

Learning Collection

YOUNGMINDS

**Hello
Yellow**

FRIDAY 10 OCT

Young Minds Hello Yellow Day 2025:
World Mental Health Day

Assembly KS1 & KS2



LB - We talked about our feelings and how we can make each other feel better

"Hugging my mum makes me happy"

"I can give someone a smile to make them happy again"

"You can read a book in your bed to feel happy"

"You can talk to your mummy's and daddy's and grandma's and grandpa's"



"When my brother doesn't share with me, I am sad. Just share!"

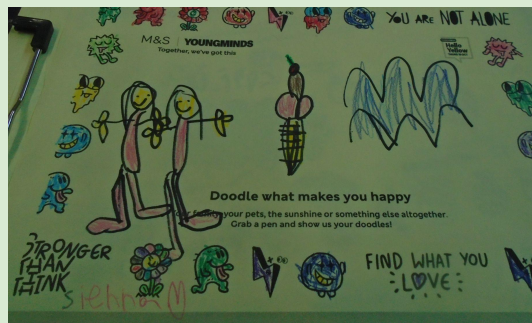
"Sometimes I am sad, maybe when I am tired. Sometimes I am happy - when I have ice-cream"

"Just say to your friend, 'Are you ok? You can play with me!'"

"Don't be sad. Just tell your friend why you are sad and they can give you a hug"

DF

*"When I am sad
I cuddle my
teddy and I feel
better"*



*"Playing with my
friends makes
my happy"*



*"When my
friend is
sad I hold
her hand"*

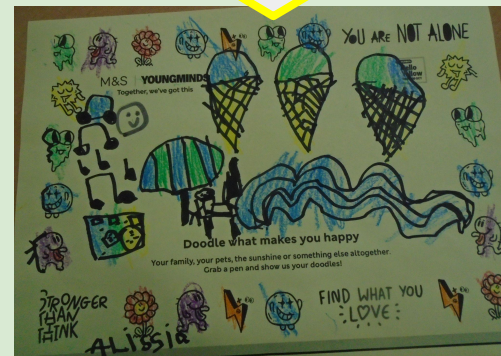
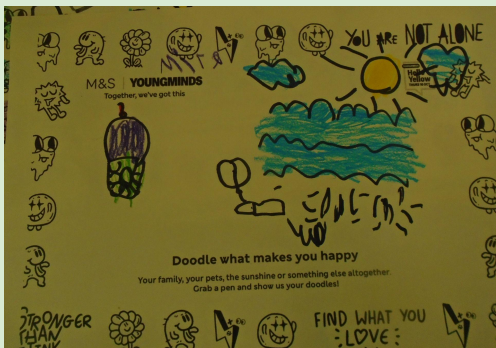
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*"It's ok to feel sad
sometimes"*

*My mum makes
me feel happy
when she plays
with me"*

*When I am
sad I listen to
music and I
do colouring
and then I
feel happy"*



"Hello Yellow Day is a day where we can show Captain Care" Maksim

1F

"We are kind and take care of people" Chisom

Ahmet



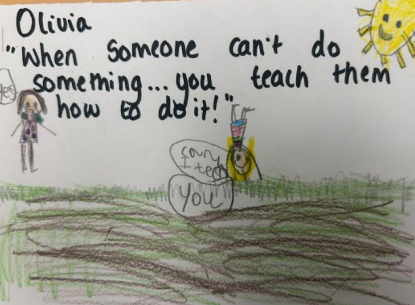
"I will give a hug when they are sad."

"We have written messages to our friends to make them happy"
Ares

"In my message I said you are kind because you take me to Mrs Owen!" River



"We always show Captain Care...when I fall down my friends help me to get up"
Serwan



I like play with you

1S

"When I'm
sad I always
take 10
breaths."
Irida

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shocked



"Drink some
water."
Alexander

"Have a
snack."
Iasonas



calm

"Relax
and sit
down."
Aras

We talked about how all feelings are okay to feel. We also discussed how feelings can affect our bodies and can show on our faces. We talked about how to feel good and making our friends feel better. We wrote a kind message to each other.

