

# Survival Kits for Every Need

Here is a variety of things you can add to a survival kit. Choose the items that seem appropriate to the moment, package in a pretty container, wrap with tissue and tie with ribbon. Add a card with the name of the survival kit and the meaning of the contents.



**SWEET & SOUR CANDY**

To help you appreciate the differences in others.

**A STICK OF GUM**

To remind you to stick with it

To remind you to "chews" the right thing

**A CHOCOLATE KISS**

To remind you that someone loves you.

**A TOOTSIE ROLL**

To remind you not bite off more than you can chew.

**SMARTIES**

To remind you that you are smart.

**STARBURST**

To give you a burst of energy on the days you don't have any

**A PAPER CLIP**

To help keep things together when they seem to be getting out of control.

**PENCIL**

For the next time somebody says "get the lead out" (thanks Karen P.)

**BALLOON**

To remind you not to blow up (thanks Karen P.)

**A TISSUE**

To wipe away a tear-- your own or someone else's.

**A CANDY KISS**

To say "I love you" in a sweet way.

**ERASER**

To remind you that everyday you can start with a clean slate.

**A POEM**

To share the beauty of words.

**A PENNY**

So that you will never have to say, "I'm broke."

**A MARBLE**

In case someone says "You've lost all your marbles!"

**EYES** (googly ones)

To help you see the good in others (thanks Karen P.)

**PACKET OF SEEDS**

To remind you that you are always growing!

**CONFETTI**

To celebrate your joys of life.

**QUARTER**

If you need a friend, call me

**SPOON**

(plastic) - Sometimes you have to stir things up a bit.

**PIECE OF STRING**

For when you reach the end of your rope - this will keep you going a bit longer.

To tie things together when everything falls apart.

**TEA BAG**

Take a few minutes to yourself and relax.

**BATTERY**

To give you that extra charge to keep going & going & going.

**STICKY TAPE**

Thanks for "sticking" to it

**BAND-AID**

For healing hurt feelings, yours and someone else's.

**CANDLE**

To remind you to share your light with others.

To remind you there is a light at the end of the tunnel.

**HAPPY FACE**

Smiling not only increases your face value, it is contagious.

**RUBBER BAND**

A reminder to stay flexible or To help you stretch yourself to new limits.

**COTTON BALL**

For the rough roads, seek the cushioned support of your family and friends.

**LIFESAVERS**

To remind you of the many times others need help and we need theirs.

**SANDPAPER**

To help you file away the rough spots of the year

**A MATCH**

To help you through the darkness of uncertainty.

**A RECIPE**

To make when you want to do something special for someone.

**A NOTE CARD**

To send a long-overdue greeting to a friend or a relative or to someone who is lonely.

**WASHER**

To wash away your troubles

**AN ERASER**

To erase any mistakes or misunderstandings that are troubling you.

**A SMALL SMOOTH STONE**

To remind you that rough times help refine and polish...use for smoother tomorrows.

**A SMALL SQUARE OF SHELF GRIP MATERIAL**

To remind you to get a grip on things!

When you think you're slippin' Use this to get grippin'!!

To use when you think you are losing your grip!

## Accountant Survival Kit

- Abacus - for when your calculator wears out
- Marbles - to replace the ones you will lose
- Rope - in case you get to the end of yours
- Penny- to give you extra cents (sense) to know which battles to fight, & which ones to ignore.
- Magic Wand - for the magician people think you should be
- Piece of string - to help you "tie-up" those loose ends.
- A Lifesaver - to keep you from drowning in everyday problems.
- A lemon drop - to remind you that "when life gives you lemons, you make lemonade."
- A lollipop - to help you lick your problems.
- A rubber band - to help you to remember to be "flexible" in all things.
- A Snicker candy bar - to remind you that laughter IS the best medicine.
- A paper clip - to help you "hold it all together."
- A stick of gum - to give you that "stick-to-it" attitude.
- A safety pin - to help you "pin-point" your problems, the better to solve them
- Get out of Jail Free card - for that tax return you fudged on
- A mint - so you will always have a fresh outlook .
- Candle - for when you're burning the midnight oil
- Battery - to help you keep going and going and going.
- Candy kiss - to remind you that you are loved by me!

## Anti-Depression Kit

- Eraser: A reminder that we all make mistakes, but we can wipe the slate clean.
- Penny: Save this and you will never be broke again.
- Marble: To keep you rolling along.
- Rubber Band: To keep you bouncing back and flexible.
- Candle: To light up the darkness.
- Tissue: For drying your tears.
- Toothpick: To pick out the good in others including yourself.
- Cotton Ball: For the rough roads ahead.
- Confetti: To add some sparkle to your life.
- Lifesaver: To remind you of the many times others need your help and you need theirs.
- Rainbow: A reminder that after every storm comes a rainbow.
- Paper Clip: To hold everything together when it falls apart.
- A Hug & Kiss: To remind you that someone cares about you!

## **Back to school survival kit**

- This kit can be given by the teacher to the students when they return to school for a new year.
- Cotton Ball ~ to remind you that our classroom is full of kind words and warm comfortable feelings.
- Chocolate Hug ~ to comfort you when you are feeling sad or alone.
- Sticker ~ to remind you that this class sticks together and helps each other.
- Starburst candy ~ to remind you that you are always a star in this class....and everyone shines in his own way.
- Tissue ~ to remind you to help dry someone's tears.
- Toothpick ~ to remind you to "pick out" the good things in your classmates and yourself.
- Ribbon ~ to remind you that friendship ties our hearts together.
- Eraser ~ to remind you that everyone makes mistakes and this is okay.
- Life Saver Candy ~ to remind you that you can come to any adult in our school for help.
- Band Aid ~ to remind you that feelings get hurt easily

Put the items in red in a baggie and attach the poem.

### **Dear Student's name**

You are a star in my class (Starburst)  
It's ok to make mistakes; that's how we learn (Eraser)  
You are going to learn so much this year (Smarties)  
Everyone needs a hug-let me know if you need one (Hersey's hug)  
I'm nuts about having you in my class (Peanut in shell)

**From, teacher's signature**

## **Back Pack packers Survival Kit**

- Lifesavers - in case you fall into the water
- Skittles - in case it rains, you can provide your own rainbow
- Cotton ball - to help soften the rough roads
- Battery - so you can keep going and going and going and going
- Gum - to remind everyone to stick together
- Quarter - so you can call for help
- Sponge - in case it rains to soak it up
- Fireball - for when you're burnt out
- Map with your street circled - so you can always find home
- 2 Kernels of corn - for when you crave a two-piece chicken dinner
- Chocolate Covered Raisins (Animal Poop) - so you know what not to step in
- Tums - for after the campfire food
- Small Empty Bottle - "Instant Water" add water and shake

## **Bike Rider Survival Kit**

- First Aid Kit - For All wounds during bike ride
- Kleenex - For the tears of joy at the finish line
- Comb - Keep that hair in style
- Flashlight - Light up your life
- Cotton Balls - Cushion the blows
- Eye drops - Keeps the eyes fresh
- Erasers - Erases the pain
- Lip Chap - No cracked lips
- Bubble Bath - Soak those tired muscles
- Cologne - Remove the odor of sweat
- Sweat Bands - Keep the sweat out of your eyes
- Sun Blocker - NO sunburn
- Moist Towelette - Keep cool
- Compass - Never be lost, stay on track
- Anti-fog for glasses

## **Bus Driver Survival Kit**

- Tootsie roll - so you can "roll" down the highway
- Sponge - to soak up the rain, so you don't have to drive in it
- Mounds - for the mounds of miles that you drive
- Marbles - to replace the ones you've lost
- Gem - to remind you that you are carrying precious cargo
- Aspirin - take two every day
- Cotton Ball - to cushion those rough roads
- Rubberbands - for when your patience is stretched
- Tums - for all the nervous stomachs
- Mirror - to remind you how important you are.

