

CHILDREN'S MENTAL HEALTH WEEK

THINK OF OTHERS

THURSDAY FEB 6TH 2020

INSIDE OUT DAY

WEAR A PIECE OF CLOTHING **'INSIDE OUT'**
TO STOP AND THINK ABOUT HOW OTHERS ARE FEELING.



ALWAYS BE KIND AS YOU DON'T KNOW HOW YOUR FRIEND IS FEELING ON THE INSIDE



OPTIONAL DONATION £1 TEXT IFUCARESHARE1 TO 70085
WWW.IFUCARESHARE.CO.UK

Email: info@insideoutday.org.uk