"Playing."
Daniel

"A hug."
Jenesis

"When I play
with my friends
I am happy"
Kaitlyn

surprised



"I can do my
puzzle to
calm down."
Arlina

"Rest and
get back to
green.."
Arthur



angry

worried

you are a good friend

I like play with you

I like how you play
Football

'Hello Yellow Day is when we wear something yellow and think about our mental health' Stanley



2B



'I like wearing yellow because it is a bright and happy colour' Georgey



'Express your feelings so people know how you feel' Luciano

'Talk about your feeling with someone you trust like your grown ups, friends and teachers' Tristian

'We wrote kind messages for our class' Hannah



'Hello yellow day is all about of feelings and showing we Captain Care about of friends' Layal



'We think about our feelings. It's okay to be happy, sad, scared and angry' Ikra



"Mental health means how you feel on the inside, in your mind." Nylah

2L

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"Being kind to others also makes you feel happy." Mari

"I feel happy when I'm playing badminton." Kai Yi

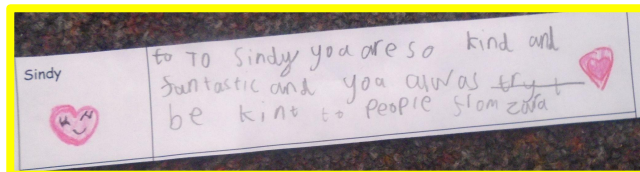
"I feel happy when someone gives me a hug and it makes me feel warm, my heart gets bigger." Hayat



"There are so many different ways you can feel and sometimes it can be confusing but it's ok." Joseph



"I feel happy when I play with everyone." Philip and Niamh



"We wrote some kind messages for our friends to make them feel happy." Sindy

3/

"On Hello Yellow day we wrote kind notes to each other to help each other's mental health." Diren

Mila, you are a
kind and smiley
friend.
From Ella

"Hello Yellow is all about our mental health and keeping our mind healthy" Aashin

"When I got my
note, it made me
feel really good."
Dingani

Kemal, you are
a kind, strong
person who
cares about
others.
Caspar

"We came in wearing
something yellow to show
mental health is important"
Bella

Niaz, I like the
way you always
smile.
Felix

"Yellow day is about mental
health and making our
feelings healthy" Alya

Lorenzo, you
are clever and
you never give
up because you
are strong.
Jasmine

"Reading my
note made me
smile."
Jasmine

"For Hello Yellow day we wore yellow to support people
who may have mental health struggles" Aren

"It made me feel very
happy!" Naz



3R

Amanda is
kind and
helps me -
Isil

Charlie is
very
helpful -
Zoey

Matteo is
very
respectful -
Chloe

Doaa is
very funny
- Enny



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Hello Yellow is all about our
mental health and keeping
our mind healthy - 3R

For Hello Yellow Day, 3R
celebrated kindness by
writing thoughtful "kind
shout-outs" to their
partners. Everyone shared
positive messages to make
each other smile and
spread a little sunshine!

Ezekiel is
fun to play
with -
Leando

Michelle is
a kind and
caring
friend
-George

Lidia has
very neat
handwritin
g - Safvan

Leo makes
good
choices at
school -
Melis



Today, we talked about mental health and our responsibility to look after it. We spoke of a range of feelings and well known strategies to come back to Green zone.

4S

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We wore yellow as a reminder to stay positive and we wrote kind notes to each other. When I read mine, I felt happy. Amelie



Yellow day reminds you of the importance to stay happy and never give up because life is sometimes hard. Olivia C

Exercising regularly and sleeping well also helps our mental health. Terry

All of us need friends and trusted adults. These are all people we can speak to when we feel the need to talk about something. Sometimes parents and school work together to help us. Layan

We can do some exercise to go back to the green zone. We can even play board games with a friend and feel happier when we share. Boris

4T



If 4T, we discussed what makes us happy. We all agreed that we learn the best when we are in the Green Zone!

We also feel better about ourselves when people around us are kind to us.



So, each of us wrote very kind, anonymous messages to five other pupils in the class.



