

Do Good

Jconnect.org

with The Jewish Federation

Relaxation Gift Boxes

When someone comes forward asking for help, it's hard for them to begin to take care and think of their own health. Below is an example of a Relaxation Gift Box to be given as they begin their journey to safety and a healthier lifestyle.

Gift Directions

1. Assemble a gift box and line it with a sheet of folded tissue paper.
2. Decorate a Relaxation Stone.
 - a. Use the metallic markers to decorate a stone with word such as "Hope" or "Faith". You can be as creative as you like.
 - b. Be sure to let the stone dry, and then wrap it in a small piece of tissue paper.
3. Make an aroma therapy satchel by filling up the organza pouch with 3tbs of rice and 1tbs of one of the dried flowers. These amounts can be adjusted based on how strong the scent is.
4. Create a stress ball with two balloons and rice. [HERE's](#) a helpful video with directions.
 - a. Place a balloon around the spout of a water bottle top to use as a funnel.
 - b. Begin to fill the balloon, working the rice down as you go. You may need to roll or pull on the balloon to make room for the rice to work down.
 - c. Once full at your desired size, remove from the water bottle, and work the air out of the top. Roll down the spout of the balloon and press into the ball of rice.
 - d. Take the second balloon and cut off the spout. Then wrap it around the ball trapping the rice inside.
5. Below is an example of a yoga pose card for you to use. We cut and laminated each one.
6. Add in three tea bags, three pieces of chocolate, and one bottle of hand lotion.
7. Write a personal note on one of the cards. This is your chance to really speak to someone as they are just beginning their journey with JCADA. Find examples on the next sheet.
8. Close the box and finish it off with a tied bow

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Note Examples:

Please take the time to write a personal note to the recipient of your box. This is a chance to personally connect someone as they are taking a large step in their life and reaching out for help. Below are some example inspirational quotes for you to include.

- “The most common way people give up their power is by thinking they don’t have any.” – Alice Walker
- “When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” – Helen Keller
- “Courage is like a muscle. We strengthen it by use.” – Ruth Gordon
- “I’m not afraid of storms, for I’m learning to sail my ship.” ~ Louisa May Alcott
- “Life isn’t about finding yourself. Life is about creating yourself.” — George Bernard Shaw
- “It’s never too late to be what you might have been.” – George Elliot

Possible local recipients:

[N Street Village](#)

[Covenant House DC](#)

[Jewish Coalition Against Domestic](#)

[Abuse](#)

[Wanda Alston Foundation](#)

...or find your local shelter!

*Remember to always check that something
is needed before creating.

Supply Ideas:

[Gift Boxes](#)

[Hand Lotion](#)

[Decorative Stones](#)

[Metallic Markers](#)

[Organza Pouches](#)

[Dried Herbs](#)

[Decaf Tea](#)

Chocolate

Rice

Tissue Paper

Ribbon



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SLEEP BETTER WITH *yoga*

8 YOGA POSES TO DO BEFORE BED FOR RELAXATION & A BETTER SLEEP
HOLD EACH POSE AND BREATHE DEEPLY FOR 30-60 SECONDS



HERO POSE



CHILD POSE



COW POSE



CAT POSE



COBRA POSE



FORWARD BEND POSE



LEGS UP POSE



FINAL RESTING POSE

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