



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 these when they print exactly as created.

Printer- to print the page of "**AN ANTI-DEPRESSION KIT**" seen below. 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.

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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