**Tools for Online Therapy for Teens**

**Most Urgent**

- dice

- spiral art/sketch book (at least 8x11)

- drawing and coloring supplies including fine line black marker.

-glue stick

- scented candle

- deck of regular playing cards

-deck of UNO card game

-(maybe a fidget of choice)

- bottle of water (drinking)

Important

- grounding kit- 2 aromatherapy oils roll-on - lavender & citrus/orange,

pack of mints or hard candy

something squishy

something hard (eg, tennis ball, a smooth & rough rock)

- a board game - preferably Taboo or Trouble (maybe thrift store or online)