## **Cheerleader Survival Kit**

- Happy Face Sticker - to remind you to smile, smile, smile
- Throat Lozenge - to soothe your throat after yelling for the team
- Rubberband - to remind you to stretch before jumping
- Star - to remind you to always do your best
- Puzzle Piece - without you the squad wouldn't be complete
- Starburst...to give you a "burst" of energy when you need it
- Peanuts...to remind you that it's ok to be nutty sometimes

## **Chef Survival Kit**

- Cookbook with givers favorite recipes
- Tums or Roloids - For when things don't turn out as planned
- Apron, Personalized - for when things get a little messy
- Pot holder or oven mitt - When things get too hot to handle
- Wooden spoon - When somebody has a smart comment about the food
- Baker's chocolate - You can't go wrong with chocolate
- Measuring spoons - To Measure all the good things in your life
- Dishcloth and dishtowel - You made the mess, you get to clean it up

## Christmas Survival Kit

- Tylenol - to take away the headache of overdoing
- Tea - To calm, relax, and soothe away the tension
- Peppermints - to settle the tummy from overindulging
- Slimfast - to kick off the diet you will need to start
- Pocket date book - to track all of the must do's
- Cassette tape or CD - soothing quiet music to listen to while wrapping gifts
- Tape - to use to wrap the gifts because you forgot to buy any
- A package of gift tags that you made
- Quick easy yummy everyone will love cookie recipe
- Bath oil or bubble bath to soothe the weary body

## Convention Survival Kit

- Pad of paper - for ideas
- Lifesavers - one for each day
- Highlighter - for the bright ideas
- Permanent Marker - it was for signatures and writing on the glossy pages of the new catalog
- Sunkist Gels [candy] - for a mid-afternoon pick-me-up
- Post-it notes - just because you can't live without 'em!

## Crochet Survival Kit

When in doubt or when problems arise, reach for your survival kit.

It contains:

- A LOLLIPOP.....to help you lick your stitch problems
- A RUBBERBAND.....in case you run out of yarn and you just have to crochet
- A PAPER CLIP.....to use as a crochet hook in an emergency
- A CAMEL.....so you won't starve when you can't take time away from crochet to eat
- A PIN.....to help you pinpoint pattern problems
- A PIECE OF YARN.....to help you tie up loose ends
- AND.....
- A PENNY.....so that you have enough "cents" to realize what a valuable asset you are to other Crocheters!

## **Cruise Survival Kit**

- Smarties, Lifesavers, Gummy Worms, Goldfish Crackers, and a popsicle stick

*You ask, "What is it?"*

It's SEASICK PILLS for your tummy's ills.

And LIFE SAVERS to keep you a float in case you fall off the boat.

If you want to fish, please don't wait the GUMMY WORM'S AND THE GOLDFISH are your bait.

Last but not least, one thing more a PADDLE, to help you row to shore.

## **Dancer's Survival Kit**

- Sunscreen to protect you from burning
- Solar cane to take away your burning
- Chap stick to protect your beautiful lips
- Band aids to comfort your boo boo's
- Ben gay to comfort your tired mussels
- Throat lozenge to comfort your tired throat Power bar to get you through practice
- Deodorant to keep you smelling oh so pretty
- Scrunches so we can see your beautiful face
- Tape to keep it all together
- Smiley sticker to remind you to smile smile smile
- STAR to remind you that you are

## **DAUGHTER**

- Heart- to remind you that there's no one like a Daughter to fill ones heart with love.
- Smiley Face- to remind you to always share your smile with others.
- Ribbon- to let you know our Friendship is a special gift, tied with Ribbons of love.
- Mint- You are "Worth A Mint" to so many People.
- Angel- To watch over you each day.
- Stars- To remind you to "Reach for the stars"
- Rubberband- To give you the extra stretch and Flexibility to meet the demands of each day.
- Kiss- to remind you that "THAT I LOVE YOU"
- Flower- to let you know that If Daughters were flowers, I'd pick you.
- Penny- to make sure you're never broke.

## **DAY CARE PROVIDER SURVIVAL KIT**

- Mounds: For the mounds of information you learn.
- Crayon: To color your day bright and cheerful.
- Peanuts: To be a little nutty sometimes and have a good laugh.
- Puzzle Piece: Without you, things wouldn't be complete.
- Band-Aid: For when things get a little rough.
- Aspirin: When all else fails, take 2 and find a quiet corner.
- Hugs and Kisses: To keep you going.
- Marbles: To replace those you might lose from time to time.
- Sponge: To soak up the overflow, when your brain is too full to hold anymore.
- Cup: For when yours is overflowing.

## **Fool proof diet kits**

### **Magic Weight Loss Beans**

Put some large dried beans into a baggie and add these directions.

1. Remove beans from bag.
2. Throw them on the floor.
3. Bend down and pick up each bean.
4. Repeat hourly as needed.

### **Home Exerciser**

The home exerciser is a block of wood with this saying printed on paper glued to it.

1. Place in middle of the floor
2. Walk around it two times
3. Rest, you've just walked around the block two times.

## Divorce Survival Kit

- Shampoo - to wash that man right out of your hair.
- Rubber Ball - to help you "bounce" back.
- Tootsie Roll - to help you roll with the punches.
- Marbles - to replace the ones lost.
- Lifesaver candy - for when you feel you are drowning in litigation.
- Skittles Candy - to remind you that there is a rainbow at the end of every storm.
- Paperclip - to help you hold it all together.
- Piece of String - when you get to the end of your rope, tie a knot to this and hang on.
- Eraser - to remind you that you can start all over with a clean slate.
- Pack of Gum - to remind you that your friends will "stick" by you.
- Candle - to light up the dark times.
- Cotton Ball - to cushion the rough roads ahead.
- A lemon drop - to remind you that "when life gives you lemons, you make lemonade."
- A penny - to give you the extra cents (sense) to know which battles are worth fighting, and which are better ignored.
- Hugs & Kisses - from me, whenever you need them.

## Doctor's Survival Kit

- \$100 Grand Bar- incase some patients can't pay their bill
- Butterfingers-so you never have a case of your own
- Gum-use this to get out of "sticky" situations
- Starburst-Chew when you have been on call too long and you need a quick "burst of energy
- Plastic Maze-This will remind you that you are truly "amazing"
- Fireball- For the times you feel completely "burned out"
- Rubber band-For when your "patients" are being stretched
- Snickers- After all--Laughter is the best medicine
- Tylenol-take 2 and call me in the morning
- Lifesaver-To remind you that you are a real lifesaver
- Tissue-for drying tears
- Coke-Caffeine,Caffeine, CAFFEINE
- Pacifier-For emergencies (when you need to pacify those that are unhappy)

## Everyday Life Survival Kit

- Toothpick: Pick the good qualities in everyone including yourself.
- Rubberband: Be flexible. Things might not always go the way you want.
- Band-Aid: To heal hurt feelings, either yours or someone else's.
- Eraser: Everyone makes mistakes. That's okay, we learn by our mistakes.
- Candy Kiss: Everyone needs a hug or a compliment everyday.
- Mint: You are worth a mint to your family and friends.
- Bubble Gum: Stick with it and you can accomplish anything.
- Pencil: List your blessings every day.
- Tea bag: Relax daily and go over your list of blessings.

