

#HelloYellow

A LITTLE YELLOW GOES A LONG WAY

for young people's mental health

8 October 2021



Why are we wearing
yellow?



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It's normal to have ups and downs – and this year might have felt a little more down than up. But it's the little things that have got us through it.

Wearing yellow on Friday 8th October is a little thing we can do to make a big difference. We will celebrate the little things we can do to look after ourselves and support each other, and together, we can show young people they're not alone with their mental health.

The more people who show they care, the more comfortable young people will feel about talking to someone if they're struggling.

YOUNGMINDS

What we will do in school this week:

- During the Learning for Life lessons with the Mentors, we will be doing some fun activities. We will be doing things like a photo booth, baking, quiz, colouring, word search and a sunflower display.
- On Friday the staff and students can wear something yellow to help raise awareness about Mental Health. This could be a top, scarf, jewellery or any yellow accessory.
- There will be a cake sale on Friday, which the students can just give a small donation in, to raise funds for Young Minds.

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