

Fun & Inexpensive Ideas For Promoting Wellness

These ideas are great for building connectedness by letting someone know how special they are to you and that you care about them. They are even more fun to do just because. **WARNING: Do not use sparingly. Enjoy!**

MESSAGE:

You are a lifesaver

You are worth your weight in gold

Thanks a bunch

Kudo's to you

Your friendship gives me a lift

Thanks for sticking with us

You're the apple of our eye

Hugs and kisses

YEAH...it's pay day!

A noteworthy accomplishment

A penny for your thoughts

Make Many Marvelous Memories

You are special...by any measure

Sorry if I hurt your feelings

A toast to a job well done

GIFT/TOKEN:

Package of Lifesavers

Hershey's gold foil kisses

a bouquet of flowers

a Kudo's bar

a balloon with a note attached

a stick/pack of gum

apple(s)

Hershey's kisses and hugs candies

PayDay candy bar with note

A memo or note pad

A new shiny penny attached to the questionnaire

a bag of M&M's

a ruler or tape measure

a Band-aid attached to a note/card

a plastic wine glass filled with jelly

You light up my life

Let your light shine

Twinkie, Twinkie, You're a Star!

**You're one in a melon
watermelon**

**We appreciate your strong ties and
commitment**

Good communication is the key

You're the key to our business

You're looking good

We're nuts about you

You take the cake

Thanks for working your buns off

You're 'berry' special

Life is great...let's celebrate

'Mint' to be friends

**Thanks for your enthusiasm; your
energy is contagious**

You are SOUPer

Thanks for being 'sew' helpful

You're great...you bet your tootsie!

**Learn to blow off steam they say...
blow some bubbles every day!**

beans or candy

a candle with a note

small flashlight or candle

A Twinkie with a note

**container of fruit salad or
candies**

a pair of shoestrings

certificate for a FREE key

a key chain

pocket/purse mirror

a bag of peanuts in their shells

cupcakes for the entire group

hot cross buns/cinnamon rolls

fresh berries or homemade jam

party whistles/horns

a box of mints

a package of batteries

a container of homemade soup

travel/pocket sewing kit

Tootsie rolls or pops

bubbles

Hats off to a job well done	baseball or painter hats
Smile, it does your body good toothpaste	smiley face stickers/small
Thanks for sharing your creative juices	juice boxes for the group
If friends were flowers, I'd pick you	bouquet of flowers
I'm bananas about you	bunch of bananas with balloon
You're the crème de la crème	packet of flavored creamer
Orange you glad it's Friday?	Basket of oranges with note
Color your world	a box of 24 crayons
We're so fortunate to have you on staff	fortune cookies
You are 'beary' special	a bag of gummy bears
To a 'Stellar' employee	Star (pin, stickers, cookies)
Way to use your noodle	a box of fun shaped pasta
You're a work of art paintings	cards with photos of famous
Give yourself a break	Kit Kat bar
You're 'egg'straordinary candy	plastic eggs with note and
To you, there is no equal sweetner	a note w/packet of Equal
Thanks for going the extra mile	a pack of Extra gum
I'm not snickering; I'm cheering about...	Bag of Snickers candy bars
From your biggest fan	small plastic/cloth fan
You always know just what to say	pocket-sized thesaurus/dictionary
Thanks for the memories	photo album/journal

Thanks for lending a helping hand

small constainer of hand lotion

Sorry for the confusion....you were write

pens/pencils

TheHANGre (Hang 'in' there)

a set of fancy hangers

Attitude: It's all in the MOO-D

hot chocolate packets

With warmest regards

hot sauce/salsa