

Send some Encourage-Mint!



Materials

- Encourage-mint notes (see next page)
- Mints of any kind (individually wrapped)

Assembly

- Cut out Encourage-Mint notes
- Attach a mint

Application

- Put together the note and a mint and hand them out to students to spread positivity around school.

For more information on teen depression, check out
www.ErikasLighthouse.org



Erika's Lighthouse

A little Encourage-Mint!



For more information on teen depression, check out
www.ErikasLighthouse.org

A little Encourage-Mint!



For more information on teen depression, check out
www.ErikasLighthouse.org

A little Encourage-Mint!



For more information on teen depression, check out
www.ErikasLighthouse.org