



#HelloYellow



Hello Yellow Day

World Mental Health Day

Learning Collection
2024-25

Assembly: KS1 & KS2



LB

***"Just
be
kind."***

***"My fish make me
happy. Their names
are Goldie Tony and
Goldie Isabella"***

***"When I feel sad, I
talk to my grown
up and I feel
better"***

***"That's my mummy on
the sofa at home.
Snuggling in with her
makes me happy"***

***"I make my
daddy happy. I
always give him
his shoes"***



***"My family makes
me happy. They
have happy faces"***

***"Drawing rainbows
with mummy makes
me happy. I like
rainbows"***

***"After I get told off,
other people make
me feel better and I
say sorry"***

***"Ice-cream makes
me happy. All the
flavours"***

***"Just be like
Captain Care"***

***"I can
ask
for
help"***

DF

“My aunties make me happy, we play together”



“My brothers, we play and go to the beach”



“My mummy and my dad make me happy. My dad helps me when I fall down.”

“I like snowman, it makes me happy”

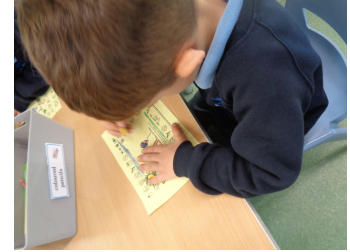


“My mummy makes me happy, I love my mum”

“The park makes me happy, I play there...and my family”

“I like the sun, the sky and my sister make me happy”

“Ice-cream makes me happy. I like chocolate”

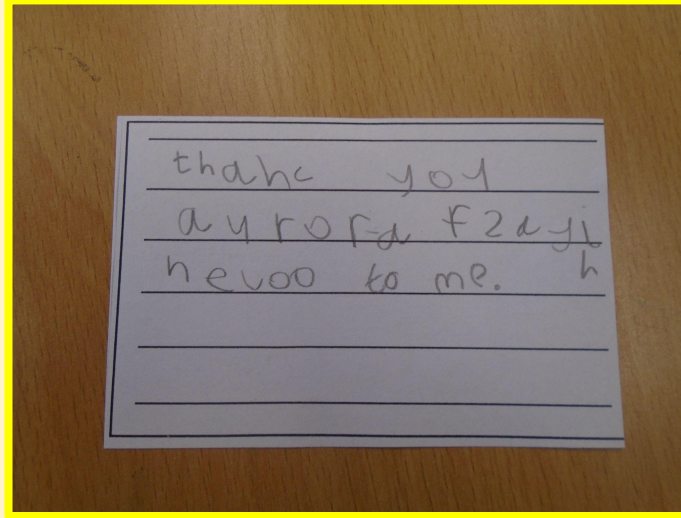


1F

"Take a drink of water...it will make you feel better"
Joseph

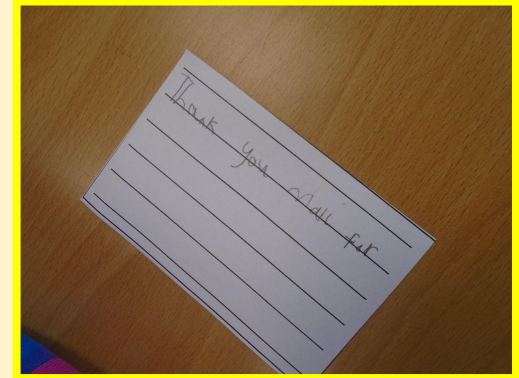
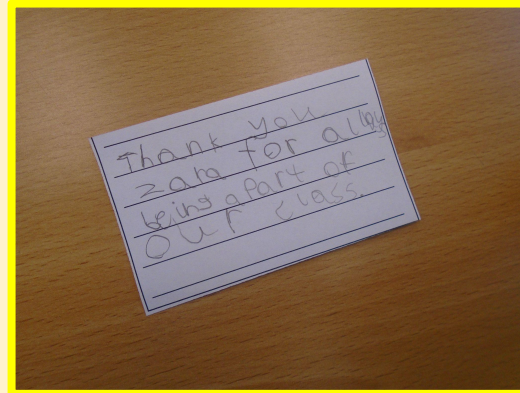


"Go and count it take 10, if you are feeling angry it makes you feel better" Mari



"You can take a deep breath...then you will be happy"
Nylah

"Do the things that you like to do...it can make you happy" Mikey



1S

#HelloYellow

Kind messages to our friends..

