

Invent your own superhero



Sometimes, all you need is pens, paper and a bit of imagination. On 8 October, why not encourage your students to **invent their own superhero for #HelloYellow**. One rule, include yellow! The rest is up to them, they can be as creative as they like.

Top tip: Try drawing with your eyes closed or not taking your pen off the paper to add an extra challenge.

Super powers: Which super powers might your superhero have? Why not theme them around World Mental Health Day? They could be the world's best listener, the most amazing friend or have the power to show every young person in the world that they're not alone.

Superhero badge: You could ask children to design a badge filled with all the things that make them feel happy.

Most importantly, we want you to enjoy the day, so have fun!

We're happy to support you in any way possible so just email us at helloyellow@youngminds.org.uk or give us a call on 020 7089 5050 if you have any questions.

#HelloYellow