



St Barnabas

Church of England Primary Academy

A member of **CDARI**

#HelloYellow

**HOW YOU
FEEL MATTERS**



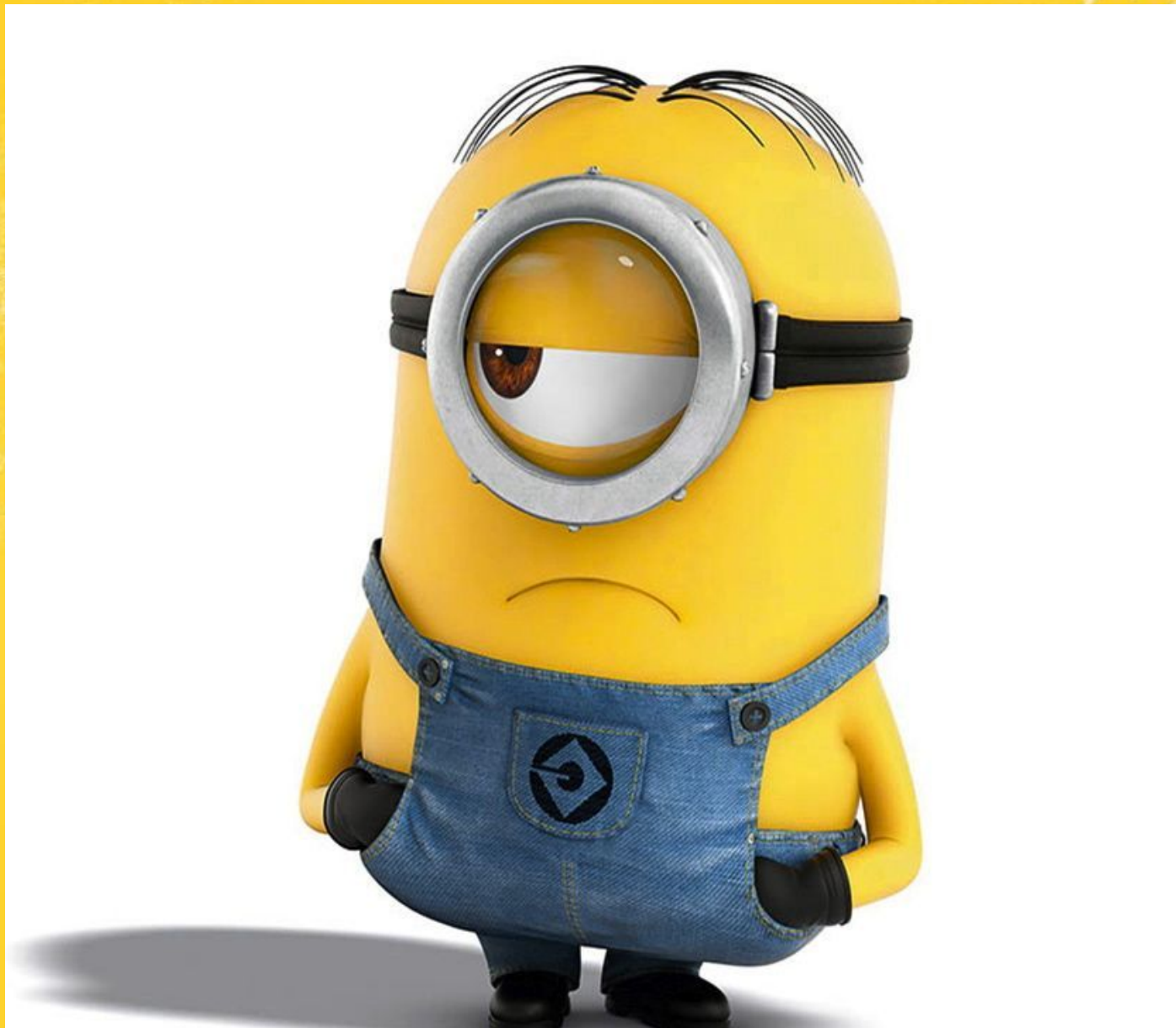
YOUNGMiNDS



HD
HAPPY

Who has ever
felt like this....?





sad or lonely?



happy or
excited?



cross or angry?

