

# Heart to Heart Conversations

## PURPOSE //

- Promote mental health conversations to reduce stigma surrounding depression
- Spread positivity
- Create mental health awareness in your school building

## INSTRUCTIONS //

### Materials

- Printed hearts (see next page)
- Heart candy (small packets if possible)

### Application

- Valentine's Day can be extra special by handing out heart candy and attaching it to hearts promoting more conversations to reduce stigma surrounding mental health issues such as depression.

### Assembly

1. Cut out hearts
2. Attach the candy to the cut out hearts

**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




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more heart-to-heart  
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**Happy  
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*from the  
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