

Luminary Activity

Materials

- Small white bags (available at any craft store); *recommended size 3.5 in x 2 in x 6.75 in*
- Thumbtacks
- Tape
- Tea light candles or LED tea lights
- Small piece of cardboard



Assembly

- Print out the luminary template (or create your own)
- Cut a square around each image of the templates
- Tape one of the images to a white bag
- Insert a small piece of cardboard inside the bag to prevent poking holes on the opposite side.
- Use the thumbtack to poke holes around the outline of the image.

Application

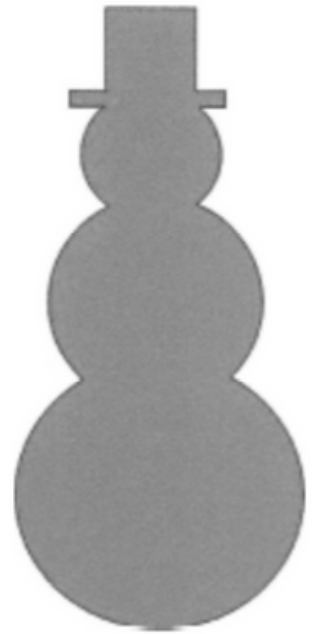
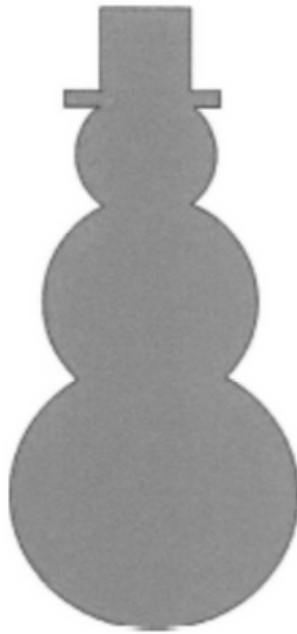
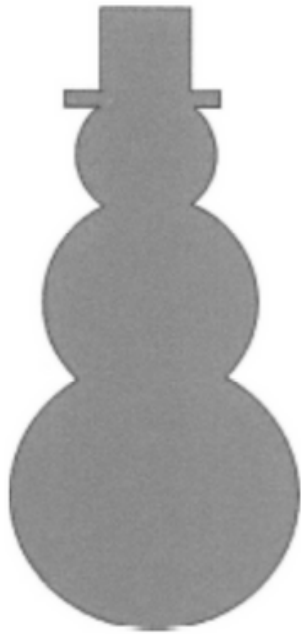
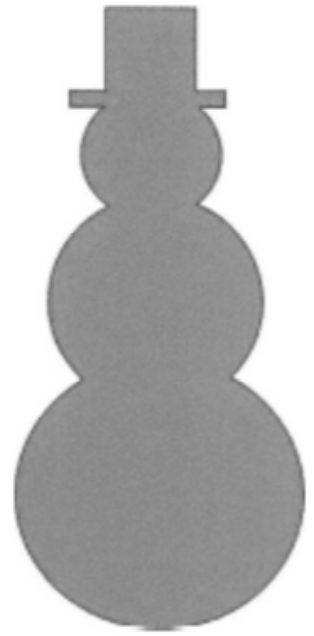
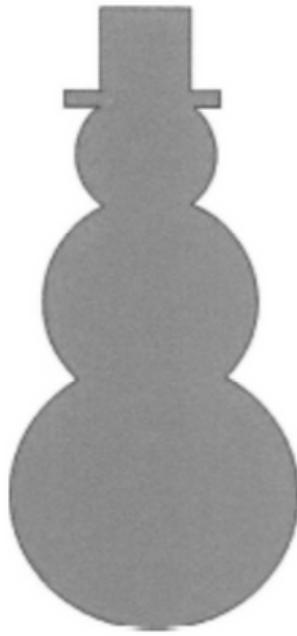
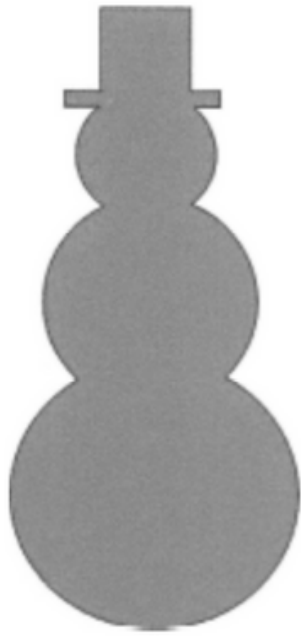
Once finished outlining the image, remove the template from the paper bag and the cardboard from the inside of the bag.

Open the bag and insert the tea light of your choice.

Light the candle, or turn on the LED tea light, and enjoy your luminary to help Get Depression Out of the Dark!

We'd love to see photos of your luminaries! Please send to ilana@erikaslighthouse.org

Be sure to check out more Awareness into Actions Activities at www.erikaslighthouse.org/resources/



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