## #Hello Yellow @ Woolmore

We will be supporting World Mental Health Day on Thursday 10<sup>th</sup> October It will be an Own Clothes Day and children are welcome to wear something #yellow

Why wear yellow?

Wear yellow this World Mental Health Day and stand together for children's mental health.

Lots of us struggle with our feelings sometimes and when this happens it's tough. It's important to know that there are people around us who can help and we're not the only ones going through this.

We're not saying you have to dress up like Pikachu, but just a touch of yellow somewhere can show children like you that they're not alone. You could even brighten up your classrooms or school corridors with yellow too.

Wear yellow with thousands of other schools on 10th October and raise money to show young people that they're not alone with their mental health. Because we stand brighter, together.

M&S

YOUNGMINDS

## **#HelloYellow**

