

# Hello Yellow Bunting

Ask others to join you in sharing messages to show children and young people that they're not alone with their mental health.

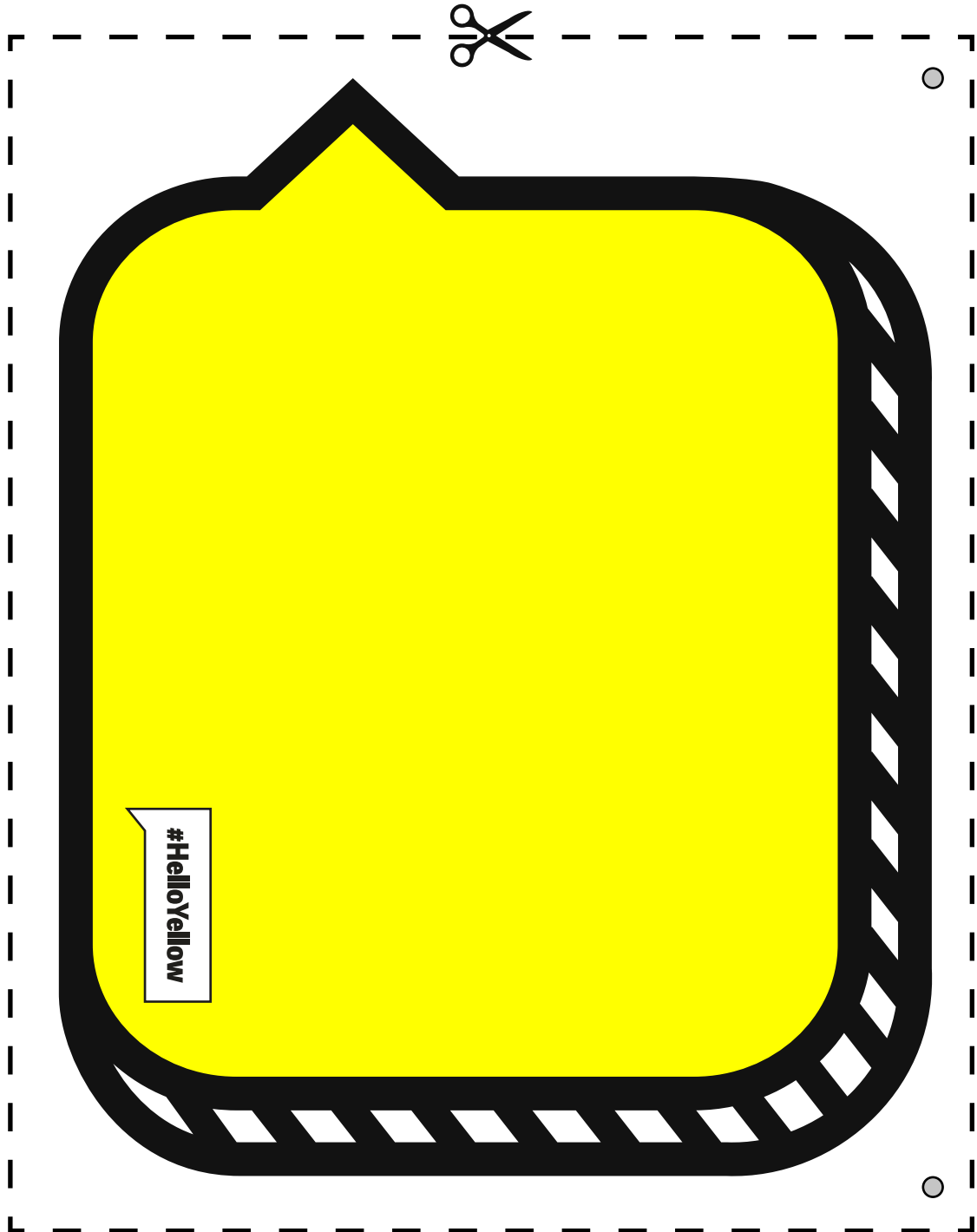
You can also ask them to share positive drawings, advice or even inspirational quotes, or try sharing this prompt:

