

DECORATE YOUR DESK FOR

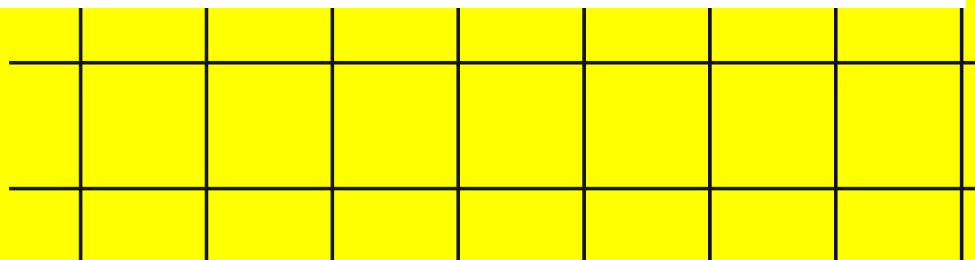


Show young people they're not alone with their mental health this World Mental Health Day and turn your workspace or school desk yellow – get everyone involved by hosting a desk decorating competition and award our Hello Yellow rosettes to the best desks.

Top tip for virtual competitions: ask people to fill their background with yellow items.

Five ideas for hosting a Decorate Your Desk competition:

1. Share our [Hello Yellow resources](#) to help people decorate their desks (or print these out in advance for others to use) – our Hello Yellow bunting works particularly well!
2. Hide yellow items for people to find and send them on a scavenger hunt to find them – the brighter the better!
3. Make it a timed challenge where everyone has 10 minutes to decorate their desk.
4. Ask people to donate £2 to enter the competition – source a prize for the winners to encourage some friendly competition.
5. Take photos of your creations and share them on social media – use #HelloYellow and tag us @YoungMindsUK.



DECORATE YOUR DESK ROSETTES

Use these rosettes to award 1st, 2nd and 3rd prizes for the most creatively decorated workspaces.

