



PURPOSE

- Spread positivity and kindness
- Promote good mental health
- Create awareness of where to find support

INSTRUCTIONS

Materials

- Plain paper or printed template
- Markers, crayons, color pencils
- Scissors
- Tape

Application

- Hang up Compliment poster wherever you think students will use it most. Bulletin boards tends to work great for this, but be creative
- When you hang poster students should be able to rip off individual compliments.

Assembly

1. Print the compliment poster (Pre-filled or create your own)
2. Decorate and write messages
3. Cut between the vertical lines on the bottom of the page
4. Place it on a wall, or hallway

Let us know how the activity goes!

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



@ErikasLH



erikas.lighthouse



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IF YOU ARE
CONCERNED
ABOUT YOURSELF
OR A FRIEND, TALK
TO A TRUSTED
ADULT

you are not
alone



Erika's Lighthouse®

Take a compliment,
Keep it or Pass it on

If you need to speak
with someone
immediately, please
text or call 988.

If this is an
emergency, please
call 911.

You are kind

You make a
difference

You are very
brave

You are a great
friend

You have a great
smile

You are enough

You make school
a better place

You are awesome

You matter so
much
