



Party Supplies + Printables

Here's everything you'll need to set up your virtual Period Prep Party! Choose what works for your group – you can prep it all yourself or have participants bring some items to share.

Print & Prep Materials - included in your bundle

- Tools & Materials List (this sheet!)
- “Pin the Uterus on the Pelvis” Poster (choose 2x3 or 3x4 – more paper = bigger game poster!)
- Printable Uterus Cutouts (print 1 per girl)
- Game Instructions
- Mantras to Color (for girls and optional moms – cardstock suggested!) **Make sure to print/cut out before the party!
- Wellbeing Worksheet
- “Mindful Moments” Prompts
- Period Tracker printable

Basic Supplies

- Tape (painter's tape = wall-friendly)
- Fun gel pens/markers/colored pencils
- Water for experiments
- Scrap paper or notecards
- 2 Small bowls
- Optional: wax paper or trays (to contain spills)

Activity + Experiment Supplies

- Clear plastic cups (1 per girl)
- Stirring sticks (coffee stirrers – 1 per girl)
- Glitter gel or glue (pink or red – small amount)
- Eye droppers or syringes (or spoons/medicine cups)
- Blindfolds (can be fabric scraps, bandanas, etc.)



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💧 Period Product Exploration

- 1 pad per girl (open/touch/observe)
- 1 tampon per girl (to open + push applicator)
- 2 wrapped pads (used for blindfold pad game)
- 1 pair of undies per girl/mom pair (used for blindfold pad game)
- Blindfold for each girl/mom pair

👛 DIY Period Kit Supplies

Each girl will build her own kit! You'll need:

- 1 zipper pouch per girl (fits in a backpack)
- 1-2 small pads
- 1-2 panty liners
- Chapstick/lip gloss
- Scrunchie/hair tie
- 1 plastic sandwich baggie
- Hand sanitizer
- Extra pair of undies (Can be a party favor or brought by the moms!)

Optional items to show/demo:

- Period cup
- Disc
- Period undies
- Period-friendly swimsuit



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Decor + Snacks (Optional!)

Have fun with it – go big or keep it simple. Potluck-style is great too!

Red/Pink Snack Ideas:

- Strawberry cereal (like Strawberry Frosted Flakes)
- Granola bars or snack bars
- Nut mix with dried cranberries
- Strawberry Pocky sticks

Drink Ideas:

- Pink lemonade
- Poppi or fruit punch
- Sparkling waters
- (Grown-up beverages if it's that kind of night!)

Party Decor:

- Balloons
- Streamers
- Tablecloths (red, pink, or floral)