



PURPOSE //

- Promote and practice inclusivity
- Establish a safe, inviting location for those who might feel alone.
- Promote empathy and positivity



A special thank you to
Key Club members for
the creation of this
activity.

INSTRUCTIONS //

Materials

- Cafeteria/Lunch Room Table Student Volunteers
- Sign for table (optional - see below)

Assembly

1. Choose a table or area in your school during lunch to host "A Seat Saved For You".

Application

- You may want to decorate or create a sign (see below) to post so students know it's a welcoming space to join.
- Select student volunteers to sit at the table to serve as lunchtime ambassadors. These individuals should be comfortable talking to peers and inviting others who may need support to join.
- Decide how often this table will be implemented and ensure you have volunteers each day.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

A Seat Saved for You



**Join us to sit, chat,
and eat lunch.**

**You are not alone.
All are welcome!**