



Play Therapy Poland is collecting 'anti stress packages' for every child refugee from Ukraine. A child with this type of set will be able to respond and occupy him/herself in a life controlled by adults. Play reduces children's stress levels, and releases endorphins and oxytocin – the happiness hormones – which at this moment is vitally important because of ASD (Accute Stress Disorder).

Each package will contain the following items:

1. Teddy bear, max 30cm.
2. Drawing paper / pad
3. Crayons / coloured pencils
4. Markers
5. Bubble blowing set
6. Fidget pad or other fidget toy
7. "Squishy" (anti-stress toy)
8. Play-doh / plasticine

All the items should be packed together in a drawstring bag that can be carried in the hand or on the back.

We invite businesses, manufacturers, wholesalers, toy shops and stationery shops to join with us and send donated items from the list to us at the following address:  
Play Therapy Poland, Aleja Piłsudskiego 4 A/2, 05-077 Warszawa, Poland  
e-mail: [info@play-therapy.pl](mailto:info@play-therapy.pl) Mobile:+48 501460714

If you would like to give financial support to our project, please send donations to the account below:

PKO BP 72 1440 1185 0000 0000 0328 7742 with the title MISIO DLA MASZY I SASZY

or to the following foreign currency accounts:

- Euro: BPKOPLPW PL 79102011270000130203619251
- GBP: BPKOPLPW PL 04102011270000110203619244
- USD: BPKOPLPW PL 24102011270000170203619269

ALL ITEMS WILL GO TO THE CHILDREN IN THE PLACES WHERE THEY ARE STAYING, SCHOOLS AND PRESCHOOLS, AND WILL BE DISTRIBUTED AT RECEPTION POINTS