOU ARE AMAZING!
- YOU'RE FILLED WITH COURAGE, BRAVERY, AND SO MUCH SOUL
- YOU ARE HEARD AND SUPPORTED THROUGH THIS JOURNEY
- YOU ARE NOT ALONE

WARRIOR KITS

- A KIT FOR WARRIORS LIKE YOU
- ITEMS CAN BE USED TO HELP YOU :
 - GROUND IN HIGH STRESS
 - TREK SAFELY THROUGH PTSD SPIKES
 - ENJOY THE SIMPLER THINGS AMONGST THE HEAVINESS OF SHARING YOUR STORY
 - INSPIRE YOUR UNDERSTANDING OF
 - THE OBJECTS SURROUNDING YOU EACH DAY THAT CAN BE USED TO HELP YOU HEAL



MAY THIS WARRIOR KIT SERVE AS A REMINDER TO YOU OF

- YOUR SAFETY IN THE PRESENT
- BEING SURROUNDED BY
 - SUPPORT & ENCOURAGEMENT
 - OTHER BADASS SURVIVORS AND ALLIES WHO ARE CHEERING YOU ON!

EXAMPLES OF ITEMS IN WARRIOR KITS [**due to supplies, not all kits are the same**] :

- TASTE** : CHOCOLATES (gluten-free); MINTS (chew them and ground yourself fast!)
- SMELL** : LAVENDER; SCENTED MARKERS
- HEAR** : RECORDER; MINTS (to shake); PENCILS (to beat like drums); SOUND TOYS
- FEEL** :
 - SCARF — soft texture; wrap your fingers through; wear it or hold it as you ground yourself
 - STRESS BALL — squeeze, toss, & play with it to re-center in the present
 - WRISTBAND — wear it or put pressure on your hand, bringing you back to the present
 - ROCK — hold & feel the texture of it; or hold it tightly and allow the pressure to ground you
 - FROG — press and let it jump to bring your mind to the present
 - PLAYING CARDS — shuffle, allow their smooth feel to draw you back to today
 - BALLOON/PLAY-DOH — create stress balls; [add rice in each for different consistency]
- SEE** :
 - BOOKS — Adult-coloring books, adult-activity book, & markers
 - BUBBLES — Fill the room with bubbles!
 - FIDGET TOYS — Spin/chase; engage yourself & your sight — you are here TODAY & SAFE
 - PLAYING CARDS — Match cards or put them in order, or play a game to calm your mind
- PROCESS** :
 - PEN & JOURNAL — write words, draw pictures, or shred paper to release emotions
 - BLANK CARD — writing a card to someone we care about can ground us into the present