

Every presentation needs a script ...

Sydney: Hello SJL, its Hello Yellow Day on Thursday October the 10th.

Michaela: Hello Yellow is a day to raise awareness about mental health.

Zahayliayah: Who knows what mental health means?

Dollie: Mental Health is about how we think, feel and act.

Adnan: Just like physical health, we can all have good mental health and we need to take care of it. When we have good mental health, we can think positively, feel confident and act calmly.

Isabella: When we have poor mental health, we might find that the way we're thinking, feeling or acting becomes difficult to cope with. We might not enjoy things we used to like doing. We might feel sad or angry for longer than usual. Or we might feel like we can't control how we feel or behave.

Millie : If you sometimes have poor mental health, it doesn't make you weaker, it makes you stronger especially if you try to something about it.

Lauchlan: Like speak to a trusted adult or you can write it down.

Adnan: Another way to help is to practice your breathing deeply in and out. How about you try

Adyan: If you know someone who is suffering from mental health go and speak to an adult

Marwan: And if you are really stuck, then you can always call Childline

Sydney: To celebrate and support Hello Yellow day, we would like all of SJL to wear something yellow - it could be a piece of clothing, accessories or shoes or something associated with yellow. If you don't have anything yellow, then please wear something that makes you feel happy and confident in.

Eliza: Please also make sure you bring in £1 to donate to this wonderful charity.

