Your #HelloYellow week, sorted.

Spend a week in the lead up to #HelloYellow taking part in these wellbeing activities with your colleagues. Engage in the little things that can brighten up your day at work and look after yourselves.

Capture the fun of your daily activities and tag us in your photos!

@YoungMindsUK
#HelloYellow

To start, get everyone taking part to create a team of 6-8 colleagues and come up with team names. You could try and branch out of your immediate teams, it's a great opportunity to get to know other colleagues.

Each team will take on the daily challenges together. If you can't be involved every day or you've got a busy day, that's okay. Leave the task to your team members and join them again the next day!

Your company's #HelloYellow week

Monday - let the sun shine

Create a sunshine out of household or office items and share a photo of your efforts by the end of the day. You can delegate this task to one of your team members and work as a group to inform the objects and composition.

If you need inspiration, here are some photos YoungMinds staff submitted for the challenge:







#HelloYellow

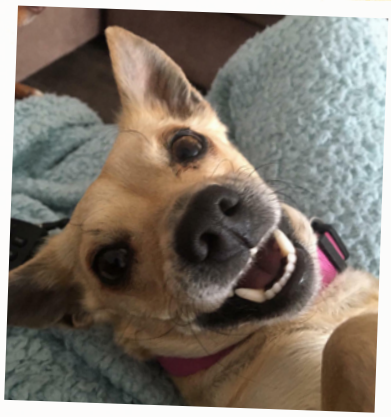
#HelloYellow

Tuesday - lip sync party

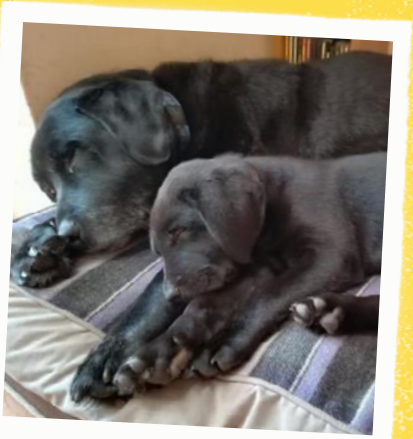
Record a team dance party, lip sync or karaoke session to the chorus of a song that contains “yellow”. Bonus points if your song choice isn’t from Coldplay or The Beatles!

Wednesday – meme time

Turn one of your team member’s pets into an uplifting meme! Check out these examples:







Thursday – advice to your younger self

It’s important to be kind to ourselves and reflect on how far we’ve come and what we’ve learnt along the way. What advice would you give to your younger self? Ask everyone taking part to share their words of advice and create a wall montage of positive messages in the office. If you’re working from home, share your team montages on your intranet.

Friday – it’s #HelloYellow!

Today’s the big day. Dig out your neon socks, custard scarf and banana hat – let’s show young people they’re not alone with their mental health! Brighten up your work day and raise vital funds to support our work. Share photos and videos of your finest yellow garms and fundraising activities. Tag us @YoungMindsUK on social media and don’t forget to use #HelloYellow!

If you need any more ideas for activities, or have any questions, we’re here to help. Get in touch at helloyellow@youngminds.org.uk.