

“Welcome Back” Care Packages for Students Returning to School after a Hospitalization or Extended Absence

Students and sponsors in the Teen Club can create care packages to give to a student when he/she returns to school after a hospitalization (for mental health or physical health reasons) or extended absence.

Your school social workers or counselors can keep the care packages 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 or panel don't know students' identities because social workers or counselors give out the care packages) while giving students in your club or panel an incredible opportunity to show support to their fellow students in your building.

Students created a welcome back card and included a few snack items, new school supplies, and a couple stress-relieving activities in their care packages. Your students can custom design their own student care packages and decide what they'd like to include.

Other items you might consider including (the options are endless!):

- 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
- Snacks like 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.)

On the next page 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.

Returning to school after a hospitalization or extended absence is a very stressful experience. This is a meaningful way for students in your club or panel 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 image you'd like)

We missed you!
We're so glad you're back!



Erika's Lighthouse

For more information and statistics about depression, check out our website! www.erikaslighthouse.org

Get Depression Out of the Dark®