

Encourage-mints

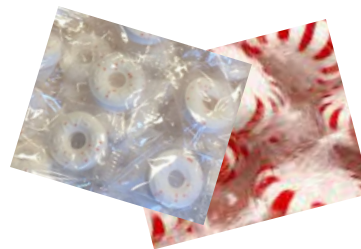
PURPOSE //

- Promote positivity
- Encourage students throughout the day
- Share positive messages and teen depression resources

INSTRUCTIONS //

Materials

- Encourage-mint notes (see next pages)
- Mints of any kind (individually wrapped)



Assembly

1. Cut out "Encourage-Mint" notes (Prefilled or template)
2. Fill in an encouragement in the circle (optional)
3. Sign the name of your club (Optional)
4. Attach a mint

Application

- Put together the note and a mint and hand them out to students to spread positivity around school

Let us know how the activity goes!

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





SAMPLE

Be creative!

1. You can write an encouraging message, your school logo, a picture or stickers in the circle
2. You can sign as your school club name or just your school name

Write an
encouraging
message or put your
school logo here



Erika's Lighthouse®

A Little Encourage-Mint!

FROM: SIGN THE NAME OF YOUR CLUB HERE

For more information on mental health, check out www.ErikasLighthouse.org

YOU CAN
DO IT!



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keep
going



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YOU
GOT
THIS!



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