At Christmas time, each pupil in 4T will get a beautifully decorated envelope with five thoughtful, kind messages from their friends. What a present!

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Olivia put some beautiful yellow autumn leaves in her hair to mark the Hello Yellow day!
How creative is that!



5J

We discussed why mental health matters and what we can do to look after it.

If we don't look after our mental health, it can impact every part of our life, such as our learning - Sophie

It's ok to have bad days; they happen to everyone from time to time - Diya

If you have problems, speaking about them to others can help, such as to an adult - Nafas

If you see someone feeling sad, you should check in with them as it can help them feel better - Shuyi

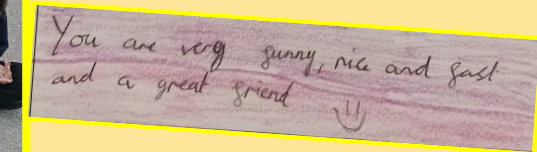
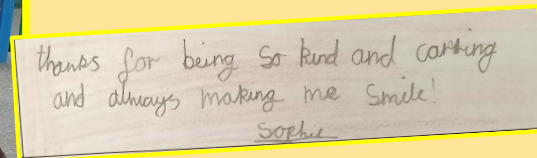
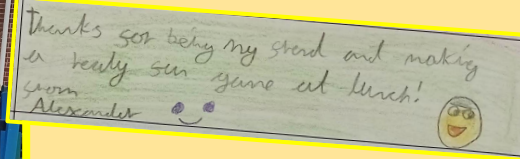
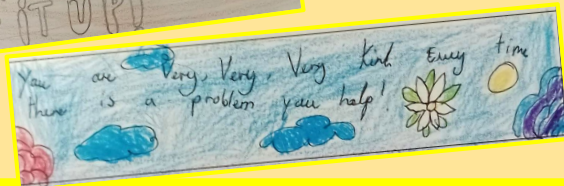
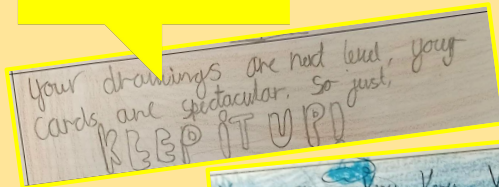
There are lots of strategies to get back to the green zone such as breathing exercises - Leo

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We created our very own envelopes which we will fill with positive messages we have written for each other. We can read them if we are ever feeling sad or in need of a boost!



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5R

We made sentences to give to classmates about what makes them special or unique.



We reminded others of how they have a positive impact upon each person in the class and how that helps us stay in the Yellow Zone.

We thanks pupils in the class for their kindness or care. We looked at ways they were thoughtful or helped others.

We now have a list of positive statements we have all written about each other to help cheer us up and make us smile. 😊

We decorated our positive statements to help our classmates when they need to laugh or smile or they are having a tricky day.

6B- Mental health and wellbeing (Just one note...)

We know how to support positive mental health and seek support if needed.



If you feel that you are worried and not feel supported there are lots of services that you can call for help.
Daphne

When you feel lonely and you have no one to play with, you can try and make a new friend.
Angela

If you feel bored, stressed go and play sport!
Aaron

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When you feel angry or stressed you can do arts and crafts activity to feel calmer.
Christine

When you feel sad you can do the things you enjoy most like listening to music, reading or play sports.
Mohammed M

When you feel sad, you can go outside and play games or sport activities.
Zoe



6S



In **6S**, we celebrated Hello Yellow Day by writing each other messages that might make someone else smile!



Always remember
that you are unique
and special. All you
have to do is
express yourself -
Anton

It's ok not to feel
ok - we all feel
like that
sometimes -
Oliwia

Never let your
worries become
your identity -
Zarah

If you're feeling
down then just
know 'YOU ARE
COOL' - Mario

It's normal to feel
low however you
should not let your
struggle become
your identity - Yusuf

When the world tries
to pull you and your
ideas down, your
friends will always
pull you back up -
Julia

It's okay not to be
okay as there is
always someone
to cheer you up -
Noah