## Father of the Bride

In order to assist you during this most difficult fortnight prior to the Big Event, and having experienced the grievous effects of this sort of \*\*\* in the past, I enclose the following aids:

1. One pound of \$1,000 bills. When the wedding is through and the bills arrive, you will need every last one! (Unfortunately, these were not real.)
2. Receipt book--There are 32 receipts in the book. I can assure you that these will not be enough, but it's a start. Good luck!
3. Aspirin. This may look like a big bottle, but no bottle could be big enough.
4. Post-its. Your wife and daughter will come up with so many ideas, suggestions, demands, orders, etc., that you'll use up this book of 100 post-its by tomorrow afternoon.
5. Kleenex. No, these aren't for the moment when you hand your daughter over to the groom. They are to absorb your tears as the money flows out the door.
6. Imodium AD--It's true--you aren't just losing a daughter. You are also losing your money, sleep, patience, golf game, and more.
7. Olives. Martinis will help get you through.
8. Matches. When the arguments and discussions about the reception, flowers, dinner, wine, hard liqueur, band, etc., become overwhelming, you have my permission to "torch the hall."
9. Ear Plugs. To help you retain your sanity.
10. A "Show Me The Money" desk plaque. Yes, it's just a plaque to set on your desk, but it sends the right message!

***Do your best to hang in! Time flies when you're having fun!***

## Fireman's Survival Kit

- Lifesaver - to remind you that that's what you are
- Piece of string - for when you get to the end of your rope
- Silk Rose - to help you always smell sweet
- Hugs & Kisses - because you deserve them from all
- Jewel - because you are as valuable as a precious stone
- Tissues - to wipe the tears of joy and sadness
- Mounds Bar - for the mounds of courage you need
- Starburst - for that "Burst" of energy that you need
- Star - to remind you that you are a star in the eyes of children
- A Smile - to replace the ones you give away
- Mints - to help you cool down after a fire
- Band-Aid - in case you need some TLC
- Almond Joy - to replace the joy you give to others

## Fishermen's Survival Kit

- Band-Aid for when you get hooked instead of the fish.
- Cotton ball for when you're in rough waters.
- Lifesaver (candy) in case the boat tips over.
- Paper clip for when you run out of hooks.
- Skittles in case it rains, you've got your own rainbow.
- Gummy worms in case you run out of bait.
- Magic wand to "boat" the big ones that always seem to get away.
- A gift certificate for pizza in case you don't catch any fish
- Labels to attach to the fish that say "Objects are larger than they appear."

## Friendship Mugs

*These things can be put in pretty mug. Tie a bow on the handle.*

- PAPER CLIP: to help keep things together when they seem to be slipping out of control.
- TISSUE: to wipe away a tear, your own or someone else's
- SMALL SMOOTH STONE: to remind you that rough times help refine and polish--use for smoother tomorrows
- NOTE CARD: to send a long overdue greeting to a friend or relative
- POEM: to share the beauty of words
- BUTTON: to remind us that we are all different
- PLAYING CARD: a reminder to be playful and have fun
- TWO TEA BAGS : invite me over for a chat

## Friendship Survival Kit

- A mint: you're worth a mint to me.
- A button: If you can't say something nice, it's better to "button your lip".
- A tissue: For drying tears.
- A toothpick: To "pick out" the good qualities in everyone.
- A gold thread: Friendship is the golden thread that ties together our hearts.
- A flower: In the "garden of life" each friendship is beautiful and unique.
- Lifesavers: Sometimes we all need a little help.
- Cotton Ball: To cushion the rough roads.
- Rubber Band: For flexibility!
- Sweet & Sour Tarts: A reminder to appreciate the differences in others.
- A Hug & Kiss: Sometimes we all need hugs & kisses.
- Happy Faces: Smiling is contagious
- Candle: You light up my life
- Band-Aid: For healing hurt feelings.
- Paper Clip: To keep everything together.
- A Star: To reflect your inner beauty

## A Friendship Survival Kit 2

- COTTON BALL is to remind you that this room is full of friends, kind words, and warm feelings
- CHOCOLATE KISS is to comfort you when you are feeling sad
- STICKER is to remind you that we all stick together and help each other
- RUBBER BAND is to remind you to hug someone
- PENNY -is to remind you that you are valuable and special
- STAR is to remind you to shine and always try your best
- TISSUE is to remind you to help dry someone's tears
- TOOTHPICK is to remind you to "pick out" the good qualities in yourself and others
- THREAD is to remind you that friendship ties our hearts together
- ERASER is to remind you that everyone makes mistakes and that it is okay
- LIFESAVER is to remind you that you can come to me if you need someone to talk to

## Friendship Bag

*This bag holds a few reminders of friendship!*

- Lifesavers: A reminder of the times we need others help and they need ours.
- Cotton Ball: To cushion the rough roads, a symbol of support from family and friends!
- Rubber Band: For flexibility!
- Sweet & Sour Tarts: A reminder to appreciate the differences in others.
- A Hug & Kiss: A reminder that we all need hugs & kisses.
- Happy Faces: Smiling increases face value and is contagious!
- Candle: A reminder to share your light with others.
- Bandaid: For healing hurt feelings -- yours and others.
- Eraser: A reminder that everyday you can start over with a clean slate.
- Toothpick: To pick out the good in everyone -- including yourself.
- Button: To button your lips when you have nothing good to say.
- Golden Thread: To tie hearts together in friendship.
- Bubble Gum: So that you can blow bubbles instead of words
- Gum: A reminder that friends stick together through good and bad.
- Rock: To remind you of the durability of our friendship.
- Mint: A reminder that you are WORTH A MINT as my friend!!!!

## A Survival Kit from God

- Lollipop to help you lick your problems
- A Rubber band to help you be flexible and not to break
- Snickers to remind you to laugh in the face of trials.
- A Paper Clip to help you hold things together.
- Caramel to help you chew the fat with good friends (PALS)
- A Sweet Tart to help you accept and appreciate the differences in others
- Stick of Gum to give you stick-to-it-iveness.
- Piece of String to help you tie up loose ends.
- A Pin to pinpoint problems
- A Lifesaver to keep you from drowning in everyday chores.
- Lemon Drop to remind you that "if live gives you lemons, make lemonade"!
- A Penny to give you extra "cents" that everyone needs.
- Nail to help you remember how much you are worth to me.
- A Hug and Kiss to remind you how much I Love You.
- Do not try to shoulder all the world's problems.....That's My Job!!!

*Love, Your Heavenly Father*

## Getting Old Survival Kit

- Small box of Bran Flakes
- Alarm Whistle - for when you've fallen and you can't get up
- Magnifying Glass - to help you when you read
- Starburst Candy - for extra energy
- Blue M&Ms or Skittles - Generic Viagra
- Cane
- Baby Food - To help you adjust to softer foods
- Instant Hair Grow - to replace the hair you will lose (I got a small spray bottle and made a label on my computer with "Instant Hair Grow" Spray once every day. )
- While you were Napping Pad - so you don't miss any messages while you are napping  
*(I made these on the computer also, and then padded them)*
- Toothpicks - to help prop your eyes open so you don't fall asleep
- Fireball Candy - to put the fire back into your life
- Rubberband - to give you your flexibility back
- Aspirin -for all the new little aches and pains
- Hug and Kiss - because I really do love you

## Girl Scout Leader Survival Kit

- Mounds- for the mounds of information you learn.
- Crayon to color your day bright and cheerful
- Nuts to be a little nutty sometimes, and have a good laugh
- Puzzle Piece without you, things wouldn't be complete
- Bandaid for healing hurt feelings, yours or someone else's
- Marbles to replace those we lose from time to time.
- Rope to remind you that when you reach the end of yours, just tie a knot and hang on!
- Sponge to soak up the overflow, when your brain is too full to hold anymore.
- Cup for when yours is overflowing
- Rubberband: a reminder to stay flexible
- Aspirin when all else fails, take 2 and find a quiet corner
- String to tie things together when everything falls apart
- Eraser to remind you that everyone makes mistakes, and that's okay.
- Sweet and sour candy to help you accept and appreciate the differences in others
- Hugs and Kisses to remind you that someone cares for you
- Penny so you'll never be broke
- Paper clip to help you hold it all together
- Candle to remind you to share your light with others

## **Golfer Survival Kit**

- Chocolate Golf Balls - for the golfer that lost his
- Aspirin - for the headaches this game causes
- Band-Aid - for blisters
- Eraser - to start each golf game off with a clean slate
- Wooden Egg - for all those Birdies
- Lifesaver - for when your ball is in the water
- Quarter - may this NOT be the only "eagle" you get
- Rubberband - stay flexible when you swing

## **Graduate Survival Kit**

- Glitter-to sparkle all night long
- Battery-so you can keep going & going
- Chapstick-to keep your lips kissable
- Starburst-for a burst of energy
- Nuts-to remind you to get a little nutty
- Mirror, Perfume atomizer, Mouth freshener-to stay ready!
- Fan-to cool down when you're too hot to handle
- Hugs & Kisses-to remind you how special you are to me!!

