



S.P.I.R.I.T. e-Kit

Spiritual Practices, Inspiration, Religious, and Individualized Techniques for Seniors

Overview - The S.P.I.R.I.T. e-Kit consists of a variety of activities and tools that are designed to enhance one's spiritual journey. These activities may be done in a group setting or on a one to one basis. Some activities such as word searches, affirmations, anagrams, mandalas, etc. may be done independently as well. The activities in this e-Kit can be adapted for individuals with a variety of cognitive abilities and are designed for older adults and seniors. Many of these activities are wonderful for the care provider too!

Terms of use - The purchaser may duplicate the activities in this e-Kit for non-commercial and personal purposes, and as long as the materials are NOT re-distributed or sold. The materials must retain the source cited at the bottom of each page.

Includes 30 PDF documents + Bonus access to a letting go meditation video on Youtube

Affirmations	Motivational Anagram
Attitude of Gratitude	Programming Water
Dealing With Difficult Times	Religions Word Search
Goals of Spiritual Programs	Religious Quotes
Happy Thoughts	Religious Activities
In Hot Water	Religious/Spiritual Assessment
Inspirational Quotes	Spiritual Activities
Inspirational Anagram Worksheet	Spiritualism Anagram Worksheet
Inspirational Saying with Pictures	Spirituality and Religion
Inspirational Word Search	Spiritual Sensory
Irish Blessings	Spiritual Word Search
Letting Go Activity	Things That Make You Smile
Letting Go Guide	Working With Tingshas
Make Your Own Rainbow	Unlock Your Spirituality
Mandalas	Walk in the Woods Inspirational Story

Disclaimer - The information stated herein is for the purpose of accessing your own inner resources of healing energy and inspiration. Never use any non-traditional complimentary healing method or spiritual practice in lieu of obtaining professional medical or psychiatric help. If you believe you or anyone participating in the activities mentioned in the e-Kit have a condition requiring medical or psychiatric treatment, please seek professional treatment immediately. The information and services provided are not to be used to diagnose, heal, or cure. For entertainment use only.

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