

# And breathe...

Start the day with a 30 second breathe bubble.

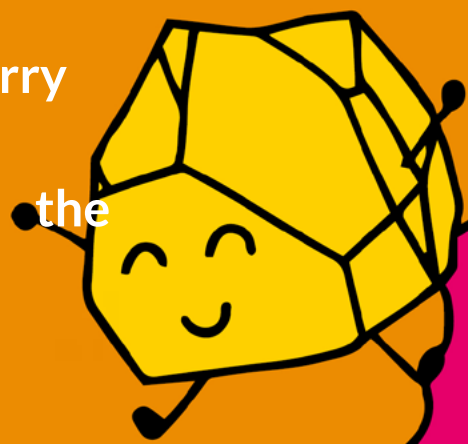


Have a little giggle

Try laughter yoga with the whole class.

# Tell the worry rock

Design your own worry rock and whenever you're worried, let the worry rock know.



# Let it grow

Spend time outside with daffodil planting.



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!

# Which is my lemon?

Study your lemon and find it among the rest.



# Paper chain of kindness

Identify your support network by drawing those close to you.



# Celebrate good times

Get the class dancing to their favourite songs on the **#HelloYellow** playlist.



## 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 2: Plant some daffodils

🕒 10 mins, once a day

- Spend time outside for the class to grow their own daffodils.
- Each day make new connections with nature.
- Explain to the class that big changes can come from the littlest thing.

## Activity 3: Which is my lemon?

🕒 15 mins

- Ask your pupils to bring in a lemon and spend time studying it.
- Look at the size, the skin, the shape, the smell.
- Place the lemons in a bowl and see if they can find theirs, based on the things they studied.

## Activity 7: Explore laughter yoga

🕒 5 mins

- Ask the class to sit in a circle and laugh at everything and anything.
- What will start as a fake laugh will become a free flow of class happiness!

**Please donate  
to YoungMinds**

## Activity 4: Design paper chains

🕒 30 mins

- Help pupils identify their support networks.
- Using coloured pens and paper, ask your pupils to draw themselves in the middle of the paper chain.
- Then ask them to draw those who and what is important to them on either side.

## Activity 6: Decorate a worry rock

🕒 20 mins

- Spend 20 minutes decorating a rock from the playground.
- Explain that when we feel worried it can help to talk about it or write it down. The worry rock is a great listener, and sometimes sharing your feelings with it can help take those worries away.
- Let them know that when they feel worried they can talk to the rock, or they can always talk to you.

**Don't forget to donate today at  
[youngminds.org.uk/donate](https://youngminds.org.uk/donate) to make a BIG  
difference to young people's mental health.**

We'd love to see what you get up to. Tweet us pictures of your classroom activities at [@YoungMindsUK](https://twitter.com/YoungMindsUK) and use the [#HelloYellow](https://twitter.com/HelloYellow) hashtag

## Activity 5: Dance with the class

🕒 10 mins

- Get your class dancing to their favourite songs on the #HelloYellow playlist and have a sing and dance together at the end of an exciting day!
- You can download the playlist on our #HelloYellow Resources Hub ([youngminds.org.uk/hy-resources](https://youngminds.org.uk/hy-resources))