



Survival Kit

A lovely surprise for anyone needing a lift, for Carers Week or Mother's or Father's Day.

What to do:

- In a resealable plastic bag, place
 - ♦ one small packet of Smarties
 - ♦ one small Time Out bar
 - ♦ one Sherbies lolly
 - ♦ one green or red confectionary frog
 - ♦ one confectionary banana
 - ♦ and one Mintie.
- Print the Survival Kit menu on coloured paper, include a copy in the bag or paste it on the front of the bag.

Survival Kit

*Rations to Help You
in Times of Stress*

Mintie – for one of “those moments”

Sherbet – for when you lose your
fizz

Banana – for when you're going
round the bend

Frog – to keep one jump ahead

Time Out – for when you need a
break

Smarties – for when you need to be
extra smart

First published in **KUCA NEWS**
Winter 2004page 28

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