**Share how you look  
after yourself and your  
mental health.**

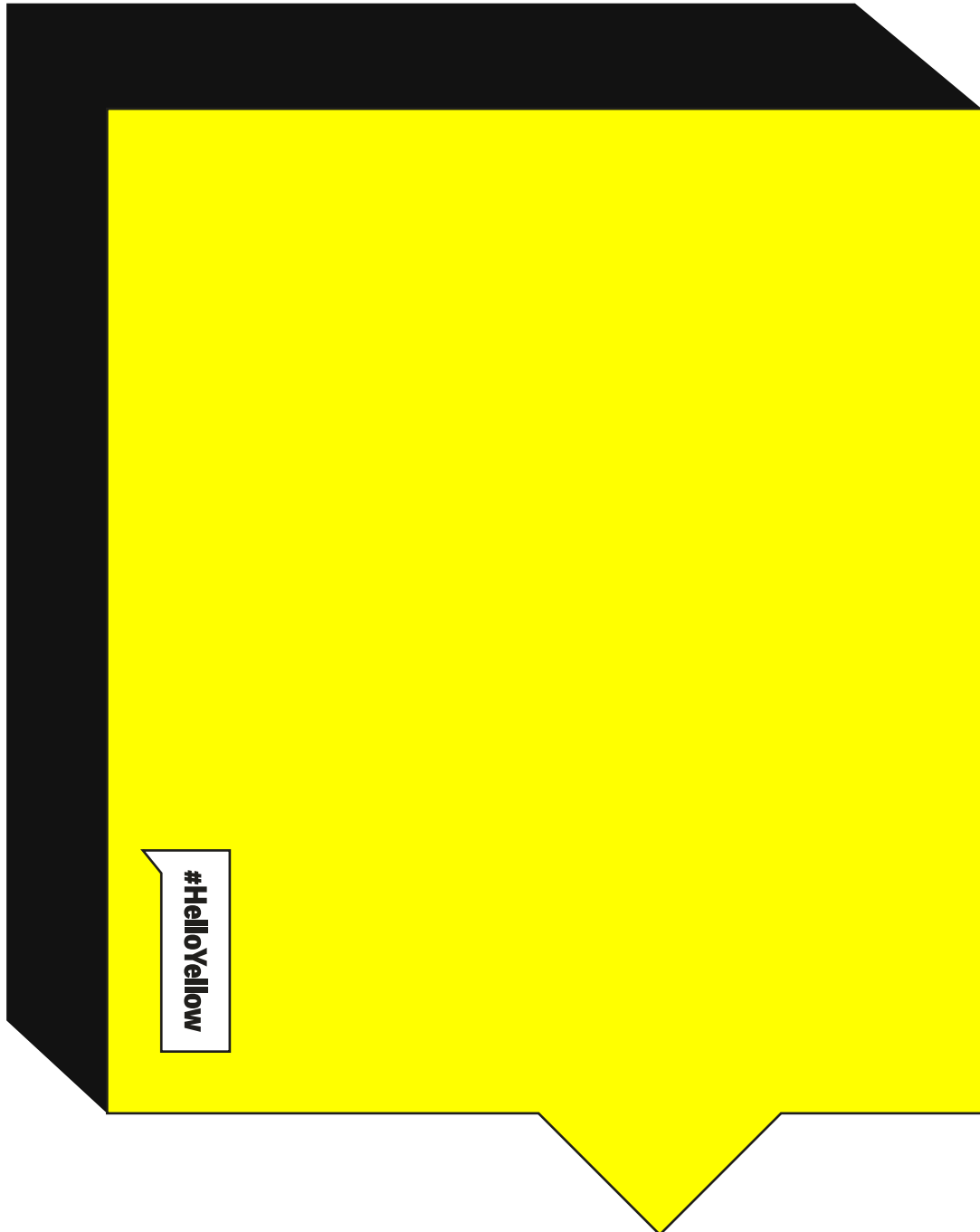
How to use:

1. Print off your Hello Yellow bunting using our templates below.
2. Add your messages to the speech bubbles.
3. Punch out the holes and thread your bunting onto some string.
4. Decorate your classroom, office, home or community space with your bunting.
5. Make sure you post your photos on social media with #HelloYellow and tag us @YoungMindsUK.