#HelloYellow

I luv you
You are best

You are a good friend

You are good at painting

You are fun



you are good friend

You are good at
football

Love playing with you

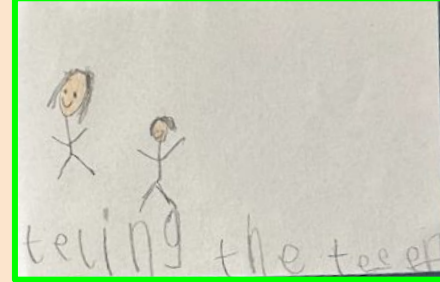
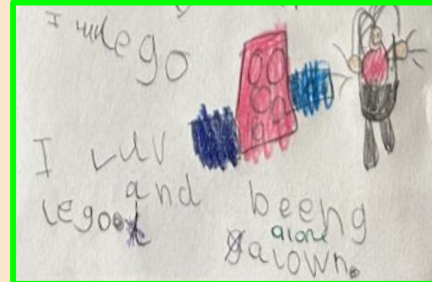
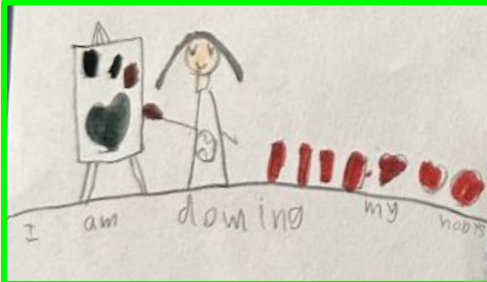
You are good at colouring



My favourite way to get back to green



my fav lego



'You are a good friend to me'

2B



'You always smile and that makes me smile'

'You are good at football'

'You care for me'

'You are so positive and kind'



Casper
Thank you for playing together with me and making me feel you are very good to be friends

Kemal
You are Strong and Positive

Maya
funny friends for being around

Luka
You are a good friend to me

Maryam
Thank you for always giving me my jacket when I forget it that makes me smile thank you!

Dingani
You always try so hard and make good choices

'Thank you for being kind'

'I like it when we play together'

'When I am feeling blue... you tell me a joke and then I feel green again'

'I feel happy because you're my friend'

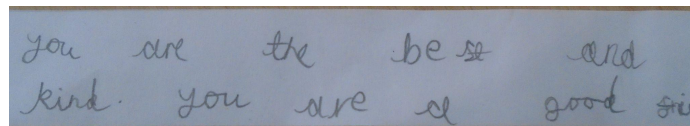
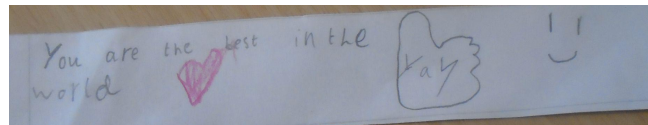
2L

"You can drink
some water."
Leando



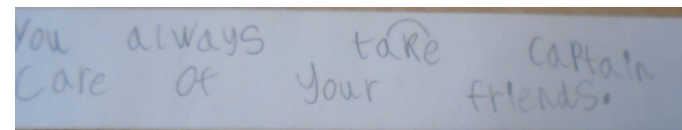
"You can go to
sleep and have
some time to
yourself." Enny

"Ask a friend
or grownup to
help you." Eliza



"If you are sad
you can play."
Amanda

"You can
cuddle your
mum and dad."
Chloe



"When you are
sad you can
read a book."
Melis

'If I have a worry like Ruby, I can talk to my adults or teachers'

Anastasia

'If you tell someone your worry disappears'

Dylan

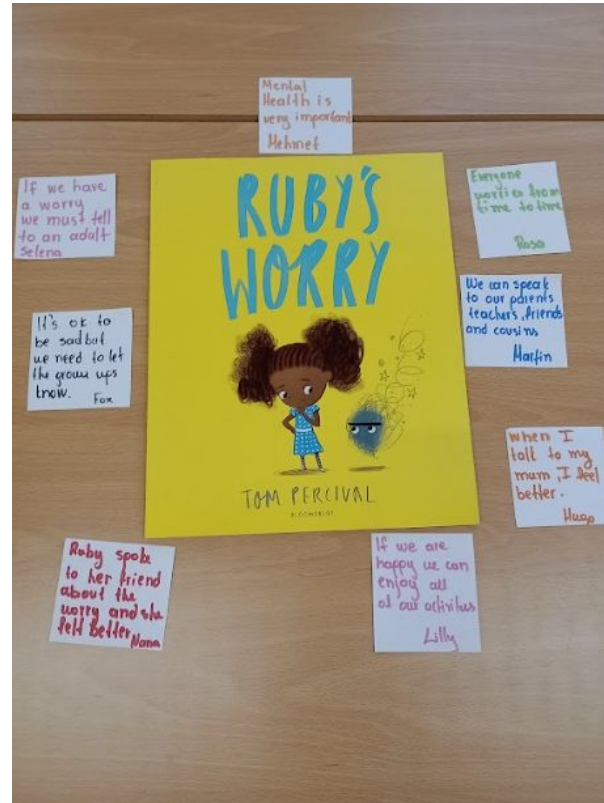
'If you feel worried you are in the yellow zone'

