

# Follow the Footprints



## PURPOSE //

- Educate students about mental health
- Spread awareness of how to help a friend
- Lead students to a trusted adult/mental health professional (school counselor, social worker, nurse, etc.)

## INSTRUCTIONS //

### Materials

- Instruction poster
- Fact footprints
- Trusted Adult footprint
- Blank footprint
- Tape
- Scissors (optional)

### Application

- Attach the fact foot prints to the walls leading to the office of a trusted adult.
- Attach the trusted adult footprint to the door to their office. The trusted adult may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

### Assembly

1. Print the fact footprints. There is also a blank footprint for you to customize with information about your school.
2. You can cut out the fact footprints or leave them as a whole sheet of paper.

**Let us know how the activity goes!**

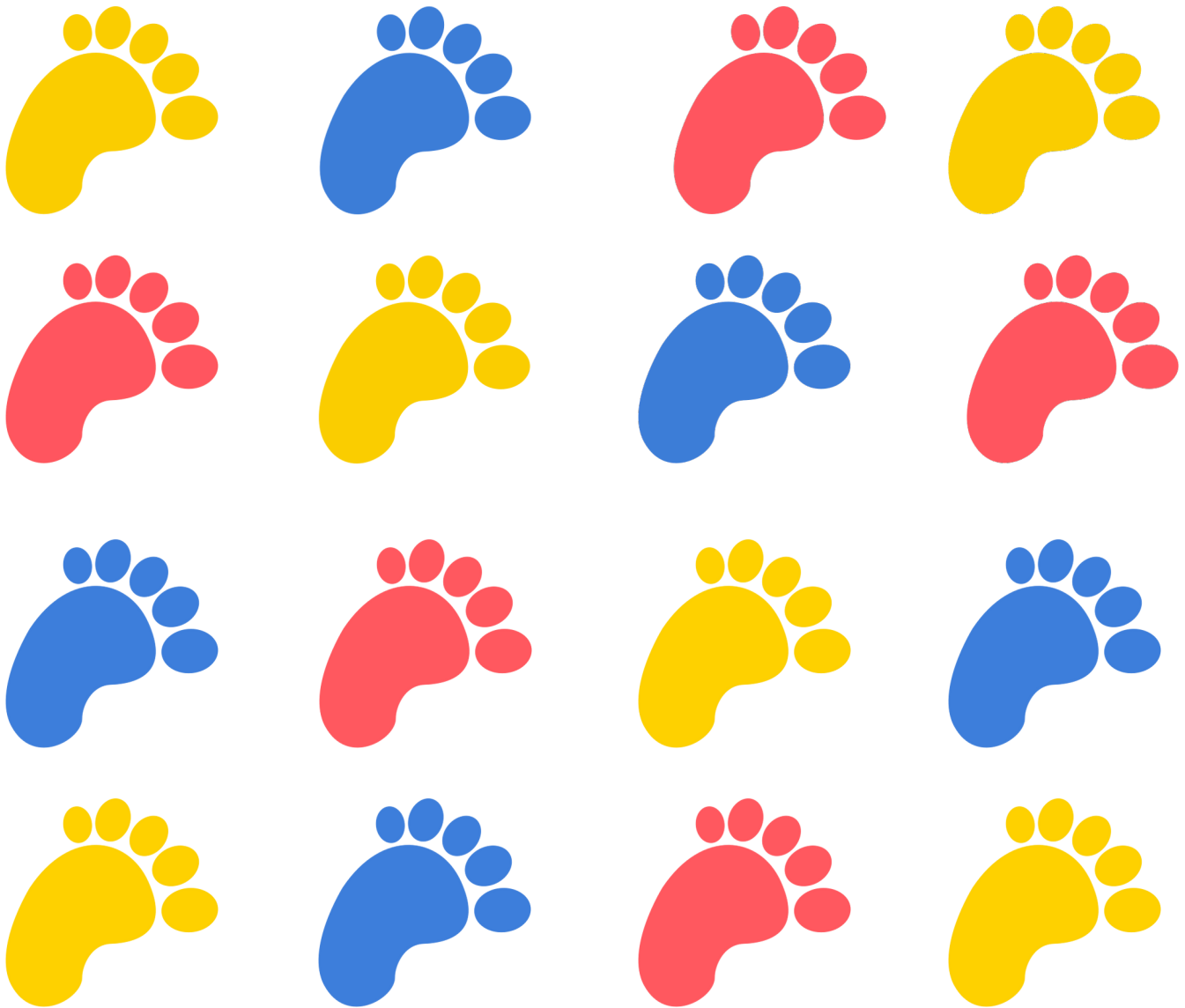
We'd love to hear from you or receive pictures or tag us on social media:



Have you seen the footprints around the buidling?

## Follow the Footprints

to learn more about good mental health and get to know  
the trusted adults who are here to support you!



For more information on mental health awareness, check out [ErikasLighthouse.org](https://ErikasLighthouse.org)

**Did you know ...**

**Everyday feelings come and go  
and are a normal reaction to  
what is happening in our  
everyday lives.**

For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know...**

**Mental Health is about our  
feelings, thinking, emotions  
and moods.**

For more information on  
mental health, check out  
[ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know ...**

**Overwhelming  
feelings hang around  
for a long time and  
change the way we  
feel and behave.**

For more information on  
mental health, check out  
[ErikasLighthouse.org](http://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know ...**

**Too much stress can lead  
to overwhelming feelings.**

For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**

**Did you know ...**

**Coping skills can help with  
overwhelming feelings.  
These include exercise,  
mindfulness activities and  
journaling.**

For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**



**Did you know ...**

**If you are concerned about yourself or a friend, talk to a trusted adult. A trusted adult is someone who is reliable and dependable.**

For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**

**Welcome!**  
**We're so glad you made it!**  
**I'm a trusted adult you can**  
**talk to if you're concerned**  
**about yourself or a friend.**

**Come on in**  
**and Let's Talk!**

For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**



For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**



For more information on  
mental health, check out  
[ErikasLighthouse.org](https://ErikasLighthouse.org)



**Erika's Lighthouse**