

Test Week Goodie Bags



Materials

- A pencil
- A lifesaver or other piece of candy
- An inspirational quote
- Piece of paper listing resources at school that students can tap into if they need either emotional or academic support

Assembly

- Put together a goodie bag for your fellow students! Popular items include:
 - a Finals Study Tips Handout to pass out with either hot chocolate (before Semester 1 finals) or lemonade (before Semester 2 finals).
 - a pencil
 - inspirational quotes
 - information about where to get emotional or academic support in school

Application

- Hand out to students during finals week for encouragement!

Let us know how the activity goes & send photos to ilana@erikaslighthouse.org

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



Erika's Lighthouse