



PURPOSE //

- Shining a light to get depression out of the dark
- Increase awareness of adolescent depression

INSTRUCTIONS //

Materials

- Small white bags (available at any craft store); recommended size 3.5 in x 2 in x 6.75 in
- Thumbtacks
- Tape
- Tea light candles or LED tea lights
- Small piece of cardboard

Application

- Once finished outlining the image, remove the template from the paper bag and the cardboard from the inside of the bag. Open the bag and insert the tea light of your choice.
- Light the candle, or turn on the LED tea light, and enjoy your luminary to help Get Depression Out of the Dark!

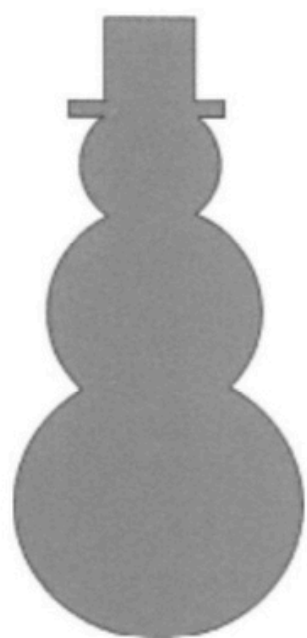
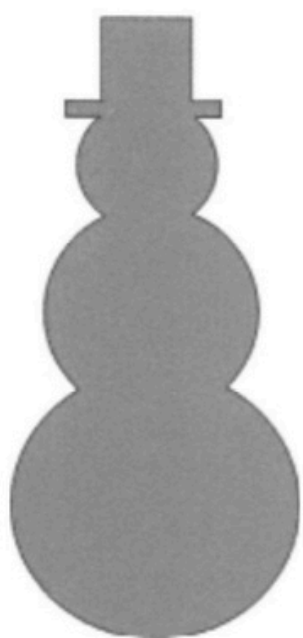
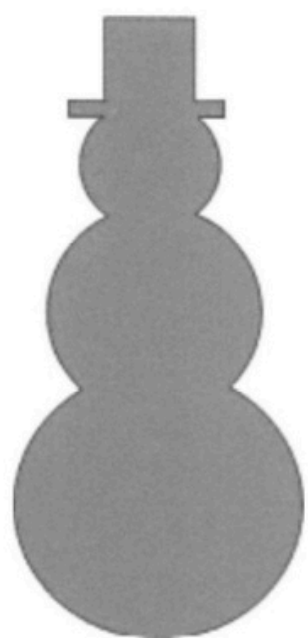
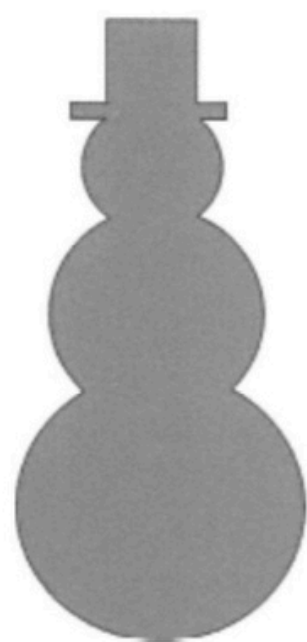
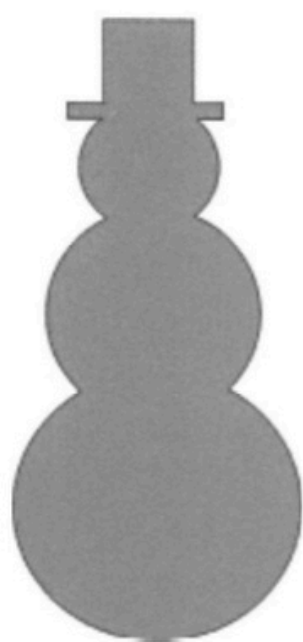
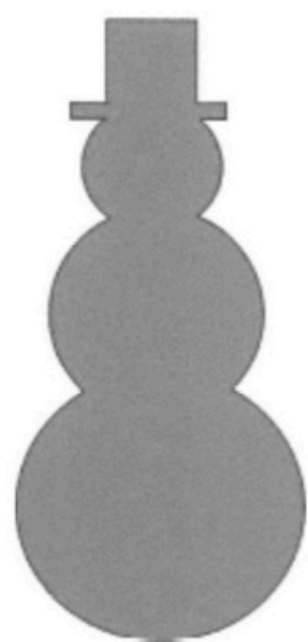
Assembly

1. Print out the luminary template
2. Cut a square around each image of the templates
3. Tape one of the images to a white bag
4. Insert a small piece of cardboard inside the bag to prevent poking holes on the opposite side.
5. Use the thumbtack to poke holes around the outline of the image

Let us know how the activity goes!

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







Erika's
Lighthouse



Erika's
Lighthouse



Erika's
Lighthouse



Erika's
Lighthouse



Erika's
Lighthouse



Erika's
Lighthouse