

LESSON 2 FACILITATOR INSTRUCTIONS

Lesson Overview and Objective

TOTAL INSTRUCTION TIME

45 minutes

FORMAT

Small Group Work and Small Group
Presentations to Full Class

PARTICIPANTS

Lead Instructor/Co-Instructors
(Classroom Teacher and/or Mental Health Staff Person)

Lesson 2 of *The Erika's Lighthouse Program* is designed to increase students' empathy and understanding of what it might be like to experience depression as a high school student.

The class will break into small groups. Each small group will read about the experiences of one of the primary students featured in the video.

They will learn more about risk factors that might contribute to depression, challenges a student with depression might encounter, people and activities that can be helpful when you have depression and what young people say they have learned from their experiences with depression.

Each group will create a mini-poster about their student to present to the class.

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MATERIALS

- Lesson 2 Student Packets

There are 6 different packets for this lesson, one for each of the primary students featured in the video (Mac, Jasmine, Callie, Mason, Edgar and Alan).

For this lesson, you will break your class into 6 small groups, one for each student in the video. Each small group will focus on one of the students.

Print/copy packets for each group. Each group member will need their own copy of their assigned student's packet. For example, all of the students in Mason's group will need a copy of the Mason packet.

- Blank sheets of copy paper for the group mini-posters.
- Optional art supplies like markers and colored pencils for creating mini-posters (students can also just use pen and pencil).

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LESSON 2 OUTLINE

- 5 minutes** Break class into 6 small groups and assign each group a different student from the video. Hand out packets to each member of the group. Read the packet introduction aloud. (The introduction is the same for all 6 packets.)
- 10-15 minutes** In their small group, students read their assigned story aloud and discuss the reflection questions.
- 5-10 minutes** The groups create their mini-poster.
- 15 minutes** Each group presents their mini-poster to the class.
- 5 minutes** Ask the class to reflect on what they learned from hearing more details about these students' stories and if they noticed any themes across the stories.