

### St Barnabas

Church of England Primary Academy A member of CDARI



### Wear it loud. Wear it proud.





# Who has ever felt like this...?

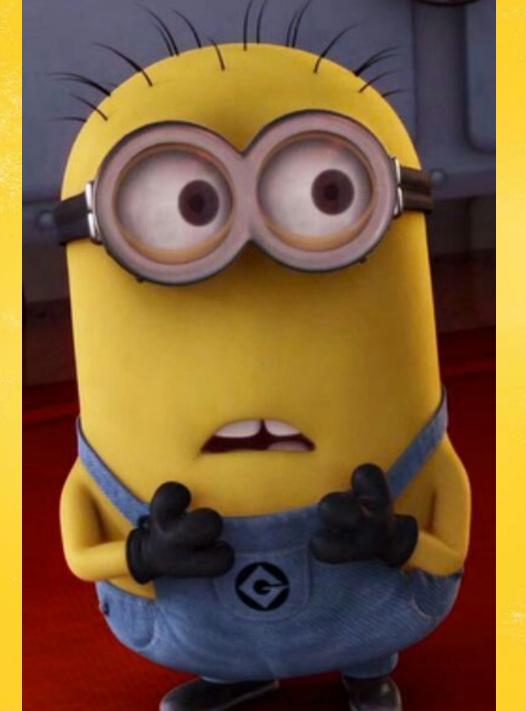




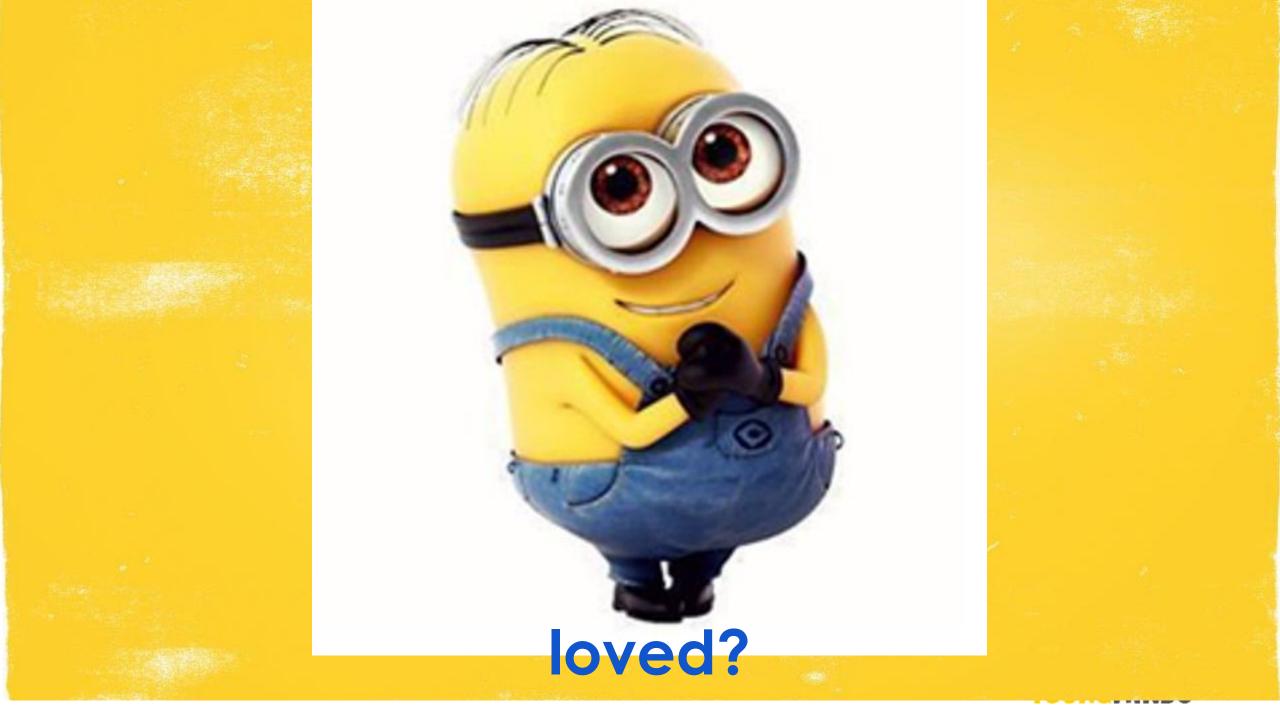


# Cross or angry?

### scared or worried?













ill or poorly?





