



The Dibble Institute

Resources for Teaching Relationship Skills
to Teens and Young Adults

Supply List

for

Love Notes or Relationship Smarts PLUS

Assumptions: 15 participants divided into 3 groups of 5

1	Flip chart with easel	for presenter use and for group work
3	3 pieces of 12 x 12 inch cardboard	As a base for the sculpture activity
18	Wooden craft sticks	6 individual sticks for 3 groups
9	Play Doh containers – 2 oz size is fine	multiple colors, enough for 3 colors each for 3 groups
1	Bag gum drops – mixed colors	enough to divide a handful for each of 3 groups
1	Bag miniature marshmallows	one bag only which will be distributed among the 3 groups
1	Box toothpicks	enough to divide a handful for each of 3 groups
24	Craft (colorful) pipe cleaners	enough for 8 for each group
1	Alka Seltzer	one tablet to mix in water
1	Clear jar with lid	Can be a reused household jar
1	Large jar with red (mostly) and green marbles, beads, jelly beans.	The lid should be wide enough for participants to reach into.
1	Rolling Box	To store and transport supplies

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