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
WELLNESS AND KINDNESS
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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?


WANT SOME FULL BODY YOGA?

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