

## Strong Minds Supplies

Strong Minds Specific Supplies	QTY (based on 100 athletes)	Purpose/Notes
Pinwheels	1/athlete	Strong Breathing Station
Stress Balls	1/athlete	Stress and You Station
Strong Minds Banners	2	Decoration
Resistance Bands	5 to 10	Strong Stretching (shoulder internal rotation)
Art supplies- paper	150	Strong Messages Station
Art supplies- markers	25	Strong Messages Station
Art supplies- positive stickers	150	Strong Messages Station
Yoga mats	5 to 10	Strong Stretching
<b>General Supplies</b>		
Plastic bags for giveaways	1/athlete	
Trash bags	10	
Clipboards	20	
Hand sanitizer	10	
Paper towels	5 rolls	
Pens/Pencils	50	
Tape (duct, packing, scotch)	2 rolls of each	
Table coverings	8	
Disinfectant wipes	300 wipes	
Plastic storage bins	5-Jan	
<b>Printing</b>		
HAS Forms	1/athlete	b/w, double sided
Strategies for Success	1/athlete	color
Stretching Handout	10 laminated copies	Optional: additional copies for athletes to take
Picture Board	25 laminated copies	Optional: additional copies for athletes to take
Local Mental Health Provider Information	10 copies + 2 laminated	