

# Literal Lifesavers

Lifesaver candies with a list of hotlines, sources of support and more provided...literal lifesavers!

## How To

- Cut strips of paper, preferably card stock
- Write hotlines, names and phone numbers of people you can reach out to, self care ideas and other resources on paper.
- Then decorate the paper!
- Tape each lifesaver on the paper
- Pass them out to peers!

## Materials

Lifesaver candies

Paper

Markers, pens, pencils

Scissors

Double sided tape

## Budget

Lifesaver candies (\$5/pack)

Total price no more than \$20

## Timeline

3 days or less to buy candies

**TIP:** Can be implemented during club meeting

## # of Students

Should reach everyone on school campus!



bring  
change  
to mind

high school