**Budget Plan for “The Bridge to Resilience”**

\*\*Date needed is based on implementing the program the week of June 28, 2021.

\*\*Dates refer to the items that are needed in person on that day.

| **Expenses (For ~15-20 kids)** |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Where to buy** | **Amount** | **Date Needed** |
| *Gift Cards for Interview and Focus Group Participants* |  |  |  |
| 6 $10 Gift Cards = $60 | https://giftcards.kroger.com/our-store-cards/kroger-enterprise-egift | $60.00 | June 21, 2021 |
| License | RS-10 Resilience Scale: https://www.resiliencecenter.com/forms/resilience-scale-10-paypal/ | $75.00 | June 28, 2021 |
| Printing Resilience Scale ($0.14x40 = $5.60 plus tax)  From Staples ($0.14 per page) | https://www.staples.com/Black-White-Copies/product\_1798667 | $6.05 | June 28, 2021 |
| *Certificates* |  |  |  |
| Certificate Paper ($8.29 for 25pack) | https://www.staples.com/Geographics-Blank-Award-Certificates-60-lb-Gold-with-Golden-Seal-8-1-2-H-x-11-W-25-Pack/product\_1029536 | $8.95 | July 2, 2021 |
| Printing Cost  From Staples ($0.14 per page x 20= $2.80 plus tax) | https://www.staples.com/Black-White-Copies/product\_1798667 | $3.03 | July 2, 2021 |
| *Snacks* |  |  |  |
| Snacks  Cuties ($4.12x2 = $8.24)  Apples ($6.47x2 = $12.94)  Fruit Cup (2 pack = $11.96)  Granola bars ($5.98x4 = $23.92)  Cheese it’s ($10.40)  Fruit snacks ($7.27x2 = $14.54)  Popcorn ($27.80) | <https://www.walmart.com/ip/Clementines-3lb-bag/11025598>  <https://www.walmart.com/ip/Red-Delicious-Apples-5-lb-Bag/363800188>  https://www.walmart.com/ip/24-Cups-Del-Monte-Fruit-Cup-Snacks-No-Sugar-Added-Variety-Pack-4-oz-cups/391292550?selected=true  <https://www.walmart.com/ip/Nature-Valley-Granola-Bars-Crunchy-Oats-n-Honey-Family-Pack-15-ct/490619350>  <https://www.walmart.com/grocery/ip/Cheez-It-Baked-Snack-Cheese-Crackers-Original-Single-Serve-30ct-30oz/51643169?wmlspartner=wlpa&selectedSellerId=0&wl13=3609&adid=22222222421449455997&wmlspartner=wmtlabs&wl0=&wl1=g&wl2=m&wl3=496703829587&wl4=pla-293946777986&wl5=9010773&wl6=&wl7=&wl8=&wl9=pla&wl10=120643079&wl11=local&wl12=51643169&wl13=3609&veh=sem_LIA&gclid=CjwKCAjwtJ2FBhAuEiwAIKu19g0jiE22Gl-lN-vsIzwe0dPgJ8_SKdZG6Sak5pb7RxkuLhwWJz_RjBoChK8QAvD_BwE&gclsrc=aw.ds>  <https://www.walmart.com/grocery/ip/Welch-s-Mixed-Fruit-Snacks-Value-Pack-0-9-Oz-40-Count/53479012?wmlspartner=wlpa&selectedSellerId=0&wl13=3709&adid=22222222421449455997&wmlspartner=wmtlabs&wl0=&wl1=g&wl2=m&wl3=496703829587&wl4=aud-439102366514:pla-293946777986&wl5=9010773&wl6=&wl7=&wl8=&wl9=pla&wl10=120643079&wl11=local&wl12=53479012&wl13=3709&veh=sem_LIA&gclid=CjwKCAjwtJ2FBhAuEiwAIKu19tSBHZV5Ki1i5IspOBO1vIsBEAMKDPc_Batu2HAwkrOuw4n3tPzDFRoCBmgQAvD_BwE&gclsrc=aw.ds>  <https://www.walmart.com/ip/SkinnyPop-Original-Popped-Popcorn-100-Calorie-Individual-Bags-Gluten-free-Popcorn-Non-GMO-Vegan-Snack-0-65-Oz-Pack-Of-30/413838826> | ~$120.00  ($109.80 plus tax) | June 28, 2021 |
| Cupcakes ($5.49 for 24 count plus tax) | https://www.walmart.com/ip/Marketside-Filled-Chocolate-and-Vanilla-Cupcakes-20-oz-24-Count/656386727 | ~$6.00 | July 2, 2021 |
