

Empowerment Pumpkins

Supplies needed:

A small pumpkin for each student

Permanent markers

This activity can be done in a variety of ways. Each student uses a pumpkin to brainstorm and write statements that are empowering and protective factors for their mental health. Examples include:

- 1) Each day for the month of November, students write one thing they are grateful for. Focusing on gratitude has been proven to be a protective factor for mental health.
- 2) Students use pumpkins to write on and have a visible reminder of their protective factors (ex. My basketball team, my Uncle, my friend, hiking in nature, etc).
- 3) Students write their name on a pumpkin, then pass their pumpkins to their classmates, who each contribute a statement that empowers that student (thank you for being a good friend, I love your smile, you are inspiring, you are great at math, etc).
- 4) Show an empowering or inspiring video (examples from youtube include: "everyone dies but not everyone lives" and "to this day"). Then prompt students to write self-empowering statements on their pumpkins (ex. I am enough, I am strong, I am beautiful, etc).



Students can bring their pumpkins home, or display them in the classroom or another area of the school.

