

Kids' Checklist



Grab your favorite bag



Walk around your home and pick the items that bring you comfort. Maybe it's a blanket, lovie, or sweatshirt.

Think of activities you like to do and pack them!



Playing cards



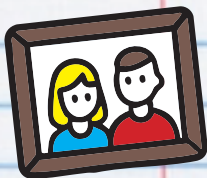
Reading books



Arts and crafts



Video games



Gather things that remind you of your favorite people and provide you with comfort.



Consider bringing a journal or notebook and pen so you can write down important things, process your feelings, or keep track of your questions.