## **Grandparent's Survival Kit**

- Hand Lotion - to remind you that babies need lots of soft touches
- Safety Pin- to help remind you to be safe
- Marbles - to replace the ones you will loose
- Lifesavers - to remind you that grandparents can be lifesavers
- Pen & paper - to write down your thoughts & memories to share when they are older
- Small hand-mirror - to remind you that you play an important role in the life of your grandchild!
- Wipes - for cleaning up those little messes
- Candle - to remind you, you will be the light of that child's eye
- Peppermint - to remind you that you are worth a mint
- Brag Book - so you will always have your grandchild near
- Sweet & Sour Candy - to remind you that every child can be both
- Clock - to remind you that time passes so quickly...enjoy every minute
- Mounds Bar - for the mounds of wisdom you will pass onto your grandchild
- Hershey's Hugs & Kisses - because you deserve them!

## **Guardian Angel Survival Kit**

- Make life beautiful: one day at a time!
- Smiley Faces: Smiling is contagious.
- Band-Aid: To fix hurt feelings.
- Rubberband: To stretch you beyond your limits.
- Glitter: To make life sparkle!
- Sweet & Sour Candy: A reminder to appreciate the differences in others.
- Eraser: A reminder that everyday can begin with a clean slate.
- Gum: A reminder to think before you "chew" others out.
- Toothpick: To pick out the good in everyone including yourself.
- Button: To button your lips when you have nothing

## **Gymnastics Inspiration Kit**

- A small wooden bead -- Block on Vault
- A sticky wall walker -- Stick Beam
- A smiley face button -- Smile on Floor
- A leather strip or string -- Connect on Bars

These were all strung together on the leather strip.  
All of these items were small and fit into a plastic film container.

## **Hairdresser Survival Kit**

- Tootsie Roll - to help complaints "roll" off your back
- Button - to remind you to sometimes button your lip
- Dollar - for the tip you didn't receive
- Rubberband - to remind you to be flexible
- Mint - because you are worth a mint to your customers
- Happy Face (Sticker) - to remind you to keep smiling
- Paperclip - to help hold it all together Cotton Balls - to cushion all the standing you do
- Lollipop - to help you "Lick" anything
- Lifesaver - to remind you of the many times you have been a lifesaver
- Magic Wand - to remind you of the many times you have been a magician
- Band-Aid - to heal your hurt feelings
- Sweet & Sour Tarts - to remind you to appreciate the differences in others.
- Gum - to remind you to "stick" with that difficult client
- Starburst - to give you that burst of energy at the end of the day
- Hugs & Kisses - you deserve them

## **Holidays Survival Kit**

1. A stick of gum to remind you to stick to it.
2. A candle to remind you to shine brightly.
3. A chocolate kiss to remind you that you are loved.
4. A match to light your fire when you feel burned out.
5. A Tootsie Roll to remind you not to bite off more than you can chew.
6. A pin to remind you to stay sharp.
7. A Smartie to help you on those days you don't feel so smart.
8. A Starburst to give you a burst of energy on days you don't have any.
9. A Snickers to remind you to take time to laugh.
10. Confetti to remind you to have fun.
11. A bandage to fix things that just will not work.
12. A bag to help you keep it all together and give you food for thought.

### **Hurricane Survival Kit**

- Radio Batteries - to keep up-to-date on the world around you
- Pencil & Paper - to make up for not being able to use the puter
- Band-aids - for the boo-boos you'll get when cleaning all that debris
- Lifesaver - because you are one to the cat that's stuck in the tree
- Marble - to replace the MANY that you'll lose in the wind
- Glitter - to remind you to look on the bright side
- A Match - to light a fire when you're cold
- A String - to tie things together when everything falls apart, literally!
- Tylenol - for the headache you'll have when you see the mess you'll have to clean up!
- Candle - to light your way in the dark night

## Ice Hockey Coach Survival Kit

- Eraser - to remind you that even coaches make mistakes
- Cotton Ball - to cushion all the falls
- Throat Lozenges - for when you lose your voice
- Fireball - to warm you up on the ice
- Marbles - to replace the ones you lose
- Teeth -(those false play ones) to replace the ones you could lose
- Gum - to help your team stick together
- Star - to help you make every child shine
- Snickers Bar - to remind you that laughter can overcome all
- Puzzle Piece - to remind you that every child is an important part of the puzzle
- Balloon - to remind you to teach the children to reach for the sky
- Tums - for all the upset stomachs
- Hugs & Kisses - to remind you that you are appreciated
- Bubble Gum - to remind you not to burst any child's bubble

## KINDERGARTEN SURVIVAL KIT

- The penny is to remind you that you are valuable
- The star is to remind you to always try your best
- The eraser is to remind you that it's okay to make mistakes
- The life saver is to let you know that you can always talk to me
- The tissue is for drying your tears and those of others
- The band-aid is to let you know that together we can make things better
- The chocolate hug is to remind you that you are cared for
- The sticker is to remind you that we always stick together

## Love Survival Kit

- On a pretty piece of paper perhaps on a lace doily print the following:
- Reminders of why I love you:
- Sweet Escapes- for those times we spend alone
- Candle- you are the light of my life
- Peppermint Patty- for the cool sensations you give me
- Stick of gum- for all the times you've stuck by me
- Matches- we are a perfect match
- Charmin Tissue- you are too irresistible NOT to squeeze
- Mounds- for the mounds of love I feel for you....
- Hugs and Kisses- your name

## **Menopause Survival Kit**

Put M&M's into a cute container and add these directions:

To temporarily calm your craving for chocolate, eat the BROWN one.

At the first sign of hot flashes eat the RED one.

Eat the ORANGE one to minimize depression.

The GREEN one calms your frustrations, when you want to be left alone.

If you feel a headache coming on eat the YELLOW one.

The BLUE one reduces bloating.

*If all symptoms occur at the same time, eat the WHOLE bag.*

## **Military Personnel Survival Kit**

- Lifesavers - to remind you that that's what you are
- Small Empty Bottle - "Instant Water" add water and shake, for when you are on maneuvers
- Mounds Bar - to remind you of the mounds of love & support you have from friends & family
- Pack of Gum - to help your unit stick together
- Cotton Ball - to cushion the rough roads
- Piece of String - for when you reach the end of your rope
- Shiny Penny - to remind you that we each shine in our own way
- Paperclip - to hold it all together
- A hug- to let you know there's always someone on your side
- A kiss - so that you will always remember I love you!
- Mint - because you are worth a mint
- Candle - to light up the darkness
- Tootsie Roll - to help you roll with the punches
- Jolly Rancher - to remind you to laugh
- Map with your street circled on it - so you will never be far from home.

