

Instructions:

Materials:

- Snowman Card
- Snowflake Card
- Penguin Card
- Markers, crayons, or colored pencils (Anything to color the front of the cards!)

For Assembly:

1. Print the Snowman Card, Snowflake Card, and Penguin Card.
2. Fold each card horizontally, and then in half again. The paper should now be in quarters, with the character on the front of the card, the message in the middle, and the Erika's Lighthouse logo on the back.

For Application:

1. Encourage students to color the front of the card and include a personalized message on the inside.
2. Contact your local hospital and deliver the cards to teens who will receive inpatient mental health services this holiday season.

Let us know how the activity goes! We'd love to hear from you or receive pictures!

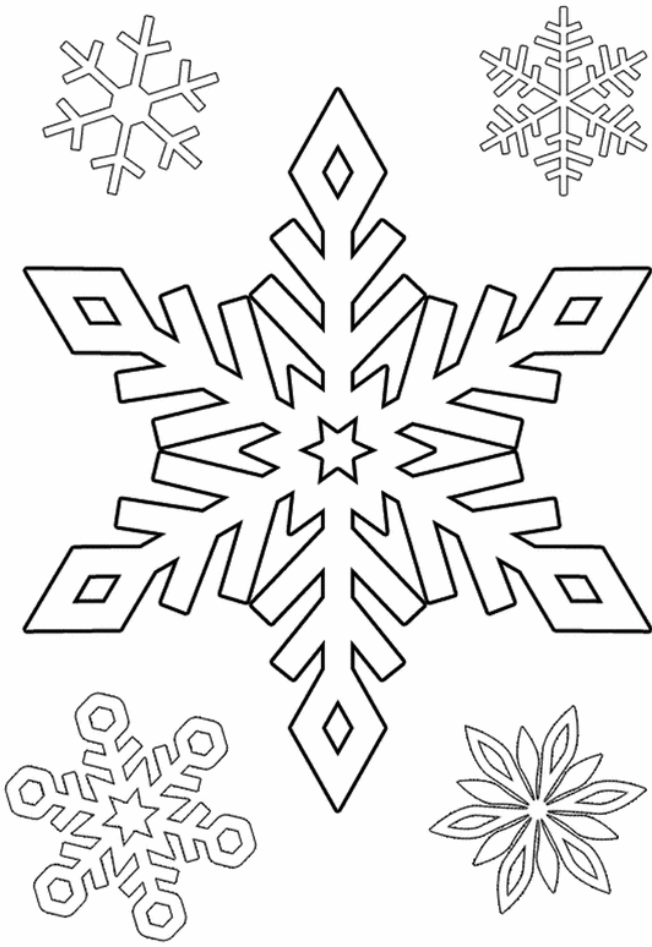


For more information about teen depression
and having a good mental health, check out
our website!
www.erikasighthouse.org



This holiday season, we wish you icy
cold snowflakes, steaming hot
chocolate, endless belly laughs, and
plenty of warm hugs.

