

Give for a Better Day

# Coping Skills Wish List



At Rogers Behavioral Health, patients of all ages learn how everyday items can be used as therapeutic tools to calm their minds and bodies. Below, you'll see a wish list of items that may be included in a patient's own "emotional toolkit." Help equip patients with a variety of items to help them manage their mental health and well-being.

Our patients have special requirements based on their behavioral health care needs. Extra caution must be used when purchasing gifts. Please consider the following:

1. Ages 10 years and up
2. All items must be new
3. No games with themes of violence
4. No items containing Latex or sharp edges



**Arts and crafts** — Art supplies, colored pencils/gel pens/markers (no crayons), mindfulness coloring books, origami books and paper, sketch pads, and stickers

**Comfort** — Stuffed animals (for adolescents)

**Games** — Apples to Apples, Bananagrams, Clue, deck of cards, Jenga, Life, Mancala, outdoor sporting equipment (balls), Phase 10, jigsaw puzzles (300-1000 pieces), Rubik's Cubes, Sequence, Sorry, Uno, Uno Flip, and Yahtzee

**Mindfulness activities** — Brain puzzles (crossword, Sudoku, word search books), fidget toys, gratitude journals (no spiral bound), Kinetic Sand, stress balls, and therapeutic putty

**Monetary gifts** — Cash donations assist the Foundation in purchasing specially requested items to help fill a patient's "emotional toolkit"

[rogersbhfoundation.org](http://rogersbhfoundation.org)

Gifts of art, games, and mindfulness activities can be an effective way to help cope with intense emotions and behaviors.



Scan to purchase items from our Amazon Wish List.