## Mother's Survival Kit

- Bandaid fix hurt feelings
- Button lips and count to 10 when angry
- Cotton swab clean out little ears - for better listening
- Flower remind you that the dandelion your child offers you is = to any bouquet
- Glitter glimpse of how the world looks thru the eyes of a child
- Hug & Kiss Candy make everything alright
- Lifesaver one of those days
- Marble when you've lost yours
- Rubberband when you are stretched beyond your limits
- Star as mother, you are a star
- Sweet/Sour Tarts help you find the sweet in the bitter times
- Toothpick to pick out the good in difficult situations
- Hershey's Hugs and Kisses -- for you and the baby for you both deserve them
- Penny - for your thoughts
- Pen & Journal - ( or the Journal Jar) -- to write down your thoughts
- Clock - to remind you that time will pass by too quickly, enjoy every moment.
- Rubberband - to remind you that flexibility is the key
- Tissue - to dry those alligator tears, the babies and yours.
- Fireball - for times when you are burnt out
- Lollipop - to lick all your problems
- Eraser - to remind you that every new Mom made mistakes
- Puzzle Piece - because you are an important piece in your child's journey through life.
- Starburst - for energy
- Child praying ( a little plastic boy on knees with hands folded)- to remind you to teach your child how important prayer is in his life.
- Fabric Circle- ?? got a clue??- this is for using your imagination for that last minute costume or show and tell in class.
- Eyes (2 beady wiggle eyes on a piece of tape)- those extra eyes for the back of your head
- Halo- from your Mom for days when you don't feel you get credit for all the things a Mommy does.
- Mirror- to remind you to take time for yourself
- Sweet and Sour lollipop- to lick the sour times and savor the sweet times
- Jewel- Good mothers are a precious jewel to their family

## **New Mother's Survival Kit**

- Hershey's Hugs and Kisses -- for you and the baby for you both deserve them
- Penny - for your thoughts
- Pen & Journal - ( or the Journal Jar) -- to write down your thoughts
- Clock - to remind you that time will pass by too quickly, enjoy every moment.
- Mirror - to remind you that you are important too.
- Marbles - to replace the ones you will loose.
- Jewel - now that you are a mother you are even more valuable.
- Rubberband - to remind you that flexibility is the key
- Lifesavers - to save you from one of those days
- Tissue - to dry those tears, the babies and yours.
- Toothpick - to pick out the good in all situations
- Fireball - for times when you are burnt out
- Lollipop - to lick all your problems
- Eraser - to remind you that every new Mom made mistakes
- Puzzle Piece - because you are an important piece in your child's journey through life.
- Starburst - for energy.

## **Mom's Care Package**

- A STICK OF GUM - to remind you to stick with it.
- A CANDLE - to give you light when you feel burned out.
- A CHOCOLATE KISS - to remind you that someone cares.
- SMARTIES - to help you on days when you don't feel so smart.
- LIFESAVER - to remind you that everyone needs help once in a while.
- A SNICKER - to remind you to see the funny side -- there is one!
- A ROSE - to remind you to take time to smell the flowers.
- CONFETTI - to help you celebrate the good times.
- A PENNY - with thanks for sharing your thoughts.
- A BAG - to help you keep it all together.

## **Mother of the Bride**

- A mint for sweet breath
- A safety pin to hold her nerves together
- A candy bar or chocolate truffle with the words "when the sweetness of this day is gone, may the memories linger on and on"
- A pack of kleenex for when the tears start coming
- A mirror to check her mascara
- A mini bottle of champagne so she can celebrate when she gets home (after the happy couple has left)
- A note pad and pen for last minute thoughts

## **Moving Survival Kit**

- Phone card - To stay in touch
- Postcard or notecard, preaddressed - So they can write you from their new home
- Small address book - to keep addresses of old friends and new.. and for email addies
- Hugs and kisses - To remind them that you care
- Kleenex - For drying eyes when they miss all their old friends
- Change of address cards?
- Map- Maybe with the route highlighted?
- Return address labels with new address
- Photo of giver or group of friends
- Puzzle piece- Things just aren't the same without them
- A picture of their old house - "Always remember where you came from"

## **New Home Survival Kit**

- Scotch Tape
- Picture Hanging kit ( those kits with the nails, hooks etc. )
- Flashlight
- Rubber bands
- Band Aids ( For the kids new home boo boos )
- Instant Coffee
- Packets of sugar
- Packets of salt & pepper
- Rubber Bands
- Coloring books for the kids with Crayola's
- Masking Tape
- Bayer Baby aspirin
- Excedrin
- Notepad Magnet for her fridge

## Newleyweds

- A lollipop-- to help you lick your problems, no matter how many there maybe.
- A rubber band-- to help you to remember to be "flexible" in all things.
- A Snickers Bar-- to remind you that laughter IS the best medicine.
- A paper clip to help you "hold it all together."
- A stick of gum-- to help you stick together
- A safety pin-- to help you "pin-point" your problems, the better to solve them!
- A piece of string-- to help you "tie-up" those loose ends.
- A Lifesaver-- to keep you from drowning in everyday problems.
- A lemon drop-- to remind you that "when life gives you lemons, you make lemonade."
- A penny-- to give you extra cents (sense) to know which battles are worth fighting, & which are better ignored."
- A candy kiss-- to share with each other
- Button - to remind you that sometimes you need to "button your lip"
- Tootsie Roll - to help you roll with the punches.
- Mint - to remind you that you are worth a mint to each other.
- Puzzle piece - because you are an important part in each others lives.
- Eraser - to remind you that everyone makes mistakes.
- Chapstick - keep your lips kissable
- Confetti - to remind you to always add sparkle to your lives.
- Toothpick - to always pick out the good in your mate

## Nurse's Survival Kit

- Lifesaver - a reminder of the many times others will need your help.
- Snicker's Bar - to remind you that laughter is the best medicine
- Candle - to remind you that you can light up someone's day
- Tissue - to dry tears, your own and someone else's.
- Starburst - for that burst of energy at the end of the day
- Button - to remind you that sometimes you need to button your lip
- Bath Salts - to take you away at the end of the day
- Marbles - to replace the ones you will loose
- Playing Card - to help you be a better mind reader
- Lollipop - to help you lick everyone's problems
- Mint - to remind you your compassion is worth a mint to your patients.

## OVERSEAS SURVIVAL KIT

- American Flag to remind you of the Good Ol' USA
- Tissue for when you get homesick
- Soap in case you ever hear the phrase "Dirty American"
- Clock [set on home time] so you'll only call when we're awake
- Legal-size Pad for the LONG letters home
- Refillable pen & refills so there's no excuses not to write
- Cassette Tape of Bruce Springsteen - Born in the USA - sing along!
- Name Tag for when you feel lost
- Art Tablet for when you have to draw a picture to communicate
- Foot Sole Inserts for all-day sightseeing walks
- Band-aids for the sightseeing night blisters
- Postcards to save on postage when writing home for MORE money
- Blank Cassette Tape for when your hand gets tired from letter-writing
- M&Ms to remind you not to melt over there
- Computer disk to save all those daily emails to/from home
- Dramamine for airsickness or jetlag (yuck)
- Ruler for when you need inches, not crazy metric measurements
- Candle to put in the window to guide angels to watch over you!!

## Parent Care Package

Dearest Kindergarten Parents,

Here is a little "gift" for you as you leave your precious one with me on the first day of school.

As you hold this cotton ball in your hand, the softness will help you to remember the gentle spirit of your child. After you've gone home and dried your tears with this tissue, make yourself a hot cup of tea . Put up your feet and relax. Remember that together you and I will work for your child to be the best they can be.

Thank you for entrusting your child to me for the coming school year. I will do my very best every day to be your child's guide in learning and exploring this bright, new world they've just stepped into.

Sincerely,  
(teacher's signature)

(Put poem in a ziplock bag with the following items: a cotton ball, a Kleenex and a tea bag)

## Parent's Survival Kit

- Cotton Ball -- for times when you can't hear yourself think
- Rope - in case you get to the end of yours
- Rubber Band - to remind you to stretch and grow with your children
- Sweet & Sour Candy -- to remind you that every child is different
- Eraser -- so everyone can start each day with a clean slate
- Clock - to remind you that children grow up too fast
- Puzzle Piece - to remind you that you are an important piece in the journey of your child
- Marbles - to replace the ones you've lost
- Band Aid - to fix hurt feelings
- Nuts - to remind you to laugh..get a little nutty
- Tootsie Roll - to remind you to roll with the punches
- Candle - so you never feel in the dark
- Do Not Disturb Sign - to remind you that you need time to yourself
- Aspirin - for when all else fails...take two
- Peppermint - to remind you that your job as parents is worth a mint.
- A piece of Velcro for when you need to get a grip!.

