

The Meaningful Holiday Gift Guide

By Maureen Frost

**KIWI's 15 favorite
picks for a more
purposeful present.**

It's the thought that counts, so make this gift-giving season one to remember with presents made with mental health, sustainability, and family togetherness in mind.



For Family Game Night

Rounds of Fun ►

The **PlanToys Foosball Soccer Game** mini set is perfect for your littles to enjoy some playful competition. Made with renewable, non-chemically treated organic rubberwood and non-toxic vegetable dyes, this indoor activity will delight family members of all ages on those long winter days. (Starting at \$100, thetot.com)



◄ A Slice That Gives Back

For the family who loves to get a little silly and a little rowdy, **P is for Pizza by Big Potato** will provide all the laughs you need. For every game sold on bigpotato.com, one tree is planted in places like Madagascar for carbon sequestration and Kenya and Mozambique for reforestation. Big Potato has also committed to making 64% of their games plastic free by 2021. (Starting at \$13, bigpotato.com)



◀ Hours of Active Play

Perfect to burn off that little kid energy during the cold winter months, the **Brentwood Home Kids Play Couch** promotes imaginative play and gross motor skills. Made from recycled plastics and formaldehyde-free materials in California, this playroom staple is sure to become a favorite for years to come. (Starting at \$349, brentwoodhome.com)



For Kids

Beautiful and Loved ▶

With naturally curly hair that can be washed and styled, **Zoe the Healthy Roots Doll**, will help your daughter love her own hair and feel comfortable in her own skin. She is the perfect companion to instill self-love and confidence. (Starting at \$84.99, healthyrootsdolls.com)



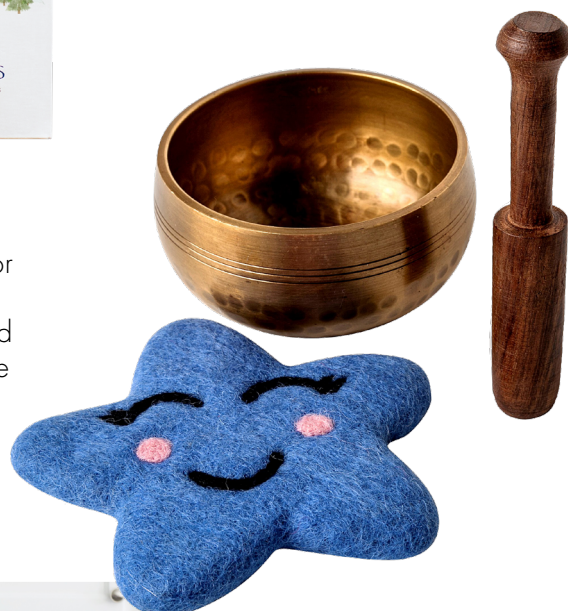


◀ Calm in the Chaos

Set your littles up for a lifetime of emotional wellness with the **Little Renegade Mindful Collection**. This fun set, filled with mindful activity cards and journals, plus a beautiful colored pencil collection, offers your kids some quiet reflection during the hustle and bustle of daily life. (Starting at \$140 for the set, littlerenegades.com)

Zen Master in Training ▶

Equip your kids with **The Little Ohmies Collection** for a fun activity to calm and soothe. With a kid-sized handmade Tibetan singing bowl, wooden striker, and hand-sewn "character" cushion, your littles can bathe in the sound waves with this engaging screen-free practice. (Starting at \$37.97, theohmstore.com)



Kid's Cooking Club ▶

Nurture the budding chef in your family with these fun monthly culinary kits from **Raddish**. Each kit includes three illustrated recipe guides and a culinary tool to help them hone their kitchen skills and learn to love the art of cooking. (Subscriptions range from \$20-\$24 a month, raddishkids.com)





Ethical Fashionista ▶

Ditch the discount duds for a pair of **Pact Go-To Pocket Leggings**. These everyday staples come in a variety of colors and are made from organic cotton in a Fair Trade factory. Bonus points for these leggings with pockets big enough to fit your phone! (Starting at \$35, wearpact.com)



For Mom



◀ Your Monthly Unwind

Everyone needs more joy and the **TheraBox** subscription box curated by therapists offers just that. Filled with thoughtful self-care products and mindful items, this is the perfect present for the wellness mama in your life and any mom needing a mental health break. (Starting at \$30.99 for a subscription, mytherabox.com)



◀ Sustainable Style

Add polished elegance to any Apple watch with the **KEVA CACTUS Watch Band**. Made from prickly pear cactus on an organic ranch, these vegan bands are sustainable, beautiful, and oh-so-functional, the perfect combination for mom. (Starting at \$68, kevastyle.com)

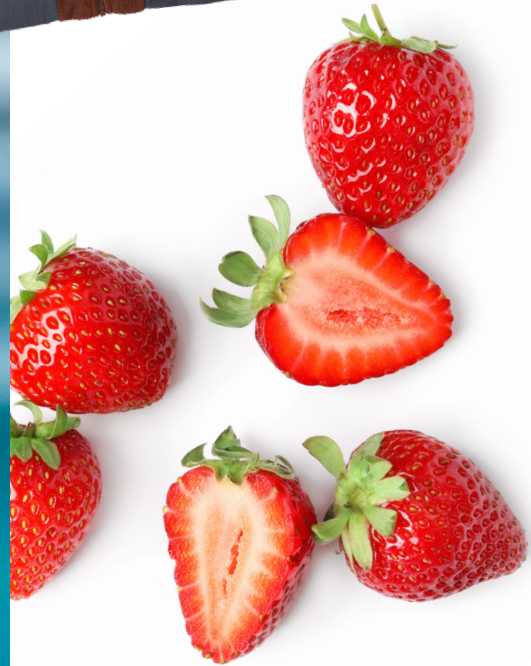


A Good Soak ▶

Constantly doing everything for her family, mom rarely gets to just be. Give her a gift that lets her retreat and revive herself with these **Dear Mom Bath Bombs**. Made with real lavender and other natural ingredients and without SLS, parabens, phthalates, and dye, these are a self-care staple every mom needs. (Starting at \$13.99, waltonwoodfarm.com)

Warm and Classic

A good fleece from a sustainable brand never goes out of style. The **Patagonia Shearling Fleece Jacket** is made with recycled materials from a company who participates in 1% for the Planet which invests in the preservation and restoration of the natural environment. (Starting at \$169, [patagonia.com](https://www.patagonia.com))



Imbibe Anywhere

Take happy hour outdoors with the **Miir Highball and Lowball Tumblers**. These reimagined whiskey glasses include a weighted base made from post-industrial recycled metals and double-wall insulation so you can sip your cocktail at the right temperature in any element. (Starting at \$24.95 for the 10-ounce lowball and \$29.95 for the 14-ounce highball, [miir.com](https://www.miir.com))



Organized Sophistication

Store the essentials of Dad's life in one sleek device with the **Oakywood iPhone Dock Organizer** that includes a charging dock and room for a wallet and keys. For every purchase, the handcrafted wood materials come from responsibly managed forests and for each item purchased, Oakywood plants a tree. (Starting at \$68.99, earthhero.com)

For Dad

Good for the Gut

Give the foody Dad a new hobby to explore with **Masontops Complete Mason Jar Fermentation Kit**. Not only is this a great way to upcycle food that may otherwise be wasted, but fermenting provides probiotics and supports a healthy immune system. (Starting at \$49.99, amazon.com)

