

# Welcome Back Care Packages



## PURPOSE //

- Share positivity
- Make students feel cared for
- Spread kindness and empathy
- Make students feel welcomed after a long absence from school

## INSTRUCTIONS //

### Materials

Your students can custom design their own care packages and decide what they'd like to include or you can give them suggestions such as:

- Mini container of Play-Do
- Mini bottle of hand lotion
- Mini notebook/journal
- Mini coloring book and a small pack of crayons or colored pencils
- Healthy snacks, such as granola bars or fruit strips
- A handout reminding students of resources they can utilize as they transition back to school (tutoring resources, counseling resources, etc.)
- Boxes or paper bags

### Assembly

1. Students and sponsors in the Teen Club can put together welcome back packages for all students at the start of the semester, or care packages to give to a student when the student returns to school after a hospitalization (for mental health or physical health reasons) or extended absence.
2. On page 3 of this document, you'll find a card template you can customize for your school. Students can decorate the cards during a meeting and write notes on the inside.

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

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



## Application

- Once finished putting together the care packages, your school social workers and/or counselors can keep them in their offices and give them to students when they return.
- What's great about this project is that it respects students' privacy (students in the club don't know students' identities because social workers or counselors give out the care packages) while giving students in your club an incredible opportunity to show support to their fellow students in the building.
- Returning to school after a hospitalization or extended absence can be a very stressful experience. This is a meaningful way for students in your club to reach out to their peers and let them know that students in the Erika's Lighthouse Club are thinking about them.





**WELCOME  
BACK!**

(Put an image of your school mascot here or any other you'd like)

**WE MISSED YOU!**  
We're so glad you're back!