you can
sit with me

Friday 5th June 2026

Recognised as a Tier 1 preventative program promoting inclusion, belonging and positive school culture

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You Can Sit With Me Day

You Can Sit With Me Day is on **Friday, 5th June 2026**

A day dedicated to kindness, inclusion and making sure no student feels left out. Encourage students to **wear a touch of yellow**, take part in random acts of kindness, enjoy a whole school picnic lunch and help create a culture where everyone feels seen, valued and included.

Decorate your classrooms with posters, balloons and streamers if you like, and spend the day spreading connection, empathy and belonging throughout your school community.

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How to wear a touch of yellow on You Can Sit With Me day

You might like to wear yellow socks, yellow ribbons, a yellow feather boa, or a yellow wig. You could hang yellow balloons on your gate and maybe some yellow streamers too! Get as creative as you can and have some fun!

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Gold coin donation

Gold coin donations are completely optional, but if your school community would like to get involved, we would be so grateful for your support. 💛

Write “**You Can Sit With Me**” in big chalk letters on the playground and invite students to cover it with gold coins throughout the day — a simple, visual way to turn kindness into action and support our work in schools across Australia.

We’d love to see your creations! Please send photos to sophie@youcansitwithme.net.au

To make a donation, please deposit funds into:

YOU CAN SIT WITH ME
BSB: 112-879
Account Number: 496414791

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How You Can Sit With Me works?

You Can Sit With Me Ambassadors wear a visible yellow wristband in the playground or on the sporting field so students know they are a safe and welcoming person to approach.

Any child feeling lonely or left out can sit with a You Can Sit With Me Ambassador at any time — no questions asked. A simple but powerful way to help every student feel seen, included and connected.

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Values & Impact:

Kindness, inclusion, belonging and empathy. We have impacted 1,000+ schools and community groups across Australia.

Purpose:

Empowering children, parents and educators through inclusive, evidence-based, values-based education.

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A message from our founder Sophie

Wishing you all a beautiful You Can Sit With Me Day 💛

Thank you for helping create a culture of kindness, inclusion and belonging in your school community. Every small act of connection matters, and those five simple words — “You Can Sit With Me”

— truly have the power to change someone’s day, and sometimes even their life.

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YOU CAN SIT

YOU CAN SIT

Care for
our world
ITORS
EPORT
TRATION

YOU CAN SIT
WITH ME

SHARE WITH
OU CAN SHARE

helping people.

Thank you and have a
💛 Happy You Can Sit With Me Day 💛

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