

What Goes Inside the Kit

A Supply Guide for the Intergenerational Connection Kit | Kits and Kindness

This guide lists everything that goes into one Intergenerational Connection Kit. It has two parts: the printed materials (the papers you download, print, and laminate) and the hands-on items (the things residents can hold, touch, and play with). You do not need every single item on this list to start. The printed materials are the heart of the kit, and the hands-on items make visits feel warm and comfortable.

Part 1: Printed Materials

Print these from our [Resources](#) page. We suggest printing on card stock and laminating anything a resident will hold, because laminated pages wipe clean and last much longer.

- ☐ Instructions page (Purpose, Games, Level A and Level B explained)
- ☐ Instructions page, continued (Phrases to Use, Reminders, Tips)
- ☐ Level A Conversation Prompts — green (Feeling Based, Gentle Prompts, Engagement, Games)
- ☐ Level B Conversation Prompts — blue (Life & Identity, Relationships, Culture, Sharing Wisdom)
- ☐ “Choose Your Favorite...” sheets: Color, Animal, Food & Dessert, Music, Season / Landscape / Drink
- ☐ Script for Volunteers (what to say before, during, and after a visit)
- ☐ Resident Profile form (optional — for writing down what a resident shares)

Part 2: Hands-On Items

These are the items residents actually touch. We chose each one after talking with staff and volunteers at nursing homes.

Sensory Items

- **Squishy toys** — Soft, squeezable toys that are gentle on stiff or arthritic hands. A volunteer told us these are one of the most useful things in the kit because squeezing feels good and gives a resident something to do with their hands while they talk. Pick smooth, quiet ones — nothing that squeaks loudly or falls apart.
- **Textured fabric squares** — A small, soft square of fleece, corduroy, or velvet. Nice for residents who like to touch things but may not want to hold a toy.
- **A scented item (optional)** — Something warm and calm, like lavender or vanilla. Keep it mild. Strong smells can be too much, and some facilities do not allow scented items, so always ask first.

Creative Items

- **Watercolor cards and a small paint set** — Small cards residents can paint on. Watercolor is forgiving — there is no wrong way to do it, and it looks beautiful even when hands shake. Include a small brush and a water cup with a lid.
- **Chunky colored pencils or washable markers** — Thick barrels are much easier to grip than skinny ones. Avoid anything that smells like a marker or could stain clothes.
- **Blank paper and simple coloring pages** — For residents who would rather color than paint. Choose grown-up designs like flowers, landscapes, or patterns.

Games and Puzzles

- **Puzzles** — Large-piece puzzles, around 12 to 35 pieces, with a picture an adult would enjoy: a garden, a classic car, a landscape. Skip cartoon designs.
- **Matching cards** — Pairs of pictures like animals, cars, flowers, and old-fashioned kitchen items. These double as conversation starters — flip over a dog card and ask if they ever had a pet.
- **Expression brain games** — Cards with a face or a feeling word that help a resident show how they feel without needing to find the words.
- **Word searches** — Print these in extra-large font. Use easy themes like foods, states, or names of flowers.
- **A deck of large-print playing cards** — Simple, calm card games some residents already know by heart.

Kit Container and Extras

- **A container** — A clear or lightly colored plastic bin with a lid, or a sturdy tote bag. Clear is helpful because staff can see what is inside without opening it.
- **A label on the outside** — So no one has to guess. Include the kit name, our Facebook page, and the flipbook link.
- **An inventory list** — A copy of this list, taped inside the lid, so staff can see what should be in the kit and restock it.
- **Sanitizing wipes** — For wiping down laminated cards between visits.

Quick Reference: What to Use With Each Level

Item	Level A (green)	Level B (blue)
Squishy toys	Yes — great for calm and comfort	Yes — nice to hold while talking
Watercolor cards	Yes — no pressure, just color	Yes — can paint something meaningful
Puzzles	Only very large pieces, do it together	Yes
Matching cards	Yes — point and name	Yes — use to start stories
Word searches	Usually too hard — skip	Yes
“Choose Your Favorite” sheets	Yes — pointing only	Yes — then ask follow-up questions
Expression brain games	Yes	Yes

Things to Choose and Things to Avoid

Choose this	Not this
Grown-up designs: flowers, landscapes, classic cars, gardens	Cartoon characters or baby-themed pictures
Big, easy-to-grip pieces and thick handles	Tiny pieces that are hard to pick up or easy to swallow

Choose this	Not this
Large print on everything	Small or fancy script fonts
Quiet, calm items	Loud noisemakers or flashing lights
Washable and wipeable materials	Anything that stains or crumbles
Items that can be used sitting in a chair or in bed	Anything that needs standing or a big table

Before You Drop Off a Kit

- ☐ Ask the nursing home if there is anything they do not allow (scented items, small pieces, latex).
 - ☐ Wipe down and check every item.
 - ☐ Count the printed materials against this list.
 - ☐ Tape the inventory list inside the lid.
 - ☐ Include the feedback form and let staff know we would really like to hear back.
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