

DESIGN YOUR KIT

Everyone's health needs are different based on where they live, how they spend their time, and the challenges they face.

Read the scenario below and imagine you are the person in that situation.

For each one, think about:

- What health or safety challenges might come up?
- What items, tools, or supports would help someone stay healthy in this situation?

Write or draw what you would include in a Health Equity Kit for the scenario. Focus on what would be most helpful and fair for that person.

You love spending time outdoors, but the weather where you live is extremely hot (or extremely cold). What should your health equity kit contain?

