



## Trauma Kits — Volunteer Service & Donation Project.

Children who have experienced personal trauma and chronic stress  
WITHOUT treatment are:

3x more likely to have serious employment problems

3x more likely to experience depression

4x more likely to become an alcoholic

15x more likely to commit suicide

The effects of trauma can impact physical health, attachment and relationships, behavior and emotional responses.



We help at risk children and teens age 18 years and younger who have experienced personal trauma.

If you are interested in organizing a community service project, consider making some sensory kits to donate to our trauma services department. The kits help children with self-soothing techniques that they can use during assessment and treatment.

Directions on how to make the kits are below. You can make a selection or all of the items. If you can help, just reach out and let us know how many kits you plan to make and when they will be ready. We can arrange for you to drop off completed kits at one of our Michigan Locations. If you are out of state, you would need to mail them to the address below.

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### Directions for making the Kits!



1. Stress Balls: You can find directions for making stress balls at <https://patch.com/us/dealtown/buy-or-diy-how-make-squishy-stress-ball>

2. Fleece Tie Blankets: Directions for this can be found online at <https://www.wikihow.com/Make-a-Fleece-Tie-Blanket>

3. Calm Down Jars or Tubes: Directions for this can be found at <https://www.therealisticmama.com/11-awesome-calm-down-jars/>

4. Inspirational or Motivational magnets or small plaques: Items for this can be found at most craft stores. Sometimes we all just need a little pick-me-up.

5. DIY Rainsticks: Directions for this can be found at <http://www.pbs.org/parents/crafts-for-kids/diy-rainstick>

6. Mermaid Board: This should be small and tablet size. Directions of a larger version can be found <http://homegrownfriends.com/home/giant-mermaid-fabric-sensory-board/>