

Take part in the **#HelloYellow** Challenge

It's normal to have ups and downs – and this year might have felt a little more down than up. We've all had worries about school, feeling alone, stress at home and uncertainty about the future. But things can get better. Saying **#HelloYellow** this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health.

Sometimes it's the little things in life that we often take for granted which make all the difference and brighten up our day. That's why this year we want to give your students a challenge! Can they complete these three little acts of kindness to brighten someone's day and spread some joy?

The three step **#HelloYellow** Challenge:

Tick the box once completed!

1 Say something kind to a teacher

2 Wave and smile at a friend

3 Tell a joke to try and make someone laugh!

Don't forget to encourage donations. Students may want to ask their parents to donate **£2** for each action they complete on **#HelloYellow** day, or even set up their own fundraising page and connect it to our campaign ([justgiving.com/campaign/helloyellow2021](https://www.justgiving.com/campaign/helloyellow2021)).

You can download the **#HelloYellow Challenge** to share with your class in our **#HelloYellow Resources Hub** ([youngminds.org.uk/hy-resources](https://www.youngminds.org.uk/hy-resources)).