| *Activity Materials* |  |  |  |
| Pillows for Meditation and Yoga ($4.50x20 = $190 plus tax) | <https://www.walmart.com/ip/Mainstays-Squishy-Extra-Soft-Round-Decorative-Throw-Pillow-22-x-22-Grey-Single-Pillow/788343855?selected=true> | ~$100.00 | June 28, 2021 |
| Stress Ball Materials (Balloons, funnel, and flour = $16.47 plus tax)  Balloons ($6.99)  Funnels ($0.97x6 = $5.82)  Flour ($1.22x3 = $3.66) | <https://www.amazon.com/Balloons-Assorted-Birthday-Exquisite-Decorations/dp/B087N6J7RY/ref=sr_1_5?dchild=1&keywords=balloons&qid=1621803267&sr=8-5>  <https://www.walmart.com/grocery/ip/Mainstays-2-Piece-Kitchen-Funnel-Set-Medium-and-Large-Sizes-White/690331637>  https://www.walmart.com/grocery/ip/Great-Value-All-Purpose-Flour-5-lb/10403017 | ~$18.00 | June 30, 2021 |
| Bubble Breathing ($15.49 plus tax) | https://www.walmart.com/ip/BubblePlay-Bulk-Party-Bubbles-24-Pack-2-Oz-Bubble-Bottles-Wands-Favors-Goody-Bag-Stuffers-Summer-Fun-Toys-Kids-Assorted-Colors/224772508 | ~$17.00 | June 30, 2021 |
| Size of My Reaction Fruits  Blueberries ($2.78)  Grapefruit ($1.53)  Watermelon ($3.28) | <https://www.walmart.com/ip/Fresh-Blueberries-11-oz-or-1-Pint/50912363>  <https://www.walmart.com/ip/Red-Grapefruit-each/51259387>  https://www.walmart.com/ip/Personal-Watermelon-each/44390986 | ~$8.00~  ($7.68 plus tax) | June 30, 2021 |
| Print Reactions Board Game (X3)  \*\*Hard to get a true estimate online  Will need to use colored paper for the cards.  Colored paper for 9 pages 3 times = ($4.19x3= $12.57+$3.40(purple) = $15.97)  Black and white rules page ($0.14x1x3= $0.42)  Board (2 pages), cards (10 pages), pieces (1 page)  (13 pages x 3 x $0.56 = $21.84)  Colored printing board 3 times  Laminate all printed pages  10 pages for $1.99  Laminate 42 page: (5X $1.99 = $9.95) | <https://www.staples.com/astrobrights-primary-one-cardstock-colored-paper-65-lbs-8-5-x-11-assorted-colors-50-sheets-pack-20401-01/product_24447817?ci_src=17588969&ci_sku=24447817&KPID=24447817&cid=PS:GS:SBD:PLA:Paper&gclid=CjwKCAjwn6GGBhADEiwAruUcKsJlzqEvj159OUv9E2R32Jdy0XkbjmCTWYimqCaKBXk7lEkiwKXlIhoC4gAQAvD_BwE>  <https://www.staples.com/Pacon-Tru-Ray-Construction-Paper-12-x-9-Purple-103019/product_455153?ci_src=17588969&ci_sku=455153&KPID=455153&cid=PS:GS:SBD:PLA:Paper&gclid=CjwKCAjwn6GGBhADEiwAruUcKkhKJTCqEzDBioNRjZoBItOJeu43IzwxczXltJeWdS_PIgys3MwkKhoCNykQAvD_BwE>  <https://www.staples.com/Black-White-Copies/product_1798667>  <https://www.staples.com/Color-Copies/product_1798666>  https://www.staples.com/Laminating-Service/product\_381713 | $52.03  ($48.18 plus tax) | June 29, 2021  (A day early to cut pieces out and make sure we have everything) |
| Print and Laminate Cupcake Emotions  Print in color 1 pages X 6 X $0.56 = $3.36  Print in black and white 1 page X 6 X 0.14 = $0.84  Laminating  10 pages for $1.99 (2 x $1.99 = $3.98) | <https://www.staples.com/Color-Copies/product_1798666>  https://www.staples.com/Laminating-Service/product\_381713 | $8.84  ($8.18 plus tax) | June 30, 2021  (Day before to cut out pieces) |