**scared or
worried?**





loved?



Stressed or tired?



Ill or poorly?

WHAAAA?!?!?



confused?

WHY ARE WE WEARING YELLOW?

This World Mental Health Day, we're wearing yellow to show young people that how they feel matters.

By wearing yellow and raising money for YoungMinds, we can show our support for each other and help YoungMinds create a brighter future for young people to make sure they get the support they need with their mental health.

However you are feeling, it matters. We want you to know that you're not alone with your mental health. Look around you – what can you see? Yellow!

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

#HelloYellow

YOUNGMiNDS

WHERE TO GET HELP

Feeling small is a big thing. If you're worried about how you're feeling, you are not alone. Remember you can talk about your feelings to an adult you trust.

The YoungMinds website also has practical tips from young people with advice on looking after yourself, as well as information on how to find help.

Visit youngminds.org.uk to find out more

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YOUNGMiNDS

TALKING MENTAL HEALTH

TALKING
MENTAL
HEALTH

#HelloYellow

UNGMiNDS

Morning Affirmations for Kids



- ☀️ I am strong and determined.
- ☀️ I choose my attitude.
- ☀️ I am capable.
- ☀️ **I matter.**
- ☀️ I can get through anything.
- ☀️ I will have an amazing day.
- ☀️ I am ready to learn.



