

Pumpkin Patch



Materials

- Pumpkin Patch flyers/instructions
- Pumpkin (see next pages)
- Bulletin board/poster
- Pens/Markers
- Staples or tape

Assembly

- Find a spot in the school to lead this activity (a table in front of a blank bulletin board or poster)
- Copy the pumpkin templates and cut out for students and staff to fill out
- Have pens or markers available for students and staff to use

Application

- Carve out some time to relax. Have students and staff decorate a pumpkin (real or cut-out) for the Erika's Lighthouse Pumpkin Patch and share a way to de-stress.

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



Erika's Lighthouse



October isn't
only for
pumpkin
carving...

It's also a great month to carve out
some time to de-stress!



Decorate a
pumpkin for the
Erika's Lighthouse
Pumpkin Patch and
share a way you
like to de-stress.



When I've carved out some time to relax
I like to:



When I've carved out some time to relax
I like to:



When I've carved out some time to relax
I like to:

Erika's Lighthouse Pumpkin Patch



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