Warmest thoughts and best wishes,

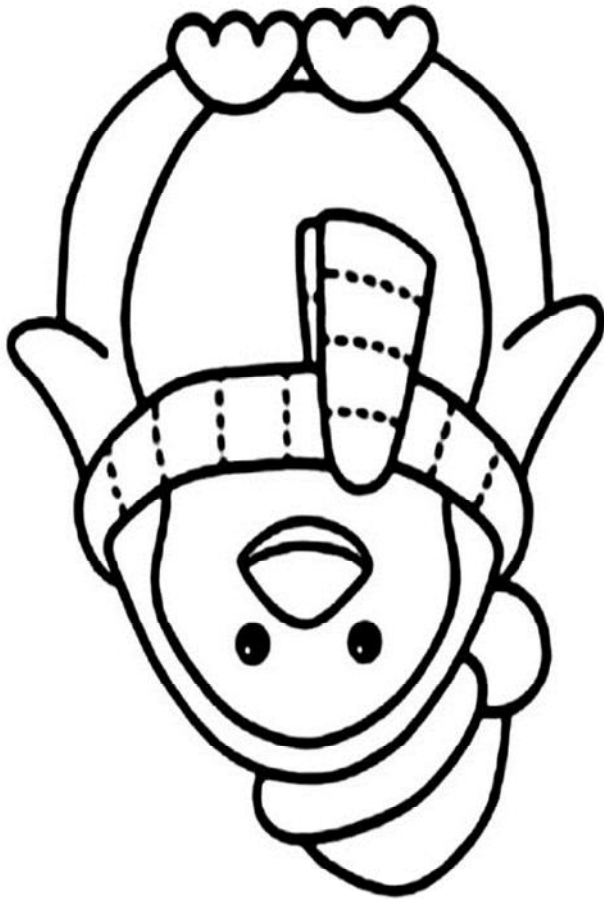


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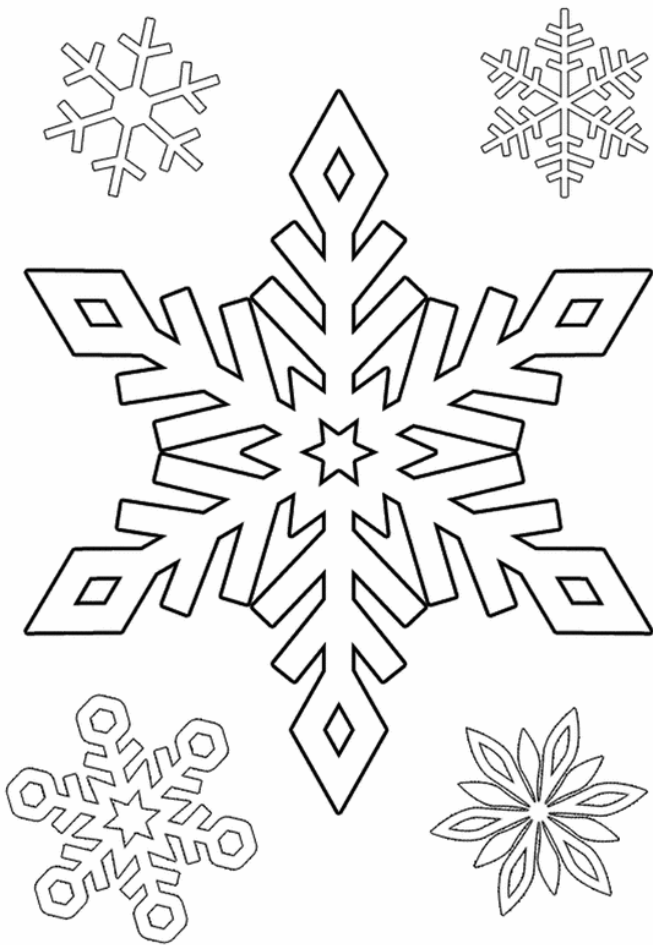
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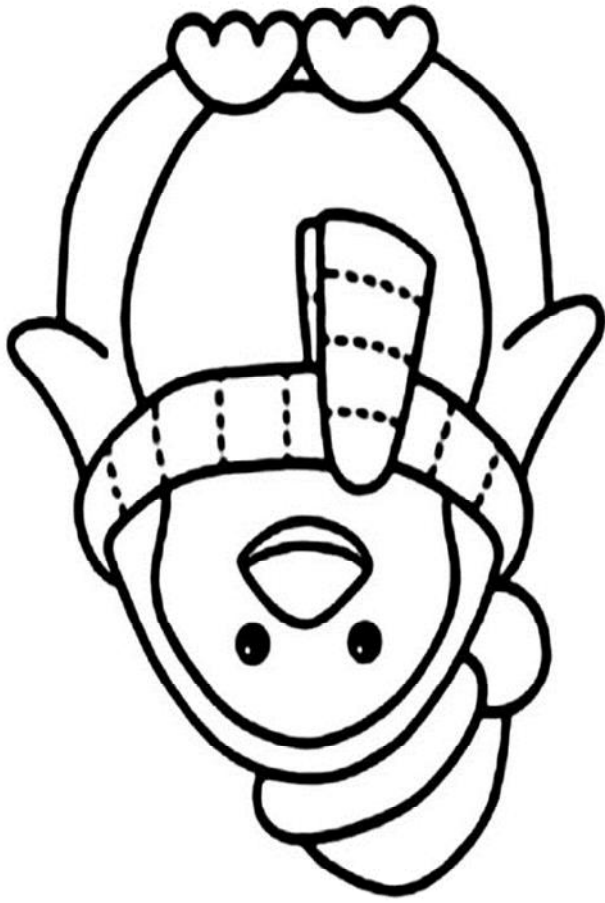
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