

And breathe...

Start the day with a 30 second breathe bubble.

Strength in the class

Identify strengths in the class and what the word 'strength' means to you.



Paint the classroom

Use a big sheet of paper and share as many ideas, drawings and phrases around the little things important to you.

Find the positives

Look back at one good thing that happened today, this week or at the weekend.

A little **yellow** goes a long way

Pick an activity to celebrate the little things and support each other's mental health.

Let's make this the best **#HelloYellow** yet!

Unleash your super senses

Channel your inner superhero and be aware of what is happening around you.



Take control

Design your own remote control with things that help you stay calm.



Express Yourself

On the count of three, use anything and everything that represents you.



Activity 1: Practice calm breathing

🕒 5 mins

- During tutor time, help the class catch their breath.
- Get everyone to take part in some breathing exercises to bring instant relaxation to your day.
- There are lots of videos on YouTube that can help.

Activity 7: Identify our strengths

🕒 15 mins

- Ask the group what we mean when we say strength? It could be kindness, persistence or creativity.
- In alphabetical order, ask each student to name one strength of the person next to them.

Activity 6: Design a class graffiti wall

🕒 20 mins

- Brainstorm and discuss what #HelloYellow is and list the little things that are important to their mental health.
- Ask your pupils to share as many ideas, drawings and phrases they can think of, and display this for the whole class to see.

Activity 2: How many positives

🕒 15 mins

- Using a piece of paper, get the class write the positives, e.g. one good thing that happened today, this week or at the weekend.
- Explain that sometimes we can get in the habit of noticing the negatives more than the positives.
If we do our best to focus on the positives, it can make a big difference to our mood and levels of happiness.

Activity 3: Practice grounding techniques

🕒 10 mins

- Try out your new powers by focusing on your five senses: listen, look, touch, smell and taste.
- Notice more in your environment by paying attention to the smallest details.
- Explain to the class how this can help them to focus or calm down when needed.

Activity 4: Design your remote control

🕒 20 mins

- Ask your pupils to design their own remote control.
- Label each of the buttons with the things that help them to stay calm and in control.
- This may be going for a walk, taking deep breathes or speaking to a friend.

Activity 5: Celebrate what makes you, you

🕒 10 mins

- Ask your pupils to use anything and everything that represents them and ask them to take a picture of that moment.
- At the end of the exercise, if your pupils want to, encourage them to share their picture with the class and explain why this is them and what they represent.

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difference to young people's mental health.

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pictures of your classroom activities at
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