## Pastor's Wife Survival Kit

- A golden thread - to remind you that friendship is the golden thread that ties together the hearts of everyone.
- Hugs & Kisses - when you need a hug
- Toothpick - to help pick out the good qualities in others and yourself
- Lifesaver candy- for the times others need your help and you theirs
- Marbles- to replace the ones you've lost
- Mounds bar- for the "mounds" of love and support in your congregation
- Tissues - to wipe the tears of joy and sadness
- Doorstop- so your door is always open
- Candle- to help light your path to God
- Cotton ball- for cushioned support of your husband for the rough roads ahead
- Button- to remind you to sometimes "button your lip".
- Bandaid-to heal the pain and suffering within your church
- Pack of gum- so that your church can "stick together".
- Crayon-to color your day bright and cheerful
- Sponge-for when your love overflows
- Penny-so you'll never be broke
- Rubber band-to remind you to be flexible
- Puzzle piece-without you, things wouldn't be complete
- and a jewel-because you are as valuable as any precious stone!

## **PEP PILLS**

RED - For When Your Hot Under The Collar

YELLOW - To Brighten Your Day

BLUE - To Remind You That We Love You

ORANGE - To Make Your Wishes Come True

GREEN - To Make The Sadness Fade Away

## **PMS Survival Kit**

To temporarily calm your craving for chocolate, eat the BROWN one. At the first sign of "hot flashes" eat the RED one. Eat the ORANGE one to minimize depression. The GREEN one calms your frustrations, when you want to be left alone.

If you feel a headache coming on, eat the YELLOW one. The BLUE one reduces bloating.

Directions: Take as needed. If all symptoms occur at the same time, eat the whole bag. Warning: May cause weight gain. (Attach this saying to a bag of M&M's)

## **Policeman Survival Kit**

- Lifesaver - to remind you tat that is what you are to many people
- Key - because you are the key to our safe community
- Safety Pin - to remind you of all the safety you provide
- Halo - because you are a saint to a lot of people
- Angel - So you will always have your guardian angel with you
- Gum - use this to get out of "sticky" situations
- Shiny penny - keep for good luck charm
- A match - to light your fire when you feel burned out
- Modeling clay - to remind you,you are a role model
- Paper clip - to help hold things together
- Rope - for when you are at the end of yours
- Hersey kisses - to remind you, you are loved
- Tums for all those fast foods that don't settle too well
- Eraser - because you erase the bad stuff

## Problem Survival Kit

- A toothpick so you won't be too picky
- A lollipop to help you lick your problems
- A rubber band to help you be flexible
- A paper clip so you can hold things together
- A stick of gum to give you a stick-to-it attitude
- A piece of string so you can tie up loose ends
- A pin to help you pin point your problems
- A penny so you'll have enough cents to realize you're a valuable asset your friends & family.

## QUILTERS SURVIVAL KIT

- Magnifier: Remember to never blow your mistakes out of proportion.
- Finger protector: To remember that you are wrapped up in this wonderful piece of work...Enjoy!
- Toothpick: to remember not to be too picky about your work just relax and do it.
- Paper clips: to help hold things together like the patterns.
- Spool of quilting thread: to help tight up the loose ends.
- Eraser: to wipe away the mistakes you make
- Rubber Band: so you can stretch beyond your current ability.
- Mounds candy bar: to give you mounds of encouragement in your work
- Jelly Beans: for all the colors in your creations
- Pen and Journal: to write down new ideas and record the old ones
- Hand lotion: to ease the pain from the tired hands after a hard day's work between needles: for all your sharp ideas
- Safety pins: just like your basting you are holding it all together
- Piece of batting: to remind you to seek out a comfortable place to work
- Several pieces of remnants: to show out of a little comes wonderful things
- Disposable camera: picture all your hard work finished
- Lollipop: lick all those tough stitches
- Aspirin: for all those harder projects to come
- Chocolate: for all the breaks you will need
- Careful gum: to remind you to have fun while you work
- Batteries: so you will keep going and going and going
- Teabag: have a cup of tea and relax you did a wonderful job on the quilt!!!!

## Quit Smoking Survival Kit

- Dum dum: to remind you of what you will be if you start smoking again
- War Heads : remember it is all mind over matter and you can win.
- Mints: your breath is going to smell so minty fresh now.
- Lifesavers: Quitting smoking can add years to your life
- Dentyne Chewing gum: No more stained teeth
- Money pad: Think of all the money you are going to save
- Starbursts: For the new burst of flavor you will taste in your food
- Small datebook: so you can keep track of how well you are doing
- Smiley Faces(confetti): What you will see on your friend faces when they hear you have quit
- Pacifier: (candy one) for emergency gratification
- Lucky penny: Just in case you need a little to see you thru.
- Sensations: To remember you are going to have such a sensational feeling of pride when you achieve your goal.

## Retail Worker Survival Kit

- Fireball- for those sale days when you get burned out
- Pen- to replace the ones that everyone keeps taking
- Smile face sticker- to remind you to wear a smile
- Marbles- to replace the ones you've lost
- Sweet Tarts- to help you remember that everyone can be sweet and not-so-sweet
- Rubberband- to help you keep things together

## Scripture Survival Kit

- Toothpick: to remember to pick out the good in others. Matt. 7:1
- Rubberband: To remember to be flexible. God has it under control. Romans 8:28
- Band Aid: To remember to mend hurt feelings. Yours or someone elses. Col. 3:12-14
- Pencil: To remember to list your blessings daily (You could add a cute tablet of paper with this as well) Eph 1:3
- Butterfinger: Cause we all slip sometimes, and it's okay. Gen. 50:15-21
- Gum: So you can stick to it. With God you can accomplish anything. Phil. 4:13
- Button: To remember to button your lip when needed. 1 Peter 3:10
- Lifesaver: To remember that the Lord is there to help. Psalm 46:1
- Mint: to remind you that you are worth one. (I use a peppermint patty) John 3:16-17
- Candy Kiss: To remember that Love should be a part of everyday. 1 John 4:7
- Snickers and Tissue: To remind us to be a light in someone elses day. Matt. 5:14-16
- Puzzle Piece: To remember that without God we are not complete. Prov. 14:20
- Tea Bag: To remember to relax and go over that list of blessings. 1 Thess. 5:18

## Secretary Survival Kit

- A pacifier for your "whiners"
- A spoon for those you have to "spoon feed"
- A magic wand for the miracles you're expected to perform
- Tissues for your "crybabies"
- Jacks because you have to be a "jack" of all trades

## Sister Survival Kit

- Tootsie Roll - For all the times we've let the good times "roll" .
- Payday - So we will always have money to go - SHOPPING!
- Gobstopper - For the "gobs" of trouble we have gotten into over the years .
- Gum - To remind you that a family that "sticks" together stays together .
- Mars - Through the rough times, just remember - Men are from Mars...women are from Venus .
- Sweet Tarts - We are individuals and should celebrate our differences .
- Popcorn - Even if we haven't talked yet today - you have already "popped" into my thoughts .
- Jolly Rancher - For the times I can't be there with you to make you smile .
- Starburst - For the times you feel like you will "burst" if you don't share your secret with me .
- Puzzle Piece - Don't ever forget you are an important piece of my life .
- Conversation Hearts - For all of our "heartfelt" conversations .
- Tissues - For all the joyful tears we've shared .
- Peppermint Patty - Just in case I can't be there to give you a "pat" on the back - this will have to do!
- Two Quarters - In case you need to call on me for advice .
- Nail File - For all the times you smoothed things over for me - so I wouldn't get into trouble!
- Tea Bags - To get you back for all those times you "teased" me!

