



#HelloYellow

This year, thousands of schools, companies and communities celebrated Hello Yellow to show young people they're not alone with their mental health.

*Thank you for helping us make Hello Yellow 2024 our biggest one yet!
The funds you've raised are vital for supporting Young Minds work and helping young people to feel less alone.*

Donnington Wood C Of E Junior school raised

£203.25!



Wellbeing Bingo

Play our wellbeing bingo by crossing off the activities you've done to help your mental health. You can also play with your friends/family!

In the past week I have...

Sung in the shower



Played with a furry friend



Slept well



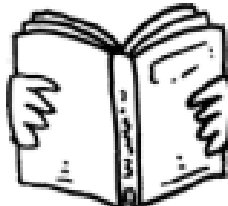
Spent time with family/friends



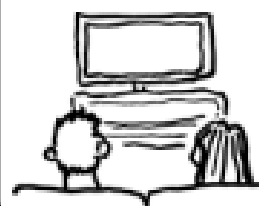
Listened to my favorite songs



Read a good book



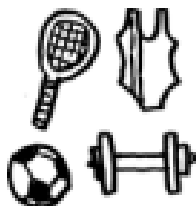
Watched a great movie/TV show



Eaten something delicious



Exercised



Stayed hydrated



Drawn a picture



Laughed until my cheeks hurt



Spent time outdoors



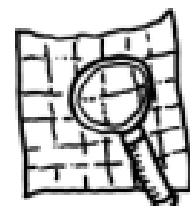
Danced



Treated myself



Explored a new place



Illustrations by Jen Springall

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