

National Hello, How Are You? Day March 30th
www.HelloHowAreYou.info



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How will your school say Hello and ask How Are You? on 30th March

Hello, How Are You? is a campaign about connection and engaging in open conversations about mental health. The campaign is inviting schools to say Hello and ask the question 'How Are You?' in a meaningful way.

5 Ways Connecting is good for our mental health:

1. feeling happier & more secure
2. lowering rates of anxiety and depression,
3. increasing self-esteem
4. feeling supported & valued
5. giving us a better sense of purpose

Check out the video below to get a better idea of what its all about


How to get involved



The campaign fits well with many of the strands and learning outcomes in the SPHE curriculum. It can also be linked to the primary language and Drama curriculum. Our Development Officer Aine Hurley, former primary school teacher, has created a document with links to the curriculum and free ideas for use in your schools and classrooms. There are also downloadable printable colouring sheets, wordsearches, greetings cards and other resources to use in your classrooms.

[Click Here for Free Resources](#)

"It's a very simple campaign with a strong message. From my experience of teaching in schools, across many different age groups and abilities, I feel the whole school community would really enjoy and benefit from the campaign.", Áine




Say H.E.L.L.O for Homework Teachers Workshop

with Áine Hurley

Tuesday Feb 28th 4:00-4:30pm
Tuesday Feb 28th 7:00-7:30pm

Tuesday March 7th 4:00-4:30pm
Tuesday March 7th 7:00-7:30pm



Áine will be hosting 4 half-hour information sessions for those looking to get involved in their schools. This will equip you with the information you need to use H.E.L.L.O in your classroom, staffroom and school.

[Sign Up for the Workshop Here](#)

H.E.L.L.O for Homework

We are asking that on the week commencing the 27th March, finishing with the HELLO day on the 30th March, you might take part in the campaign and encourage the school community to ask 'Hello, How are You?' and actively listen for the answer. We are also suggesting that on the 30th March students may be allocated H.E.L.L.O homework. This will mean in place of written homework that students should have a conversation with someone at home using the H.E.L.L.O steps. Register your school event below!



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