

**PURPOSE** //

- Invite students to share their ways to de-stress
- Relax by decorating some paper pumpkins

**INSTRUCTIONS** //**Materials**

- Pumpkin Patch flyers/instructions
- Blank pumpkins (see next pages)
- Bulletin board/poster Pens/Markers
- Staples or tape

**Application**

- Carve out some time to relax. Have students and staff decorate a pumpkin (real or cut-out) for the Erika's Lighthouse Pumpkin Patch and share a way to de-stress.

**Assembly**

1. Find a spot in the school to lead this activity (a table in front of a blank bulletin board or poster)
2. Copy the pumpkin templates and cut out for students and staff to fill out
3. Have pens or markers available for students and staff to use

**Let us know how the activity goes!**

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





When I've carved out some time to relax I like to:

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When I've carved out some time to relax I like to:

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Erika's Lighthouse®

# OCTOBER ISN'T ONLY FOR PUMPKIN CARVING...

It's also a great month to carve out  
some time to de-stress!

Decorate a pumpkin for the Erika's  
Lighthouse Pumpkin patch and share a  
way you like to de-stress!





# ERIKA'S LIGHTHOUSE PUMPKIN PATCH

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*For more information on mental health,  
check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)*

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