

STRESS RELIEF KIT

RUBBER BAND: to keep you flexible and bouncing back
ERASER: to remind you that you can always start again
ROCK: to keep you grounded
STRING: to help you to hold it all together
COTTON BALL: to cushion any rough road ahead
STARBURST: to give you a burst of energy when you need it
HEARTS: to always remember that someone cares
TISSUES: to dry your tears and to remind you that it's okay to cry
LIFE SAVER CANDY: to remind you that it's ok to ask for help

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