## Skier's Survival Kit

- Rubberband - to help you "spring" back when you fall
- Cotton Ball - for the rough moguls ahead
- Mounds - for the mounds of snow you will encounter
- Starburst - to give you that burst of energy on the last run
- Lollipop - to help you "lick" the advanced slopes
- Popsicle Stick - in case you need a splint
- Chapstick - keep your lips moist
- Penny - so you won't be broke when you leave
- Breath Mints - just in case you need the ski patrol
- Compass - to make sure you're going the right way
- Rabbits Foot - for good luck

## **Stamper's Survival Kit**

**Inkpad**

So we can leave our stamp on the world, ever changing and colorful

**Brayer**

To spread joy and color

**Corner Rounder**

Everyone needs to round their corner every now and then and not be a square

**Hole Punch**

If it can't be done, you can prove that it can, thereby punching a hole in the theory of impossibility

**Eraser**

To erase all the bad things that can happen during the course of a stamping day

**Cardstock**

The perfect medium for expressing ourselves and our individuality

**Glitter**

To put sparkle in your life

**Glue**

To hold it all together

**Mask**

To cover up the stuff you don't want to see

**Catalog**

So you can always have a dream

**Stamps**

To leave an image, no matter how small, of who we are, what we like, and what we can't seem to live without!

## Stress Bag

- Stick of Gum - To remind you to stick to it
- Candle- To remind you to shine brightly (I used a nice smelling votive candle in a color that complimented the rest of the package.)
- A Chocolate Kiss - To remind you that you are loved
- A Match - To light your fire when you're feeling burned out ( I used a wooden kitchen match and put it in a tiny ziplock bag so it wouldn't get lost..)
- A Pin- To remind you to stay sharp
- A Smartie - To help you on those days when you don't feel smart ( A whole pack of smarties, of course.)
- A Starburst - To give you a burst of energy on days when you don't have any
- A Snickers - To remind you to take time to laugh (I used the bite size.)
- Confetti- To remind you to have fun ( I used the paper punch and made my own out of some pretty wrapping paper samples from the school paper sale.)
- Tape- To fix things that will not work
- A Potholder - For when things get too hot to handle
- A Penny - So you will never have to say, "I'm broke".
- A Marble- For when you lose yours
- A Rubber Band - To stretch yourself beyond the limits
- A String - To tie things together when everything falls apart
- A Band-Aid - For when things get a little rough ( I got a little wild and used the leopard print ones. \*g\*)
- A Crayon - To color your day bright and cheerful ( I used a pack of 4 crayons. The kids get them a lot for free with a little coloring book around Christmas.)
- A Puzzle Piece - Without you things wouldn't be complete
- A Cotton Ball - For the rough roads, seek the cushioned support of family and friends
- Happy face- Smiling is contagious ( I started to use some happy face stickers, but I found a little happy face ball that my kids never played with.)
- Eraser - To remind you that you can start every day with a clean slate.
- Excedrin - Thank you, I know this job can be a headache (It called for Tylenol, but I got a sample pack of Excedrin through the mail so that's what I used.)
- Battery - To give you that extra charge to keep you going... and going.
- Piece of Rope - When you reach the end of yours, this will keep you going a bit longer
- Paper clip - To help keep things together when they seem to be out of control.
- A Small Smooth Stone - To remind you that the rough times help to refine and polish
- A Recipe - To make when you want to do something special for someone ( I printed up a cake recipe of some kind.)
- A Star- To remind you to shine and always try your best ( I was stuck on this one. I finally just cut a star out of some yellow fun foam.)
- A Button - To remind you to shine and always try your best.
- Glitter- For a glimpse of how the world looks through a child's eyes ( I poured some into a tiny ziplock bag.)
- A Bag- To help you keep it all together

## Student Survival Kit

- Sponge - to soak up all the knowledge
- Eraser - to remind you that each day you can start with a clean slate.
- Candle - for when you are burning the midnight oil studying
- Button - to remind you that sometimes you have to button your lip
- Pack of Gum - so your class can "stick" together
- Tootsie roll - to help you roll with the punches
- Mounds Bar - for all the information you will need to retain
- Toothpicks - to hold your eyes open during class
- Lifesaver - for when you feel you are drowning in information
- Skor Candy Bar - to remind you to score well on your tests
- Sweet & Sour Candy - to help you accept and appreciate the differences in others
- Sucker - to remind you not to be a "sucker" be your own person
- Carefree Gum - to remind you to have fun
- Hugs & Kisses - to remind you I am always here and I love you
- A Lollipop - to help you lick your problems.
- Tissues - to wipe away the sleepers after sleeping during class.
- Pencil - to "Write" your wrongs
- Cotton Ball - for when you can't hear yourself think
- Penny - so you always have enough "cents" to realize what a valuable person you are.
- Tootsie Roll - to remind you to roll with the punches.

## Student Candy Gram

The candies can be placed in a basket, or on a sheet of poster board w/ the candy taking the place of the words:

I know you think your teachers are from MARS, but there is a RIESEN for it. They're trying to cram MOUNDS of information into your brain in a short time. You're on a TOOTSIE ROLL and working towards graduation, and that's hard work. But think of it, when you graduate, you could be earning \$100 GRAND a year! Cheer up, you're not a MILK DUD or a DUM DUM. Don't SKITTLES it all yet and go NUTRAGEOUS. Hang in there, study hard, and don't worry about the SNICKERS from your friends. WERTHER or not you succeed is up to you. I have faith in you because you've always been my ALMOND JOY. (or BIT O HONEY or SUGAR BABY)

I'll always be here for you.  
HUGS & KISSES,

Mom.

## **Surgery Survival Kit**

- Needle and Thread - in case the stitches don't hold
- Lifesavers - to remind you that friends are here to help
- Cotton Ball - to cushion the rough roads
- Happy Faces - smiling helps you heal faster
- Joke Book - Laughing helps you heal faster
- Hershey's Hug and Kiss - for whenever you need one
- Starburst - when you need a burst of energy
- Rainbow - to remind you that after the storm comes the rainbow
- Crayon - to color your day bright and cheerful
- Marble/Ball - to keep you rolling on the road of recovery
- Rubberband - to keep you bouncing back

## **Swim Coach Survival Kit**

- Sponge - to remind you that some days your students will think you are all wet
- Marbles - to replace the ones you will lose
- Puzzle Piece - to remind you that the puzzle is not complete if one piece is missing
- Gum - to help your team stick together
- Piece of string - use when you get to the end of yours
- Rubberband - to remind you to be flexible
- Clay - to remind you that you are forming young people's lives
- Snickers Bar - to remind you that laughter can cure most anything
- Ear Plugs - for when you can't hear yourself think
- Toothpick - to help you pick out the good qualities in your swimmers.
- Band-Aid - to fix hurt feelings
- Peanuts - to remind you its ok to sometimes be a little nutty
- Sweet & Sour Candy - to help you accept and appreciate the differences in others.

## Teacher Survival Kit

- Band-Aid: For when things get a little rough.
- Bath Salts: "To take you away." You deserve a quiet break.
- Crayon - to color your day bright and cheerful
- Candle - for when you are up late grading papers
- Ear Plugs - when you just can't take anymore
- Eraser - to remind you everyone makes mistakes and they can be erased.
- Hugs and Kisses - for when you need a hug
- Jewel - because you are so precious
- Lifesaver: For when you've had one of those days.
- Marbles - to replace the ones you've lost
- Mint - to remind you that you are worth a "mint"
- Mounds Bar - for the mounds of confidence you give your students
- Paperclip - to hold it all together
- Peanuts: To get a little nutty.
- Puzzle Piece - without you the class wouldn't be complete
- Rubberband - to remind you to be flexible
- Shiny Penny - to remind you, each will shine in their own special way
- Sponge: To soak up the overflow, when your brain is too full.
- Starburst - to give you a "burst" of energy when you need it
- Tissues - to wipe away the tears...yours and theirs.

