

Holiday Card Activity



PURPOSE //

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

INSTRUCTIONS //

Materials

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

Application

- Encourage students to color the front of the card and include a personalized message on the inside.
- Contact your local hospital and deliver the cards to teens who will receive inpatient mental health services this holiday season.

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.

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

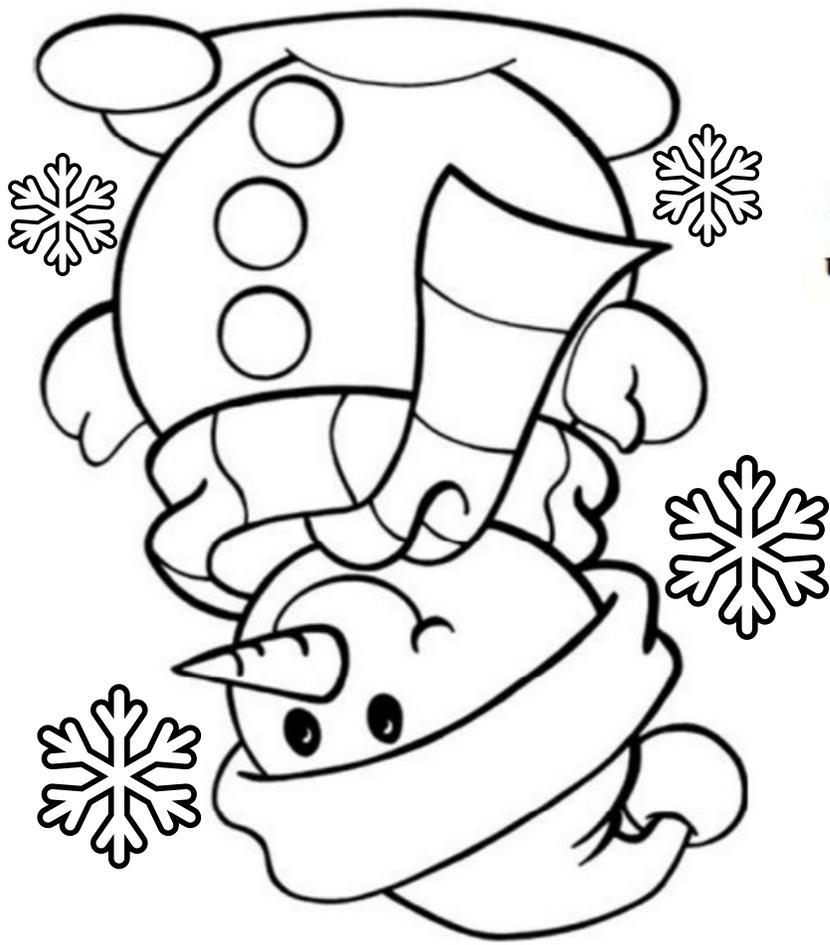


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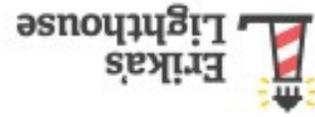


@Erika's Lighthouse

Contact Nathalia@erikaslighthouse.org for more information



For more information about teen depression
and having a good mental health, check out
our website!
www.erikasighthouse.org



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

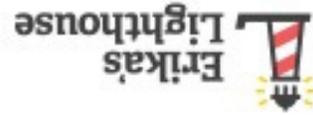
Warmest thoughts and best wishes,



www.erikasighthouse.org

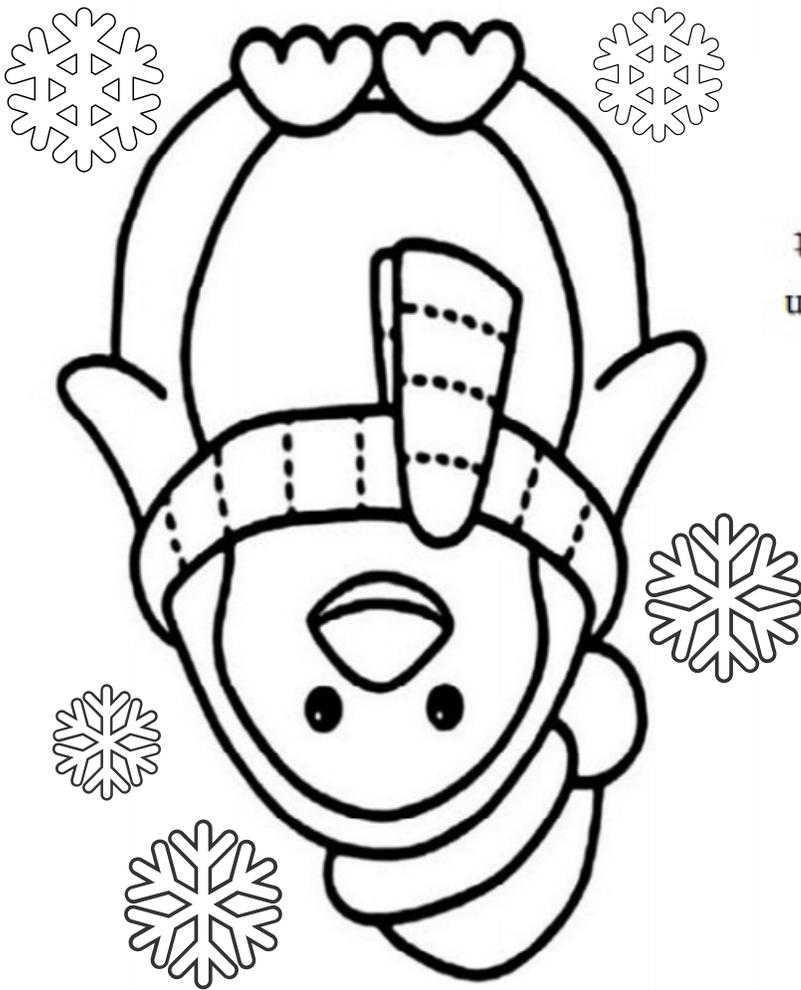
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For more information about teen depression and having a good mental health, check out



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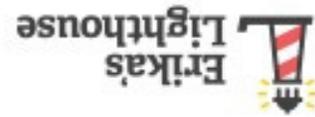
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