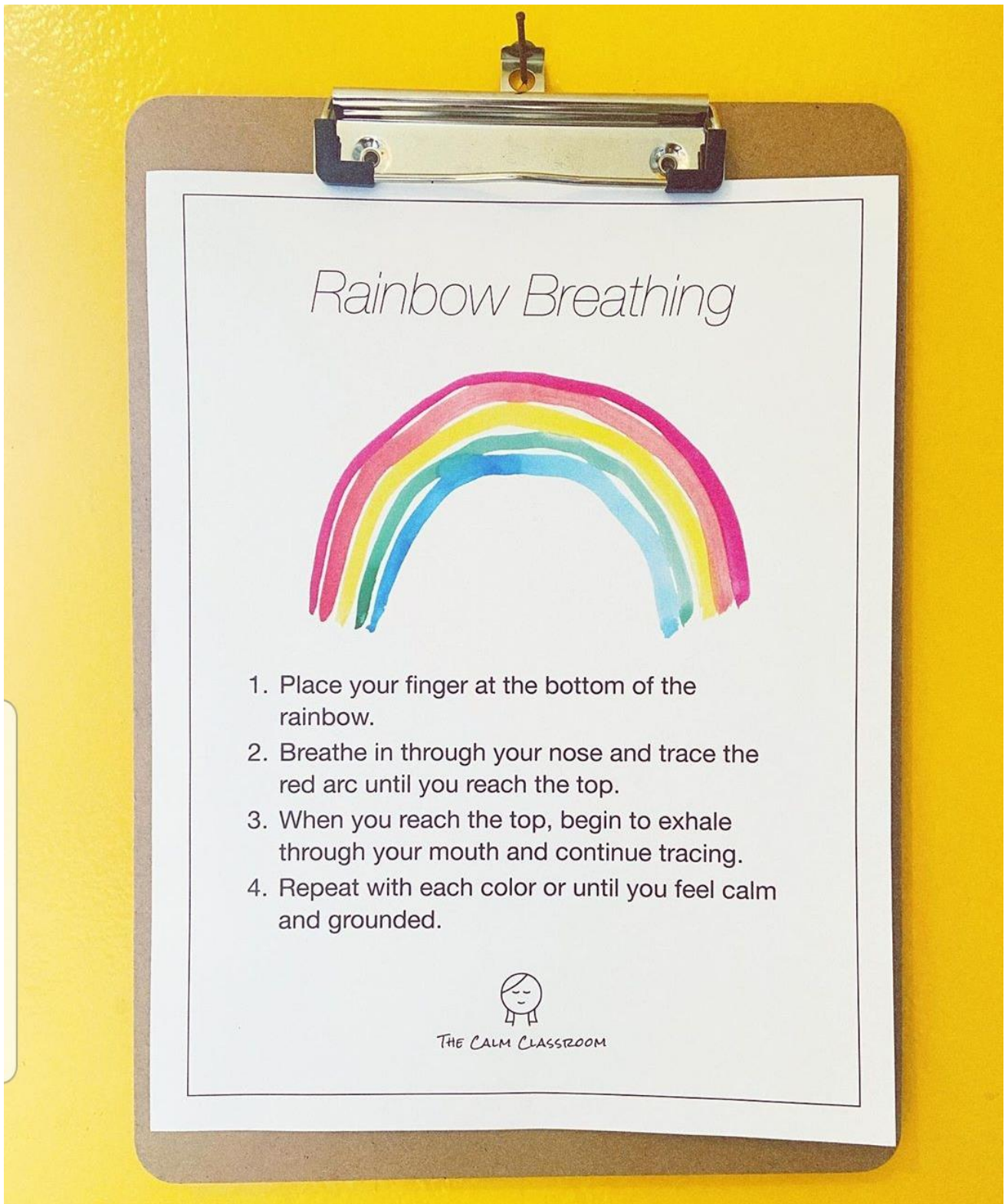



Mindfulness


Draw and colour your own rainbow and follow the instructions below. You can use your rainbow at any time to help you feel calm. You may enjoy doing this activity to help you relax or use it when you are happy, worried, sad or angry.



Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.



THE CALM CLASSROOM