

World Mental Health Day 2023

Tuesday 10th October

WEAR YELLOW

Wear as much or as little yellow as you want.

Wearing yellow on Tuesday 10th October highlights our awareness of taking steps to supporting positive mental health.



THIS IS A FREE, AWARENESS EVENT

STUDENTS ARE NOT REQUIRED TO DONATE OR FUNDRAISE.

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KLsix are raising awareness of World Mental Health Day 2023 by providing students with a range of activities and opportunities that promote steps to supporting everyday positive wellbeing and mental health.

You will be given a mental health & wellbeing passport and we encourage you to complete as many of the activities as possible. Submit your passport to the sixth form office by Friday 13th October.



Meditation
Relaxation
Creativity
Rest
Mindfulness
Communication
Reflection
Connection
Kindness
Self-care
Digital Detox



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**Students wishing to participate in the afternoon cooking session are asked to donate £2 to cover ingredients*