**Survival Kit for Life after Ballylifford PS**

**A Rubber**

Because it’s ok to make mistakes and they can always be fixed

**An elastic band**

Be flexible, things may not always go the way you want.

**A balloon**

To remind you to aim high.

**Smarties**

To remind you how smart you are.

**A star**

Always try your best and keep smiling.

**A marker**

Never lose your creativity and leave a good mark wherever you go.

**Post it notes**

Remember to be organised.

**Buttons**

Say nothing if it will hurt and upset.

**A paperclip**

To help you hold it together when things get tough.

**Love Hearts**

You are loved and you are very SPECIAL!