

Beacon of Hope Mural

PURPOSE

- Spread awareness of mental health
- Promote teamwork and collaboration
- Share hopeful and positive messages throughout a school building

INSTRUCTIONS

Materials

- Colored Construction Paper (black, grey, white, red, and yellow) -
- Quartered Paper Cutter/Scissors
- White & Black Colored Pencils or Silver Sharpies
- Painters Tape 7 rolls
- School Mascot printed on 18" x 24" poster paper
- Paper Speech Bubble "Let's get depression out of the dark!"

Note: Before beginning this project, it can be helpful to know the following information: number of homerooms/advisories/other class of your choosing, number of students in each class, and the wall size for the mural.

This project was originally created for a school with 700 students, so the materials listed above are for that school size. If your school is smaller or larger, plan accordingly. For 700 students, the lighthouse was created with: 320 - Black pieces of paper, 150 - White, 22 - Grey, 72 - Red, and 135 Yellow.



Thank you to The Dayton Regional STEM High School Key Club for this activity.

Let us know how the activity goes!

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



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

Contact Nathalia@erikaslighthouse.org for more information

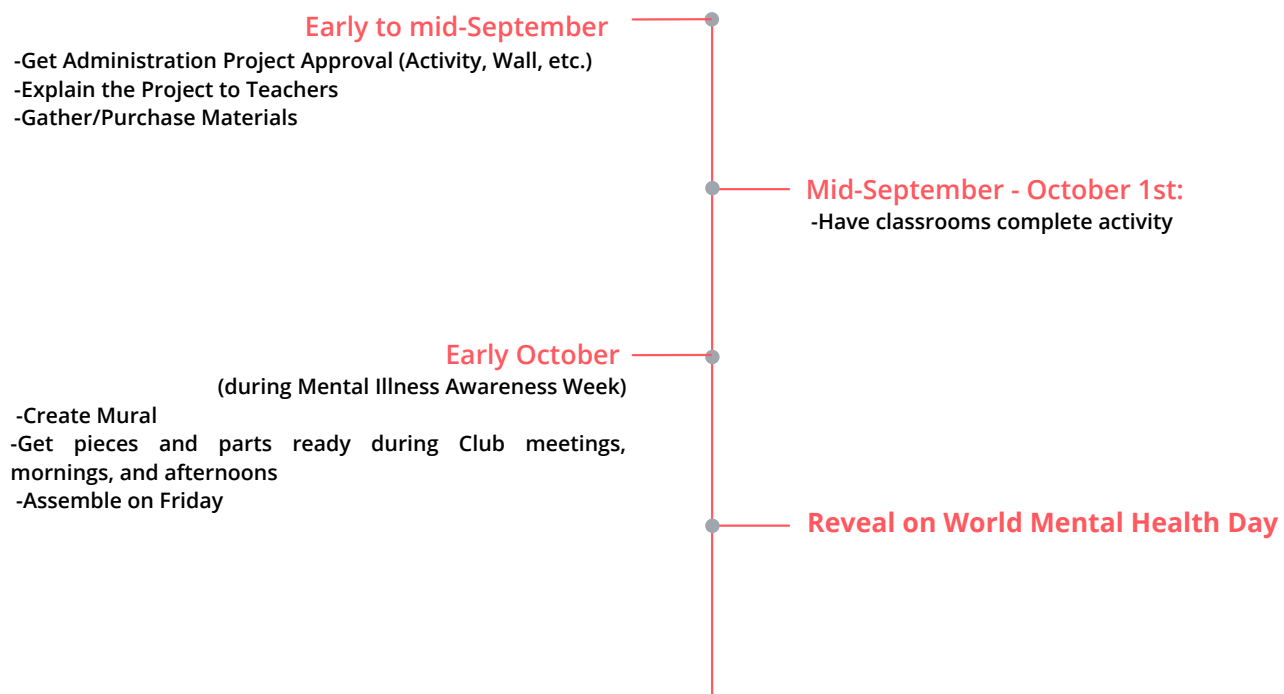
Application



- Cut colored construction paper into fourths (4.25" x 5.5").
- Divide up the colored pieces of paper using the number of homerooms/advisories/other class of your choosing and number of students in each class.
- Have each classroom teacher facilitate the following steps (Teen Empowerment Club members can help lead too).
 - a. Explain the project; See Facilitator Instructions.
 - b. Give each student a piece of paper and a black marker/white colored pencil.
 - c. Have them write a hopeful, inspiring message on the paper (in landscape view).
- Collect all of the papers.
- Assemble all the pieces of paper together! You can either go row by row or take on different sections like the light, the stripes, etc. To stay organized, label each row/part using a post-it note (if you are assembling the parts together and then attaching to the wall).
- In the bottom grey section (a boat) tape your mascot inside the boat and the speech bubble.
- Tape everything to the wall!

Note: If the papers don't stick to the wall, you may need to attach them to a larger sheet (we had a 4 feet roll of white poster paper) and use thumb tacks to attach the paper to the wall.

Optional Timeline - for Reveal on World Mental Health Day



Contact Nathalia@erikaslighthouse.org for more information

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Introduction Information (share with students)

World Mental Health Day is coming up soon, and to celebrate we'll be completing a project to promote good mental health. The Erika's Lighthouse Teen Empowerment Club is helping lead this school-wide activity. Erika's Lighthouse is an organization dedicated to teen empowerment and adolescent depression education. Founded in 2004, after the loss of Erika, a 14 year old who died from her depression, Erika's Lighthouse has been on a mission to encourage good mental health and break down the stigma surrounding mental health issues. Since their founding, Erika's Lighthouse has educated millions of teens nationwide, and are working to make sure that no young person ever feels alone. When people hear the word "depression" there's a certain stigma that comes with it, and the goal of Erika's Lighthouse is to get the stigma out of the way, and get depression out of the dark. Teenage depression thrives in isolation.

That's why we're dedicating this school year to light, to conversation, and to community.

Today, we invite you to find your voice and speak up about mental health. We all have mental health, so let's create a community built on compassion, and smash the stigma surrounding mental illness. Our goal for this project is to create an art piece to get depression out of the dark. Every student will be writing hopeful messages on pieces of paper that will be displayed as a mural. We will be revealing the artwork on World Mental Health Day, and encourage you to stop by and read your classmate's positive messages. Thank you for participating!

