Care Package Checklist

Pick one or two things from each group. A shoebox is big enough. Tick what is already in the box.

Something to taste

- [ ] Tea bags or hot cocoa packets
- [ ] Dry snacks in sealed packets
- [ ] A sweet from your town
- [ ] Instant soup for a lazy night
- [ ] Their favorite gum or mints

Something soft

- [ ] Thick socks or a hat
- [ ] A hoodie or T-shirt you wore
- [ ] A scarf that smells like you (spray it at home and let it dry)
- [ ] A small blanket
- [ ] Hand cream for cold days

Something to look at

- [ ] A printed photo of you two, with the date on the back
- [ ] A small drawing or doodle
- [ ] A postcard from your street
- [ ] A map of your town with your favorite spots marked
- [ ] Stickers for their laptop

Something to do

- [ ] A crossword or quiz you made
- [ ] A small puzzle or a sketchbook
- [ ] Open when letters for the weeks ahead
- [ ] A card with a playlist you made
- [ ] A face mask for a slow evening

Something to read

- [ ] A note on top that says what the box is for
- [ ] The notes on pages 2 and 3
- [ ] A short letter about your last visit
- [ ] Five things you love about them
- [ ] A blank card and a stamp to write back

Packing tips

- Leave out chocolate in summer. It melts in the post.
- Leave out perfume. Many postal services do not carry it.
- Sending abroad? List each item and its value on the customs form.
- Fill the gaps with paper, so nothing rattles.
- Write the day to open it on the outside of the box.

Six Notes for the Box

Cut them out and put each one next to the thing it belongs to.

✂ Cut along the dashed lines.



Open me first

Everything in this box was picked for you. Take your time.



For your tea break

Make a cup, sit down and think of me for one sip.



For cold feet

Put these on tonight. Every step is a tiny hug from me.



Snack rules

You don't have to share any of these. They are all yours.



Look at this photo

That was a good day.
More of those are coming.



Write back

The card and the stamp are in here.
I'll check my mailbox every day.

Ask your partner to open the box on a video call, so you see their face. Between parcels, the **Soy & Mochi** app lets you send drawn love notes to each other's phones.

Six Notes for the Box

Six blank notes. Write your own words on each one, then add them to the box.

✂ Cut along the dashed lines.











