

Holiday Card Activity

PURPOSE //

- Spread positivity around the holiday season
- Send kind messages to other students
- Share information about good mental health

INSTRUCTIONS //

Materials

- Markers, Crayons, Pens or Colored Pencils
- Snowman Card
- Snowflake Card
- Penguin Card

Assembly

1. Print the Snowman Card, Snowflake Card, and Penguin Card.
2. Fold each card horizontally, and then in half again. The paper should now be in quarters, with the character on the front of the card, the message in the middle, and the Erika's Lighthouse logo on the back.

Application

- We have included Snowman, Snowflake, and Penguin Cards that include a nice warm message, and also cards with room for you to write your own messages. Choose the template that will work best for you!
- Encourage students to color the front of the card and include a personalized message on the inside.
- **(Optional)** Contact a local hospital or children's hospital, senior center, VFW, etc., and deliver the cards to people who could use some extra positivity this holiday season, such as those receiving inpatient care.
- **(Optional)** Pass out the cards to your classmates around school. Consider making enough for each homeroom teacher to pass out to their classes.

Let us know how the activity goes!

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



@ErikasLH



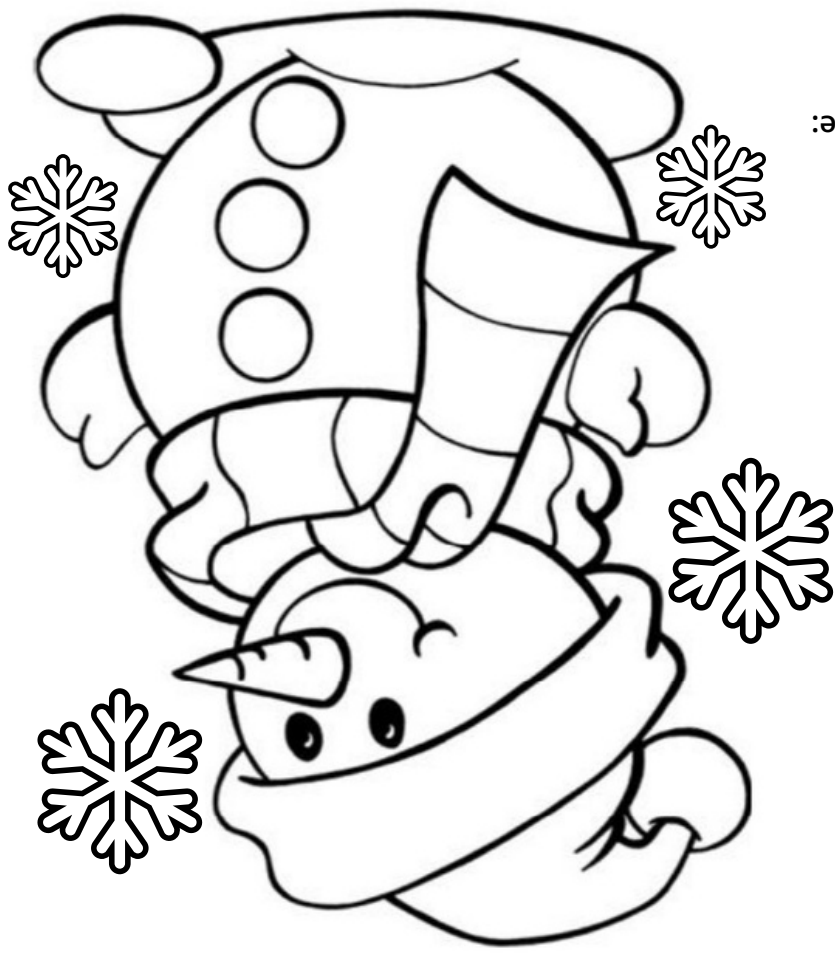
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For more information about resources to support mental health awareness please visit us at our website: www.erikasighthouse.org