Husayin

'It's okay to feel worried, sometimes I do'

Jason

3B



'Everyone feels worried and scared like Ruby' **Lavin**

'Your worry won't disappear if you don't tell someone' **Joy**

'I talk to my friends if I'm feeling worried'

Aleksandra

'Speaking to someone helps and you won't feel as worried'

Hugo



3R

In 3R we all wrote each other notes of gratitude. We designed our very own envelopes to put them in!

"You work hard at school"

"You are a kind friend"

"You never give up"



I'm wearing yellow... to raise vital funds for YoungMinds

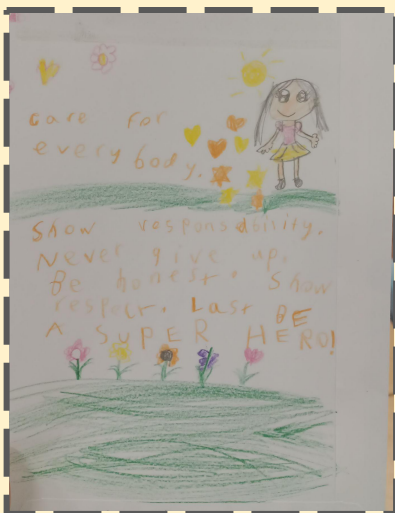
"You are great at Maths"

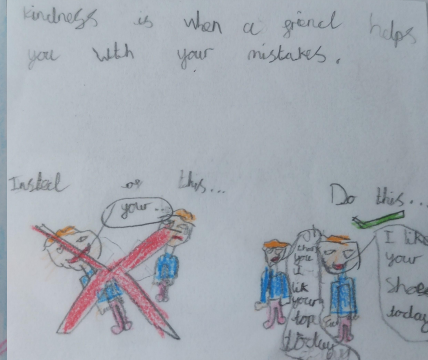
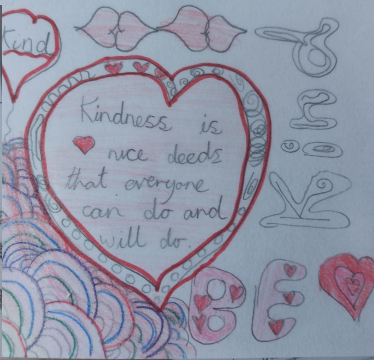
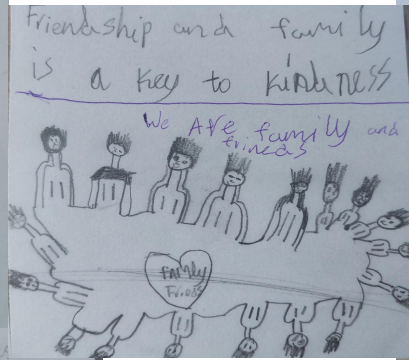
"You are very positive"

"You are really good at gymnastics"

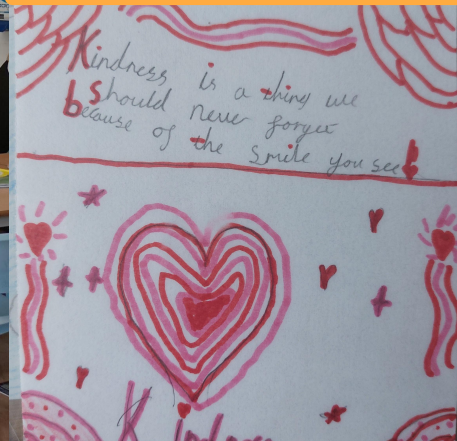
"You always volunteer to be my buddy"

"You are very funny"

