

Survival Kit

Stressed is desserts spelled backwards!

- ☛ **Rubber band:** To remind you to stretch your ideas and your mind to new limits so you will continue to grow.
- ☛ **Tissue:** To remind you to see the tears and needs of yourself as well as others.
- ☛ **Candy Kiss:** To remind you that everyone needs a hug, a kiss, or a word of encouragement everyday.
- ☛ **Lifesaver:** To remind you to think of your friends as your "lifesavers." They care about you and want to help you through the stressful times that occur in your life.
- ☛ **Penny:** To remind you of the value of your thoughts - big ones and little ones. Share them with others.
- ☛ **Eraser:** To remind you that we all make mistakes and they don't have to be permanent.
- ☛ **Toothpick:** To remind you to "pick out" the good qualities of others and yourself; and to be tolerant and accepting of the differences of people.
- ☛ **Stars:** To acknowledge your many accomplishments this year.