

# Take part in the **#HelloYellow** Challenge

We know that you and the young people at your school have been going through a difficult time, and it can be hard to feel positive. But you're not alone. By coming together we can remind ourselves of this, and to share positive moments and be there for one another, we can start feeling more hopeful about the future.

Sometimes it's the little things in life that we often take for granted which make all the difference and brighten up our day. That's why this year we want to give your students a challenge! Can they complete these five little acts of kindness to brighten someone's day and spread some joy?

## The five step **#HelloYellow** Challenge:

Tick the box once completed!

**1** Say something kind to a teacher

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**2** Smile at a friend

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**3** Remind someone of a nice thing they did for you once

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**4** Ask someone if they need any help

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**5** Make someone laugh!

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Don't forget to encourage donations. Students may want to ask their parents to donate **£1** for each action they complete on **#HelloYellow** day, or even set up their own fundraising page and connect it to our campaign ([justgiving.com/campaign/helloyellow2020](https://justgiving.com/campaign/helloyellow2020)).

You can download the **#HelloYellow Challenge** to share with your class in our **#HelloYellow Resources Hub** ([youngminds.org.uk/hy-resources](https://youngminds.org.uk/hy-resources)).