

## #HelloYellow

World Mental Health Day celebrates *awareness* for the global community in an *empathetic* way, with a *unifying* voice, helping those feel *hopeful* by *empowering* them to take *action* and to create *lasting change*.

10 October  
WORLD  
MENTAL  
HEALTH  
DAY



Many of our children suffer from poor mental health or have family member who suffer from mental health problems. As a service we believed it would be a great opportunity to help all our children understand that it is ok to not be ok. We also took this opportunity to make our pupils aware that we are all here to listen to any child who is struggling.

A way of celebrating World Mental Health Day, every child and member of staff wore something yellow and donated £1 to young minds. All the children were extremely excited to help spread the word that whatever you're going through, you're not alone with your mental health.

As part of Mental Health Awareness Day BBC Teach broadcasted a live lesson where a variety of children and adults spoke about how to develop a growth mindset, recognise different emotions and talk through different tips for self-care. All the children involved were very enthusiastic and engaged with the lesson and some pupils even said:

*'I feel so happy that everyone is not alone, and you can always talk to someone.'*



### The Growth Mindset and Wellbeing Lesson - Live

Watch live at 2pm on Thursday 10th October

Join BBC Teach on Thursday, 10th October 2019, with a very special live interactive lesson aimed at promoting emotional wellbeing and encouraging a growth mindset in primary school pupils aged 7 - 11.