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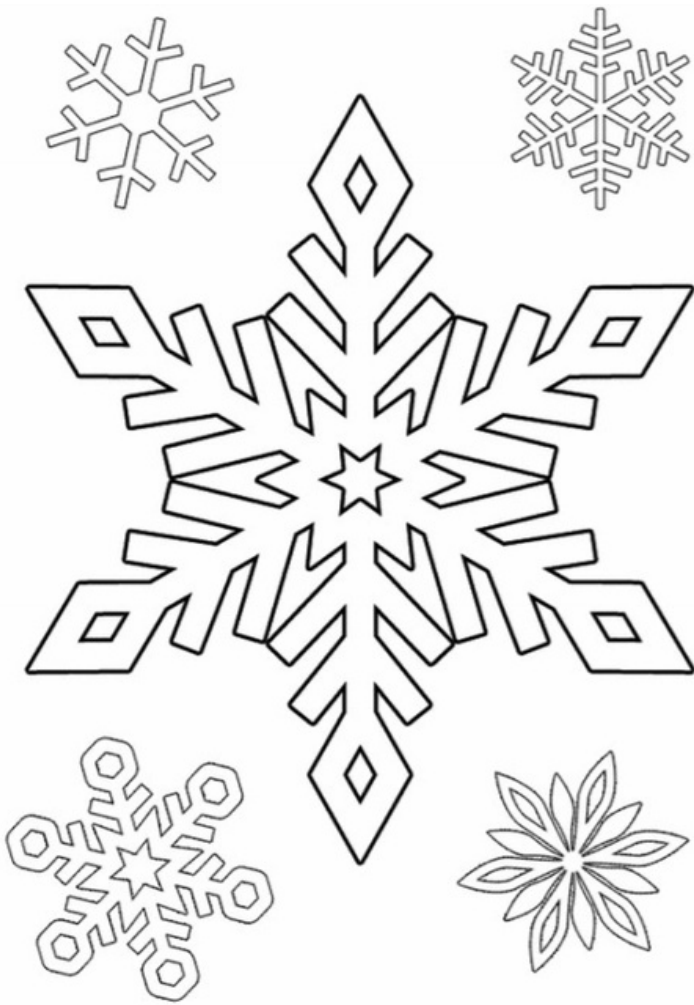


This holiday season, we wish you icy cold snowflakes, steaming hot chocolate, endless belly laughs, and plenty of warm hugs.

Warmest thoughts and best wishes,

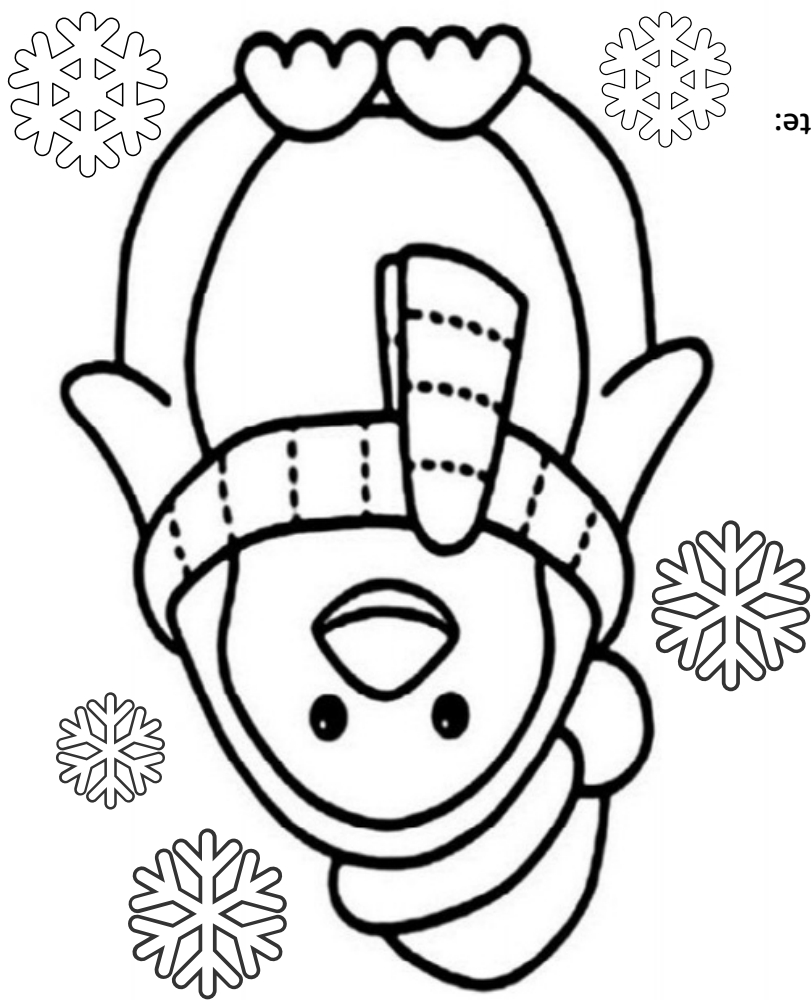
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