

# Encourage-mints

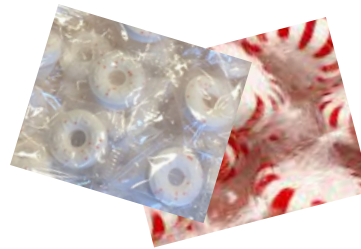
## PURPOSE //

- Promote positivity
- Encourage students throughout the day
- Share positive messages and teen depression resources

## INSTRUCTIONS //

### Materials

- Encourage-mint notes (see next pages)
- Mints of any kind (individually wrapped)



### Assembly

1. Cut out "Encourage-Mint" notes (Prefilled or template)
2. Fill in an encouragement in the circle (optional)
3. Sign the name of your club (Optional)
4. Attach a mint

### Application

- Put together the note and a mint and hand them out to students to spread positivity around school

### Let us know how the activity goes!

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



# SAMPLE

Be creative!

1. You can write an encouraging message, your school logo, a picture or stickers in the circle
2. You can sign as your school club name or just your school name

Write an  
encouraging  
message or put your  
school logo here



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## A Little Encourage-Mint!

FROM: SIGN THE NAME OF YOUR CLUB HERE

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

YOU CAN  
DO IT!



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KEEP  
going



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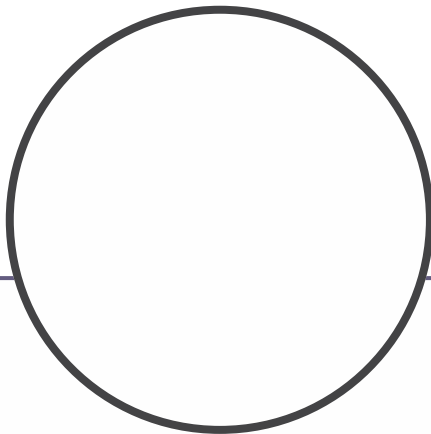
YOU  
GOT  
THIS!



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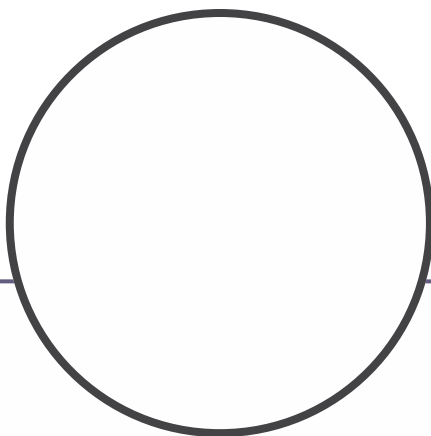
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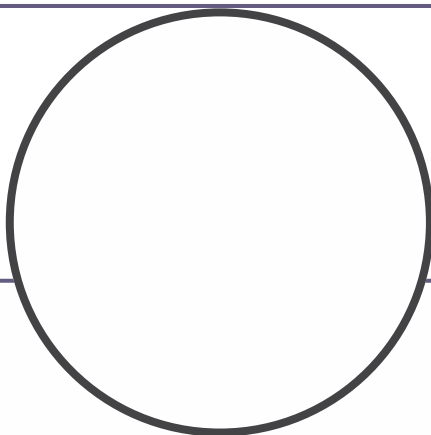
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