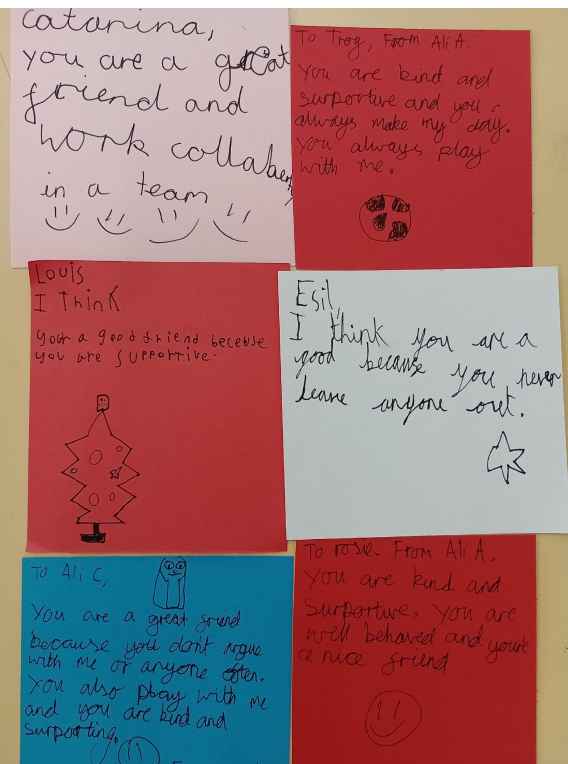




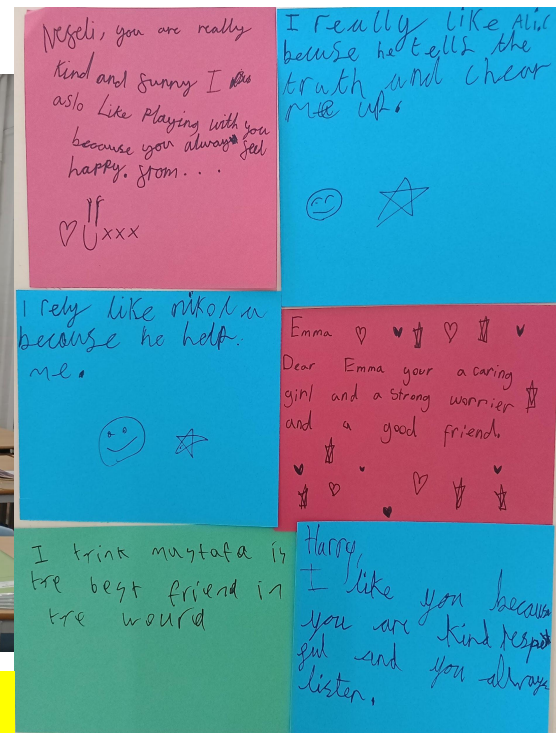
4S talked about kindness and what it means to each one of us.



4T – We wrote many kind, respectful messages to each other...



We appreciate our friends and we like giving them compliments.



5M-Thought about ways to help us when we don't feel so good

When our mental health is good, we are able to:

- feel happy and positive most of the time
- cope with challenges
- manage our feelings
- have positive relationships with others



We can help our well-being by:

- Getting healthy-exercise and hobbies
- Keep learning-try new things
- Show kindness- to others
- Connect more-by talking
- Take notice- of positives
- Embrace nature-go outside



This is the time when it helps to:

- talk to others
- take time to calm down
- could try to do some exercise
- you could do mindful colouring
- Listening to music

We can tell others how we are feeling which will help us such as our parents, adults in schools and friends who we trust.

We can remember happy thoughts and take a deep breath and calm our minds.

When our mental health isn't so good, it can be difficult to:

- manage challenging situations
- bounce back when things don't go our way
- get along with other people

5J spoke about the need to look after our mental health!

"It's normal to have good days and bad days"

"Showing kindness to others makes everyone feel better"

"To calm down we could try to remember happy thoughts or breathe slowly"

"We can talk to our friends and grownups if we're feeling down"

"When our mental health is good, we can deal with challenges better"

"If we don't have good mental health then small problems become much bigger"

"Sharing any issues with people we trust can help us"

"When our mental health is good, we feel happier and more positive"



thank you for being a kind partner and making me giggle
😊😊

Thank you for being
kind!!!

You are super funny and you always make me laugh! You make a very good friend! Happy Hello Yellow day!!!

We all wrote positive messages to others in the class. We will keep the messages we receive in our own special envelopes that we also made!

6S - Hello Yellow

We spoke about and recorded strategies we could implement when we're feeling down to help lift our moods and make us feel better!



It's OK not to feel OK!
We are all here to help at Osidge for those who need a bit more support from time to time!