**IT'S OKAY
TO MAKE
MISTAKES**

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**I LEARN
EVERYDAY**

#HelloYellow

**TODAY IS
GOING
TO BE A
GREAT
DAY**

#HelloYellow

**I AM
LOVED**

#HelloYellow

**IT'S
OKAY TO
ASK
FOR
HELP**

#HelloYellow

**I AM
GOOD AT
LOTS OF
THINGS**

#HelloYellow

**I AM
KIND**

#HelloYellow

**I AM
BRAVE**

#HelloYellow

**I AM
FUN**

#HelloYellow

**I MATTER
IN THIS
WORLD**

#HelloYellow

**MY FEELINGS
MATTER**

#HelloYellow

**I AM
IMPORTANT**

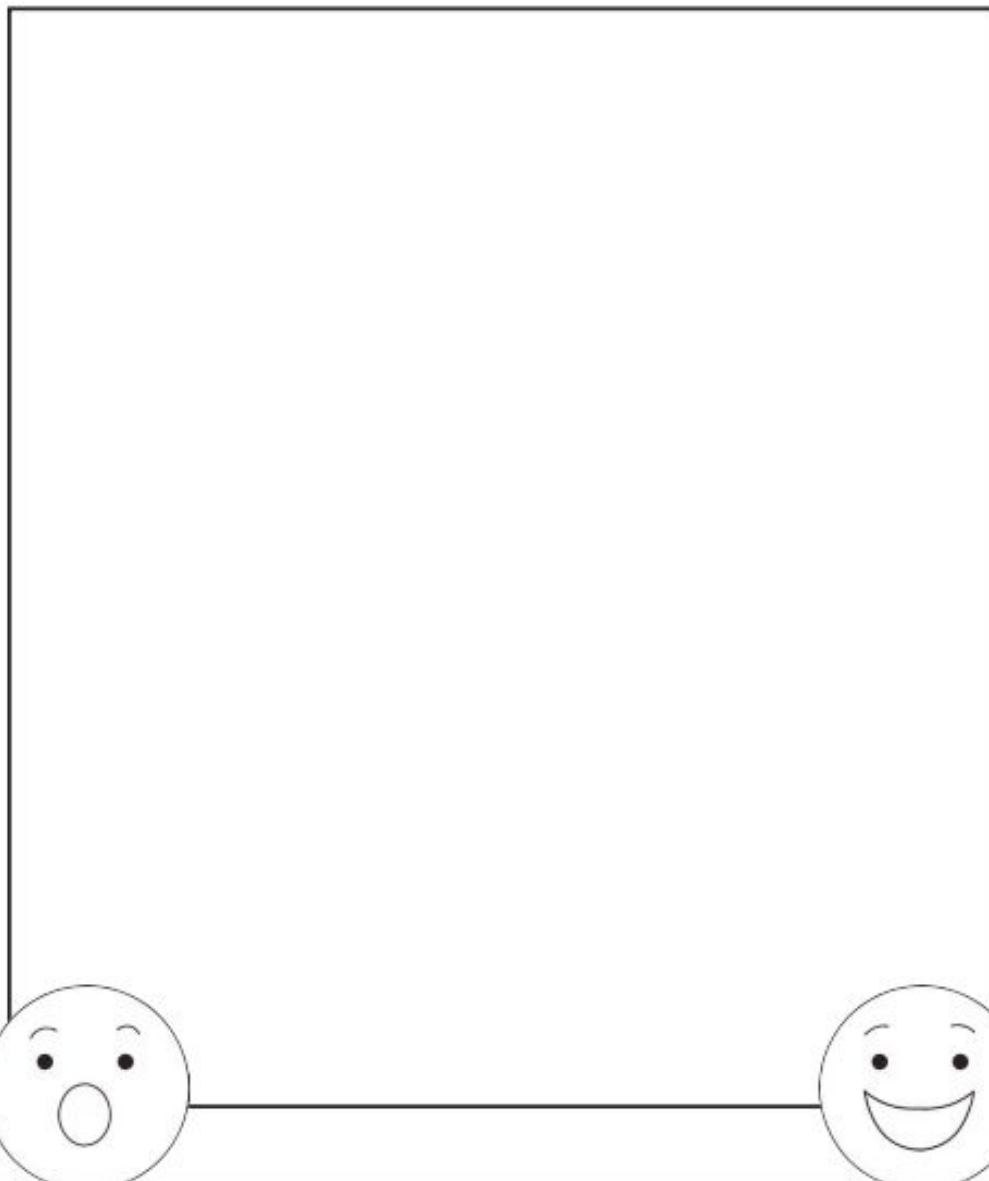
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HOW YOUR FUNDRAISING WILL MAKE A DIFFERENCE

- **A donation of £5** will help young people share their mental health experiences, which will reach thousands more young people and give them hope during a difficult time.
- **A donation of £10** ensures a Helpline Volunteer is on the end of the phone to provide information and support to distressed parents. They need our support more than ever.
- **A donation of £30** gives a parent or carer a 50-minute telephone call with a qualified mental health front line worker, who can provide clinical advice and guidance.

Emoji Design Sheet

Create your own emoji character in the space below. Your emoji could be male, female or an animal. You could accessorise your character or add a background.



A PRAYER FOR WORLD MENTAL HEALTH DAY



Loving God,
be with all who struggle with their mental health,
and all who support them.