| Print My Ways to Calm Worksheet ($0.14x20= $2.80) | <https://www.staples.com/Black-White-Copies/product_1798667> | $3.03  ($2.80 plus tax) | July 2, 2021 |
| Debrief Poster ($14.99 + $1.20 tax = $16.19) | https://www.staples.com/services/printing/CartCheckout | $16.19 | June 28, 2021 |
| Emotions Ring Poster ($14.99 + $1.20 tax = $16.19) | https://www.staples.com/services/printing/ | $16.19 | July 1, 2021 |
| Prize Box (~20 dollar store toys plus tax) | https://www.dollartree.com/searchresults?Ntt=kids%20toys&No=0&Rdm=702&Nr=product.active:1&N=78784723 | ~$25.00 | June 28, 2021 |
| Miscellaneous Supplies (Paper, Pencils, Markers, Glue Sticks, Scissors, Folders, etc.)  Paper ($3.97)  Pencils ($4.96)  Markers ($1.97x3 = $5.91)  Glue Sticks ($1.97x4 = $7.88)  Scissors ($6.99x2 = 13.98)  Folders ($0.50x24 = $12)  Post-it Notes ($2.99x2 = $5.98) | <https://www.walmart.com/ip/Pen-Gear-Copy-Paper-White-500-Sheets/487634010>  <https://www.walmart.com/ip/Ticonderoga-24-Count-Yellow-Woodcase-Pencil/17670840>  <https://www.walmart.com/ip/Car-Z-Art-Super-Washable-Marker-10-Count/17094349>  <https://www.walmart.com/ip/Elmer-s-Disappearing-Purple-Washable-School-Glue-Sticks-0-24-oz-4-Count/25862849>  <https://www.walmart.com/ip/Westcott-5-Blunt-Kids-Scissors-Classpack-Assorted-Colors-6-Pack/49533086>  <https://www.walmart.com/ip/Pen-Gear-Poly-Folder-2-Pockets-with-Prongs-Blue-Letter-Size/629720172>  https://www.walmart.com/ip/Post-it-Super-Sticky-Notes-3-x-3-Canary-Yellow-4-Pads/37481849 | ~$60.00  ($54.68 plus tax) | June 28, 2021  To have for all sessions. |
| **Total Expenses** |  | $594.90 |  |

**Budget Justification**

*License*

The Resilience Scale (SR-10) will be used to measure the participants' resilience before and after the program. This license is needed in order to use the scale for the project. Once we have the license we will be printing the scale twice for each child (pre and post).

*Certificates*

By handing out a certificate at the end of our program, we will be providing the children with proof that they have learned and are capable of using the resilience skills taught to them. This will give each of them a physical reminder of the lessons learned in these sessions. This will also drive their sense of accomplishment while bringing confidence in their resilience skills.

*Snacks*

Bringing snacks to the sessions conveys the care and support that we want to foster during the time we have with the children. This offering sets the atmosphere to be comfortable and welcoming. The energy provided by the snacks may help us engage the children and get them focused to learn the skills being taught.

*Activity Materials*

To keep the children engaged throughout the session we will be doing hands-on activities that require materials. These activities are more physical reminders of the lessons learned and will provide information and skills for coping. These activities include creating a stress ball, blowing bubbles for deep breathing, as well as worksheets and handouts. Other activities may need general supplies.