



To encourage family conversations around children's mental health and well-being, the Virgin Islands Children Museum distributed a 5th At Home Discovery Kit in Fall 2021.

At Home Discovery Kit 5 was designed to help recipients support their children's physical, social, emotional, cognitive, and behavioral well-being with an invitation to "Spring into Measuring Your Mental Health". The kit was curated for ages 2 to 8 but all children were invited to increase their understanding of units and measurements in a way that allows families to have fun together! A primary goal of the kit was to help kids gain a frame of reference that is always with them by encouraging them to take length measurements of their own body, create planters from items inside the home to grow their own food-bearing plants, and through tracking both the growth of their plant and their mental health.

This At Home Discovery Kit included school supplies and a colorful 12-page activity booklet with options for independent discovery as well as the opportunity to interact with a parent, adult, and/or guardian to support engagement and learning. Games and guides to emergency preparedness were also included to get children involved in planning for a natural disaster. The book encourages open communication about extreme events which can help children express their emotions and be mentally prepared for difficult times.



This is the largest disbursement of VICM Discovery Kits to date with 2,000 kits gifted to kids territory-wide. This kit was made possible through the Virgin Islands Children's Museum's partnership with The USVI Department of Health Maternal Child Health Division Project LAUNCH Program, USVI Department of Agriculture, Storm Strong VI and Dr. Adam Parr of the University of the Virgin Islands, the Children and Youth Task Force, and through generous donations from the public via the ongoing GlobalGiving.org fundraising initiative: [At Home Discovery Kits for VI Families \(47832\)](https://www.vichildrensmuseum.org/).



Thank you for helping us help kids Explore, Play, Discover, at home.

Sincerely,

The VICM Team

<https://www.vichildrensmuseum.org/>

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