

# What you can do to Mark Young Carers Awareness Day



## Host an assembly

– why not invite a local carers service to give a short talk.

## Dress up to the theme

What would you like to be when you grow up?

Encourage pupils to pay £2 and dress up on Young Carers Awareness Day.

## Encourage young carers

to join a Young Carers Awareness Day

## challenge on PopJam

on 26 January. PopJam is a safe community app for children and young people.

**Have a stall** – send off for our free Babble and Matter postcards and posters, and encourage pupils to play our Life in a Spin interactive game on a laptop.

**Have a donation bucket for money.**

Put up a **display** on your **school noticeboard**.

## Organise your own activity,

such as **cake sales**, or **create your own posters**.

## Visit our online services

Babble and Matter and make postcards available to staff and pupils to promote them.

**Create Young Carers Awareness Day pages** on your school's website.

Put up some of our **Young Carers Awareness Day posters**.

Play the **Life in a Spin online game** at [lifeinaspin.org/intro](http://lifeinaspin.org/intro)

Young Carers in Schools is a free initiative in England and Wales that makes it as easy as possible for schools to support young carers, and awards good practice. [www.youngcarersinschools.com](http://www.youngcarersinschools.com).

Visit [Carers.org/YCAD](http://Carers.org/YCAD) to find out more!