

## A Survival Kit for Every Day Living

### Items Needed:

toothpick  
rubber band  
band aid  
pencil  
eraser  
chewing gum  
mint  
candy kiss  
tea bag

- 1) TOOTHPICK- to remind you to pick out the good qualities in others
- 2) RUBBER BAND-to remind you to be flexible, things might not always go the way you want, but it will work out.
- 3) BAND AID-to remind you to heal hurt feelings, yours or someone else's.
- 4) PENCIL-to remind you to list your blessings everyday.
- 5) ERASER- to remind you that everyone makes mistakes, and it's ok.
- 6) CHEWING GUM- to remind you to stick with it and you can accomplish anything.
- 7) MINT- to remind you that you are worth a mint.
- 8) CANDY KISS- to remind you that everyone needs a kiss or a hug every day.
- 9) TEA BAG- to remind you to relax daily and reflect on all the positive things in your life.

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