

Ideas for your Hope Box

SEE



Postcards

Books & magazines

Letters

Pictures of places you like

Photos of loved ones

HEAR



USB filled with relaxing noises

Your favourite CD

Audio books

Recording of a friends voice

SMELL



Candles

Favourite perfume

Jar of spices

Essential oils

Ideas for your Hope Box

TASTE



Mints
Tea bags
Snacks
Chocolate
Bottle of water
Sour sweets

TOUCH



Clay
Playdough
Stress ball
Massage oil
Body lotion
Soft wooly socks
Rubber bands to snap

OTHER IDEAS

List of phone numbers to ring
Art or craft materials
Hot water bottle
Letters from loved ones
Puzzle games
Notebook & pen
Colouring book