### WHAAAA?!?!



confused?





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.

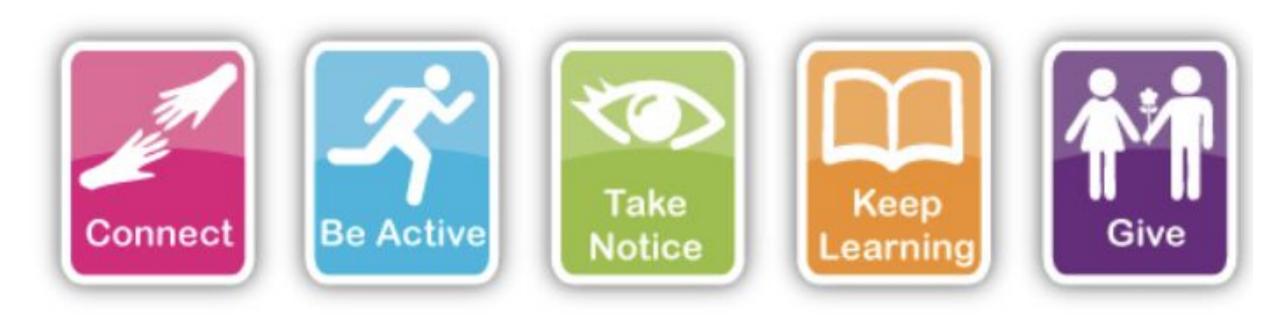
Remember, your feelings are valid and things can get better.

Find out more at youngminds.org.uk

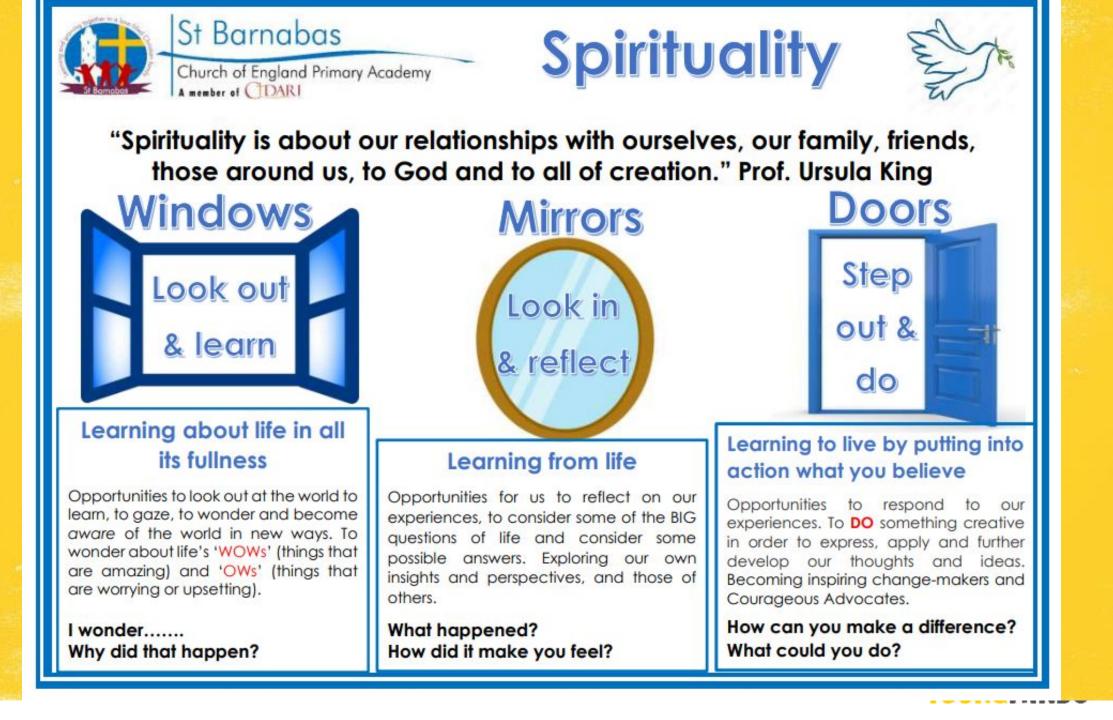
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YOUNGMINDS

#### **#HelloYellow**







# 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 school took part in Hello Yellow









### Morning Affirmations for Kids



I am strong and determined. 🔍 l choose my attitude. 🙇 I am capable. 🙇 l matter.



🙇 I can get through anything. 🙇 I will have an amazing day.





### 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.







**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** 

