



St Barnabas

Church of England Primary Academy

A member of **CDARI**

#HelloYellow

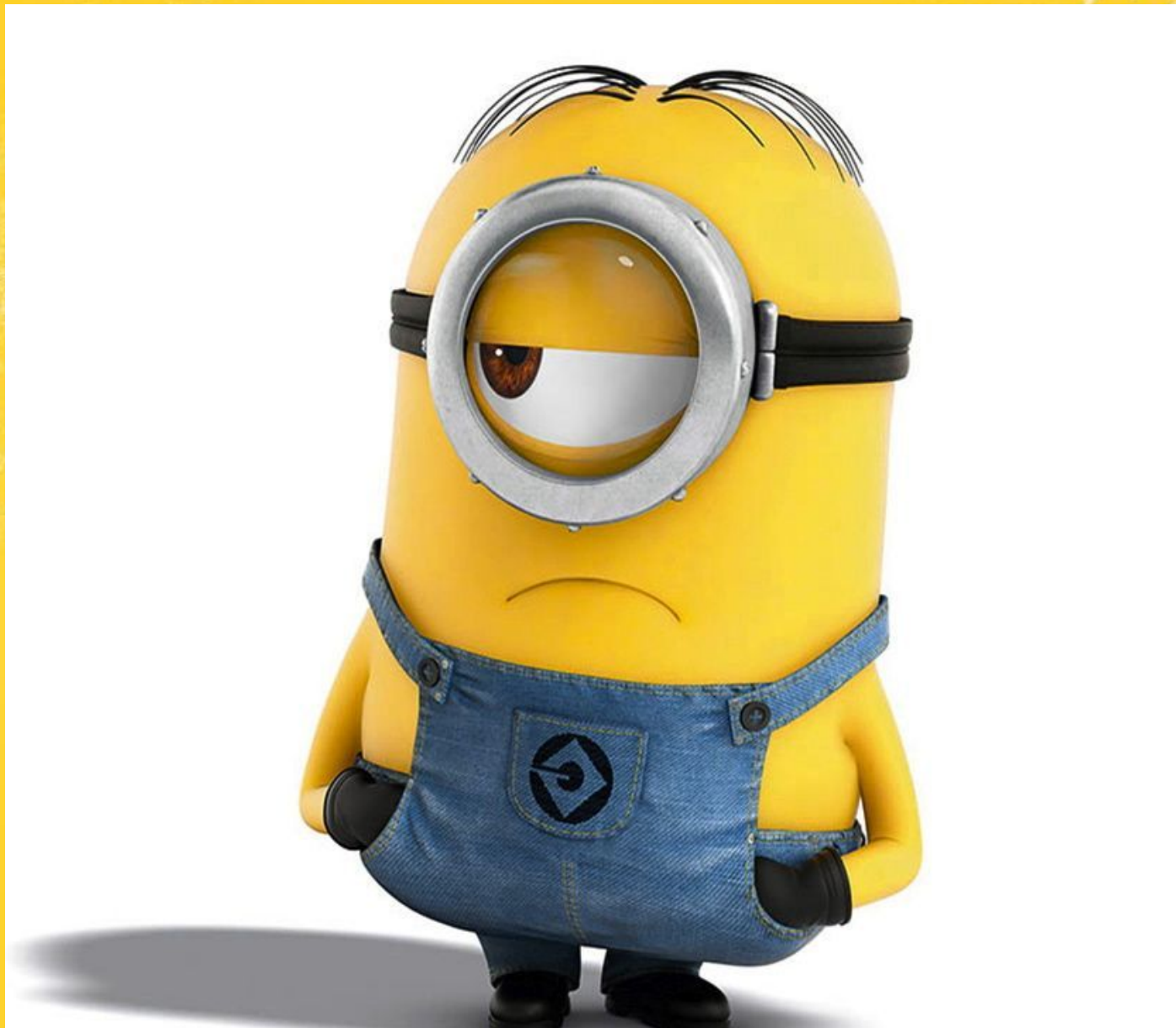


YOUNGMiNDS



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 stand out and show up for young people's mental health.

By wearing yellow and raising funds for YoungMinds, we're showing young people that we're with them. We're showing them that they matter and deserve the support they need, when they need it, no matter what.

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 stand out and show up, the more comfortable young people will feel about talking to someone if they're struggling.

SEE HOW THIS PRIMARY SCHOOL

TOOK PART IN #HELLOYELLOW!



#HelloYellow

M&S | YOUNGmINDS

WHERE TO GET HELP



However you are feeling, it matters.

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 getting how to find help.



VISIT [YOUNGMINDS.ORG.UK](https://www.youngminds.org.uk) TO FIND OUT MORE

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**

#HelloYellow

**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**

#HelloYellow

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.



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!

#HelloYellow

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