



# Coloring and Cocoa



## PURPOSE

- Coloring and drawing is a fun way to relieve stress.
- Coloring calms the brain and helps your body relax, which can improve feelings of stress, depression and anxiety.

"Art washes away from the soul the dust of everyday life" -Pablo Picasso

## OBJECTIVE

- Reduce stress and anxiety



## INSTRUCTIONS

### Materials

- Coloring pencils, Crayons, Markers
- Hot cocoa
- Paper Cups
- Paper or Construction paper
- Tape or Glue

### Assembly

1. Print out cup sleeves
2. Ask students to get creative and color, make a design or write positive messages on their sleeves
3. Glue/Tape sleeve
4. Serve cocoa!

### Application

- This activity can be done in a single classroom or can be made school-wide by either having club members set up a table to pass out materials. This can be set up in the lunchroom, or somewhere after school.
- You can spread good information about mental health by having club members write a mental health fact or encouraging help-seeking on either the sleeves or cups.

**Let us know how the activity goes!**  
We'd love to hear from you or receive pictures or tag us on social media:



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