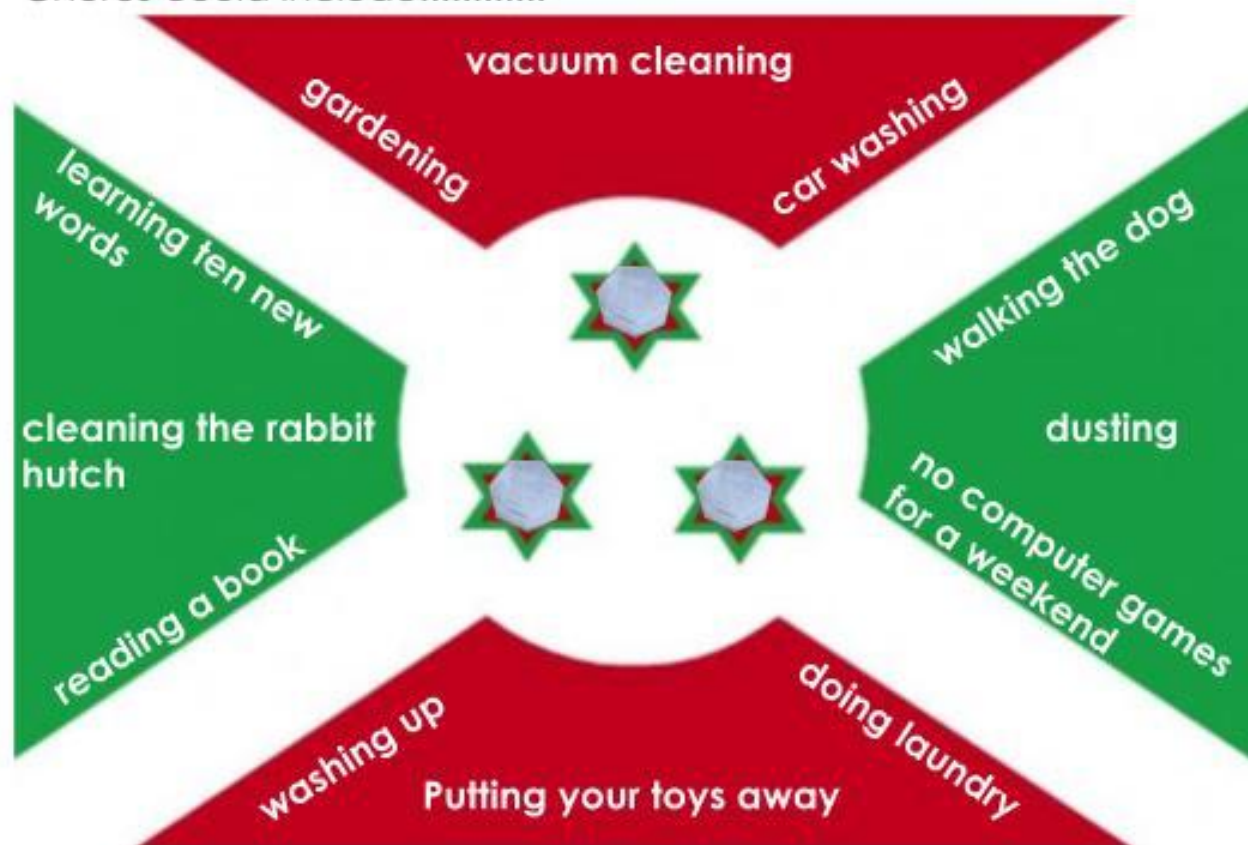
Give each of us faith to see beyond the troubles of this time,
hope to face this day and every day,
and a true sense of your love for all your people,
revealed in Jesus Christ our Lord.

Amen.

The Burundi Harvest Challenge

The Chores

Rather than just donating £1.50, we are asking each child to show kindness at home in exchange for donations for Burundi. Your kind donation of 50p per chore completed will help our St Barnabas family to make a huge impact on the lives of Burundi communities. Chores could include.....



The Cause

Mothers' UNION

Christian care for families

The Mothers' Union want to train specialist volunteers who will visit different communities twice weekly across three regions in Burundi and teach valuable literacy and numeracy skills. This will particularly enable women to progress and understand new concepts such as how to start a business, different agricultural techniques and crop diversification. Once adopted, women will eventually be able to increase their household income.



Most people in Burundi (71%) live on just £1.50 per day!



Build Up

**Every word you say
Every game you play
Every silly face
Every single place**

**You can build up, 1,2,3,4,5...
or you can tear down**



***Build up one another
Build up your sisters
and brothers
Build up one another
Build up***



**Every joke you tell
Every name you spell
Everywhere you go
Everyone you know
You can build up,
1,2,3,4,5...
or you can tear down**



***Build up one another
Build up your sisters
and brothers
Build up one another
Build up***



Can you build up
(*We can build
up!!*)

Can you build up
(*Yes we can!!*)



**Every song you sing
Every bell you ring
Everything you spend
Every special friend
You can build up,
1,2,3,4,5...
or you can tear down**



***Build up one another
Build up your sisters
and brothers
Build up one another
Build up***

THANK YOU!

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