Footprint Activity

Materials

- Instruction poster
- Fact footprints
- Trusted Adult footprint
- Blank footprint
- Tape
- Scissors (optional)

Assembly

- Print the Fact footprints. There is also a blank footprint for you to customize with information about your organization.
- You can cut out the Fact footprints or leave them as a whole sheet of paper.

Application

- Attach the Fact footprints to the walls leading to the office of a trusted adult.
- Attach the trusted adult footprint to the door to their office. The trusted adult may want to have a bowl of lifesavers on their desk to encourage students to introduce themselves.

Share with us how the activity goes! <u>Facebook</u> <u>Twitter</u> <u>Instagram</u>

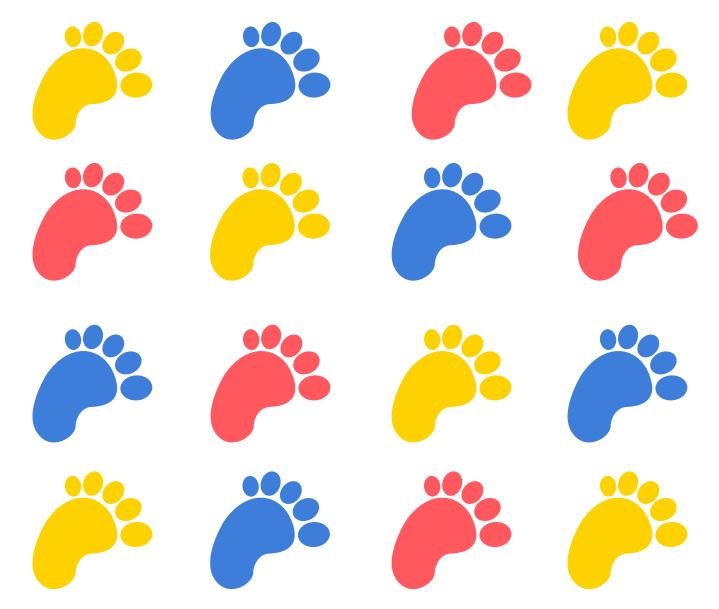
For more information on teen depression, check out www.ErikasLighthouse.org



Have you seen the footprints around the builling?

Follow the Footprints

to learn more about good mental health and get to know the trusted adults who are hear to support you!





Mental Health is about our feelings, thinking, emotions and moods.



Everyday feelings come and go and are a normal reaction to what is happening in our everyday lives.



Overwhelming feelings hang around for a long time and change the way we feel and behave.



Too much stress can lead to overwhelming feelings.



Coping skills can help with overwhelming feelings. These include exercise, mindfulness activities and journaling.



If you are concerned about yourself or a friend, talk to a trusted adult. A trusted adult is someone who is reliable and dependable.



Welcome! We're so glad you made it! I'm a trusted adult you can talk to if you're concerned about yourself or a friend.

Come on in and Let's Talk!