## Teacher Survival Kit 2

- Sugar Packet - to remind you how sweet you are
- Marker Pen - to thank you for leaving a lasting impression
- Ace of Hearts - for the heartfelt way you "deal" with tasks each day
- Starburst - to let you know that you are a shining star
- Eraser - a reminder that a good education can never be erased
- Mint - to thank you for your constant encourage "mint"
- A Tea Bag - to remind you how tea-rrrific you are!
- Sunkist Fruit Gem - because you are a true gem
- Smarties - for helping make each student smarter

### Teacher Survival Kit 3

- Glitter - to remind you of how the world looks through a child's eyes
- Chapstick - to keep your lips moist after giving all those directions
- Name tag - to introduce yourself to students and staff
- Tylenol - for those trying students and situations
- tea/spiced cider/hot chocolate - for a little pick me up
- Packet of microwave popcorn - for break time
- Bath salts - for your debriefing at the end of the day
- Chalk - to "chalk" it up to a job well done
- Lifesavers - for being a lifesaver for the teacher
- Storybook - for a little quiet time with the kids
- Whistle - to get attention quickly

### Teacher's Aide Survival Kit Survival Kit

- Mounds bar - for the mounds of help you are to the teacher
- Button- to remind you to sometimes "button your lip"
- Rubberband - so you always stay flexible
- Tootsie Roll - so you can roll with the punches
- Tissues - to wipe the tears from joy and happiness
- Marbles - to replace the ones you've lost (extra included, you'll need once you become a teacher)
- mint - to remind you, that you are worth a "mint" to the class
- Candle - for when you stay up late working on assignments
- Penny - so you'll never be broke
- Toothpick - so you can "pick" out the qualities that make a great teacher
- Paperclip - to hold your busy life together
- Cotton - for when you can't hear yourself think
- Hugs & Kisses - when you need a hug
- Pencil - to "write your wrongs"
- Lollipop - to lick your problems
- Pack of gum - so you all can "stick" together
- Bandaid - to heal hurt feelings, yours or theirs
- A jewel - because you are as valuable as any precious stone!

## Teacher Retirement Survival Kit

- Goggles- for all the exotic places you'll explore
- Whistle- for when you need to get everyone's attention
- Key necklace- thanks for being a "key" to learning (blank key decorated with jewels, strung on chain.
- Pointer- to point things out to someone (stuff a garden glove, glue down all the fingers to the palm except index finger.
- Glue glove to gold painted dowel, tie a ribbon around the base of the glove.)
- Bath salts- "To Take You Away" You deserve a break.
- Kleenex- for when you see someone who needs to wipe his nose.
- Clay- thanks for helping to mold many children for the better
- Crayons- so you don't forget how it feels to get new crayons
- Report card- for when you feel the need to give a grade
- Marbles- to replace the ones you've lost
- Red pen- when you feel like correcting someone's writing
- Chalk- to "chalk" it up to a job well done
- Golden lunch tray/ticket- for when you are missing hot lunch ( spray paint a lunch tray gold, glue a hot lunch ticket into one of the cubbies.)
- Place all items in a tote bag from the school or retiring teachers.

## TEST TAKING FIRST AID KIT:

- 1 pack of Smarties Candies - to boost your test taking brain power
- 1 pencil -- to help you record the knowledge you have learned
- 1 sticker -- to help you stick with the task at hand
- 1 eraser -- to use when you check over your work
- 1 Hershey's Hug -- for all the hard work you put into the test
- 1 highlighter -- to highlight all your success
- 1 pencil grip -- to get a grip on the task at hand

## FOR BEST RESULTS, COMBINE WITH:

- 1 night of restful sleep
- 1 nutritious breakfast
- 1 positive attitude

## POSSIBLE SIDE EFFECTS:

- Improved Test-taking Skills
- Good Grades

## Vacation Survival Kit

- Tissue-for your tears when the motel is booked or for romantic sunsets
- Paper bag-to hold treasures and in case of hyperventilation when you see the prices of souvenirs
- Sponge-to soak up the sun, sand, snow, and memories
- Feather-to remember to gently float through the vacation rather than racing
- Ear plugs-to avoid the yelling or listening to the 7,000th singing of "99 Bottles of Beer on the Wall"
- Quarter-someone always needs a quarter for something
- Bandaid-for boo boos, real or imagined
- Rubberband-for flexibility as sometimes when you are flexible, you have wonderful experiences you would have never considered
- A box of CrackerJack -vacations always come with good surprises. Remember to look for yours.
- A small plastic bag-to remind us to always bring back small things that will help the vacation live on for years
- Chuckles-never leave home without the ability to laugh at yourself and situations
- Chopsticks-to remind us that even within the US, there are many different cultures and customs
- A picture of a watch or clock without hands-forget the clock, you're on vacation!
- A disposable camera (or picture of one)-capture the fun and memories before they disappear
- A compass-you'll need this especially if you are with someone who can't stop for directions
- A picture or map of Kansas-as Dorothy says in the Wizard of Oz, "There's no place like home."

## Waitress Survival Kit

- Mounds Bar - for the amount of walking you do
- Puzzle Piece - to remind you that the restaurant wouldn't be complete without you
- Tootsie Roll - to help the complaints "roll" off your back
- Marbles - to replace the ones you've lost
- Lollipop - To help you lick your problems
- Button - to remind you that sometimes best to just button your lip
- Dollar - for the tip you didn't get
- Sponge - to soak up all the spills
- Cotton Ball - for when the customers get too loud
- Shoe insoles - because you are always on your feet
- Rubberband - to keep you bouncing back
- Starburst - for that burst of energy at the end of your shift
- Sweet and Sour Candy - a reminder..the differences in people gives spice to our lives.
- Smiley Face - to replace all the smiles you give away
- Hugs and Kisses - to remind you that you that someone cared enough to give you this kit.

## Valentine/ Love Kit 1

- Jolly Rancher - for all the times you make me laugh
- Sweet Escapes - for the special times we spend alone
- Hugs & Kisses - yours are simply the best
- 100,000 Bar - .you are worth more than a grand to me
- Skittles - for the rainbow of colors you show me life through
- Peppermint Patty - for the cool sensations you give me
- Cotton Ball - to help soften any rough times
- Popcorn - cause you keep popping into my thoughts
- Balloon - because you encourage me to reach for the sky
- Needle and Thread - that we are bound together
- Match - we are a perfect match
- Pom Pom - for the warm fuzzies you give me
- Silk Rose - which will last forever...like us
- Puzzle Piece - without you I'm not whole.

## Valentine Survival Kit 2

choose some or all of these items to put in a heart shaped box for your Valentine.

- Jolly Rancher - all the times you've made me laugh
- Sweet Escapes - the special times we spend alone
- Hugs & Kisses - yours are simply the best!
- 100,00 dollar bar - you are worth more than a grand to me.
- Peppermint Patty - for the cool "sensations" you give me
- Skittles - for the rainbow of excitement we share
- Cotton ball - to help soften the rough times.
- Popcorn - because you keep popping in to my thoughts
- A Match - we are a perfect "match"
- Lighter - for you light up my life
- Pack of Gum - I "chews" you for my Valentine
- Candy corn - this may be "corny" but be my valentine
- Mint - I "Mint" to ask you to be my Valentine
- Hershey's Kiss - A "Kiss" for you, if you'll be mine.
- Bubble gum - Don't "Burst" my bubble be my Valentine
- Sucker - I'm no "sucker," I want you for my Valentine.
- Snickers Bar - Don't "snicker" I think we'd be cute Valentines.