



## PURPOSE

- Spread positivity and kindness
- Promote good mental health
- Create awareness of where to find support

## INSTRUCTIONS

### Materials

- Plain paper or printed template
- Markers, crayons, color pencils
- Scissors
- Tape

### Application

- Hang up Compliment poster wherever you think students will use it most. Bulletin boards tends to work great for this, but be creative
- When you hang poster students should be able to rip off individual compliments.

### Assembly

1. Print the compliment poster (Pre-filled or create your own)
2. Decorate and write messages
3. Cut between the vertical lines on the bottom of the page
4. Place it on a wall, or hallway

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

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



IF YOU ARE  
CONCERNED  
ABOUT YOURSELF  
OR A FRIEND, TALK  
TO A TRUSTED  
ADULT

# You are not alone



Erika's Lighthouse®

Take a compliment,  
Keep it or Pass it on

If you need to speak  
with someone  
immediately, please  
text or call 988.

If this is an  
emergency, please  
call 911.

You are kind

You make a  
difference

You are very  
brave

You are a great  
friend

You have a great  
smile

You are enough

You make school  
a better place

You are awesome

You matter so  
much



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