

WELLNESS AND KINDNESS

National Forensic Association National Tournament 2019

FIRST AID

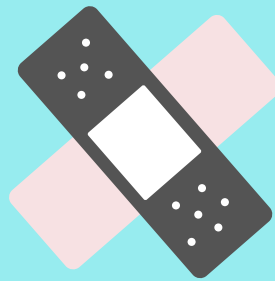


- band-aids
- neosporin
- instant Ice pack
- ear plugs
- cough drops
- ace bandage
- alcohol wipes
- hand sanitizer

PERSONAL CARE



- tampons
- menstrual pads
- panty liners
- make up wipes
- make up sponges
- make up setting spray
- disposable toothbrushes
- tissues
- wet wipes
- nail polish remover
- nail file



KINDNESS



- quiet/meditation room
- stickers
- Inspiration gems
- colored pencils
- coloring journal and book
- nice notecards
- usb power strip
- some charging cables

EMOTIONAL SUPPORT



- hugs
- handshakes
- high fives

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WARDROBE MALFUNCTIONS

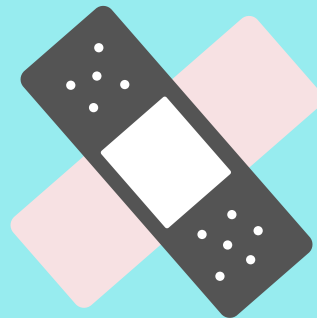


- safety pins
- sewing kit
- spare buttons
- shoe repair glue
- shoe polish wipes
- clear nail polish
- static guard
- lint roller
- tide to go pen
- bobby pins
- hair ties
- earring backs
- panty hose (limited)
- camisoles (limited)
- \$1-5 ties

SPEECH EMERGENCIES



- black books
- page slicks
- notecards
- pens
- pencils
- black sharpie
- spray glue
- tape
- scissors
- black electrical tape
- dry erase Markers



RELAXATION RESOURCE LINKS

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FEET HURTING FROM DRESS SHOES?



<https://goop.com/wellness/fitness/foot-stretches-to-counteract-high-heels/>

NEED TO CATCH YOUR BREATH?



<https://www.verywellhealth.com/how-to-breathe-with-your-belly-89853>

BACK HURTING FROM SITTING?



<https://www.wikihow.com/Do-a-Lower-Back-Stretch-Safely>

WANT SOME FULL BODY YOGA?



<https://www.youtube.com/watch?v=pyFNz8zJSdw>