

**Materials:**

* Penny(s)
* Eraser(s)
* Marble(s)
* Rubber band(s)
* String Cut to desired Length and color of choice I recommend 1 Foot
* Jeweler pouches – Ziplocs 2” X 3” Baggies Work for thes when they print exactly as created.

Printer- to print the page of “AN ANTI-DEPRESSION KIT” seen bellow. Each sheet makes 6 kits. You will need the above materials one for each of the 6 kits printed or as needed. In WORD you can select FILE, then PRINT, then PRINT ALL PAGES and in the box type in 2 (PRINT CUSTOM RANGE) and only print the page below without having to continually print these instructions.

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| **AN ANTI-DEPRESSION KIT*** A PENNY so you will never have to Say, “I’m broke.”
* An ERASER so you can make all your mistakes disappear.
* A MARBLE in case someone says, “You’ve lost all your marbles.”
* A RUBBERBAND to stretch yourself beyond your limits.
* A STRING to tie things together when everything falls apart.
* A HUG and KISS to remind you that someone, somewhere cares about YOU!
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