



St Barnabas

Church of England Primary Academy
A member of **CDARI**



**Wear
it loud.
Wear
it proud.**



**Hello
Yellow**
THURS 10 OCT

M&S | **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?

Where to get help

Sometimes, it can be hard to understand your feelings and things can feel overwhelming. But there are ways to feel better and you are not alone.

Asking for help from an adult your trust is always okay. The YoungMinds website also has practical guidance to help you look after yourself as well as advice on how to get help.

Remember, your feelings are valid and things can get better.

Find out more at
[youngminds.org.uk](https://www.youngminds.org.uk)



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Your time,
your words,
your presence



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Spirituality



“Spirituality is about our relationships with ourselves, our family, friends, those around us, to God and to all of creation.” Prof. Ursula King

Windows



Learning about life in all its fullness

Opportunities to look out at the world to learn, to gaze, to wonder and become aware of the world in new ways. To wonder about life's 'WOWs' (things that are amazing) and 'OWs' (things that are worrying or upsetting).

**I wonder.....
Why did that happen?**

Mirrors



Learning from life

Opportunities for us to reflect on our experiences, to consider some of the BIG questions of life and consider some possible answers. Exploring our own insights and perspectives, and those of others.

**What happened?
How did it make you feel?**

Doors



Learning to live by putting into action what you believe

Opportunities to respond to our experiences. To **DO** something creative in order to express, apply and further develop our thoughts and ideas. Becoming inspiring change-makers and Courageous Advocates.

**How can you make a difference?
What could you do?**

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.

#HelloYellow

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See how this school took part in Hello Yellow



#HelloYellow

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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

YOUNGMiNDS