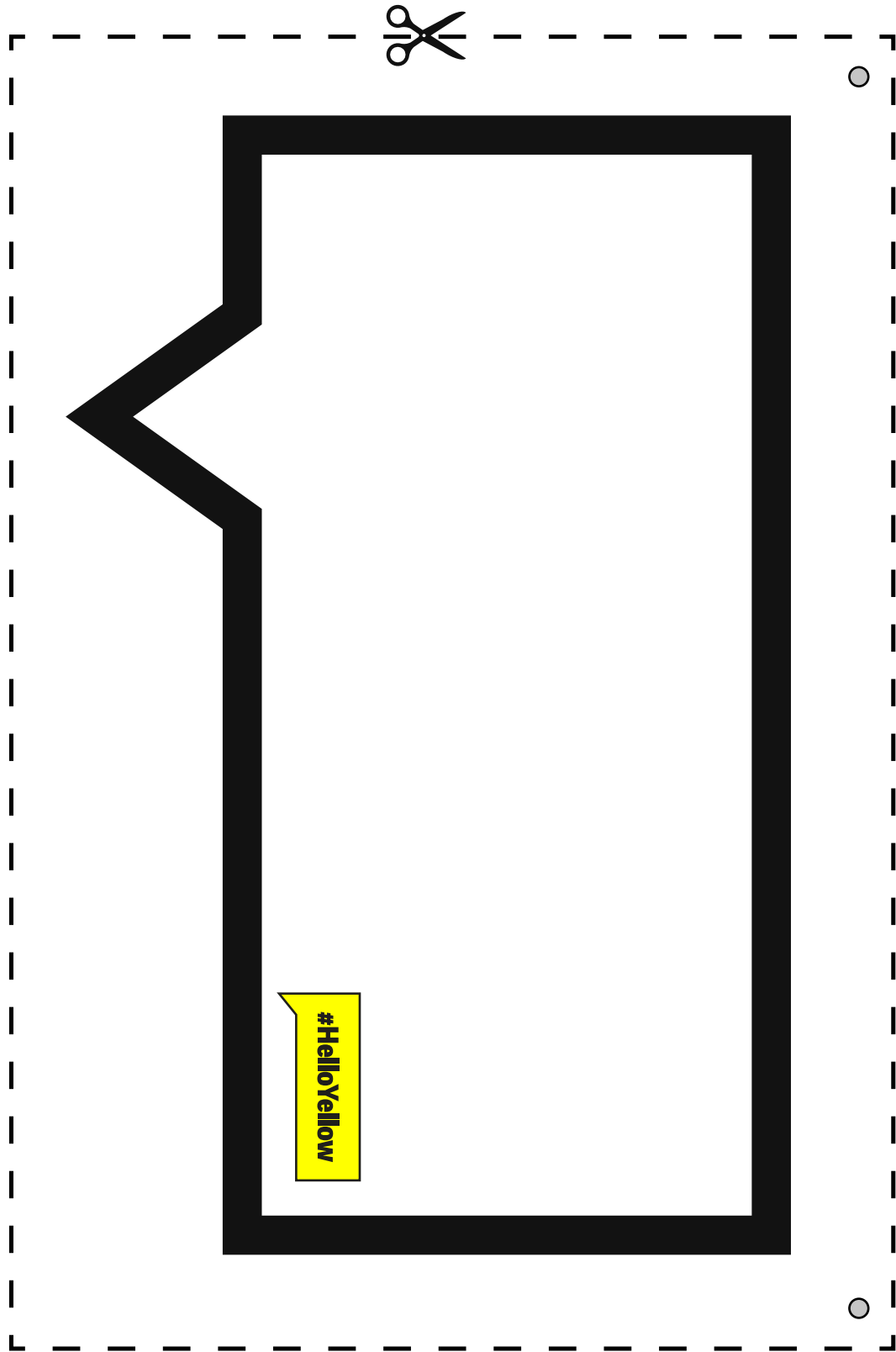
# Make your own Hello Yellow bunting!



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