

"SELF-ACCEPTANCE RAINBOW THEME" MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS



Sometimes we have to move through tricky feelings and tricky times...
Your feelings during these tricky times are valid and ok...
Acknowledge them and breathe...
So that you come out stronger on the other side.

Just like a rainbow after a storm.

So let's remember: How you feel is ok.
And it's important to talk about how you feel...
So you can feel strong, and show your true colours.
All of which are beautiful!

May you be safe. May you be healthy. May you be loved.
Now breathe in... And Breathe out...
We are here for you, for them.

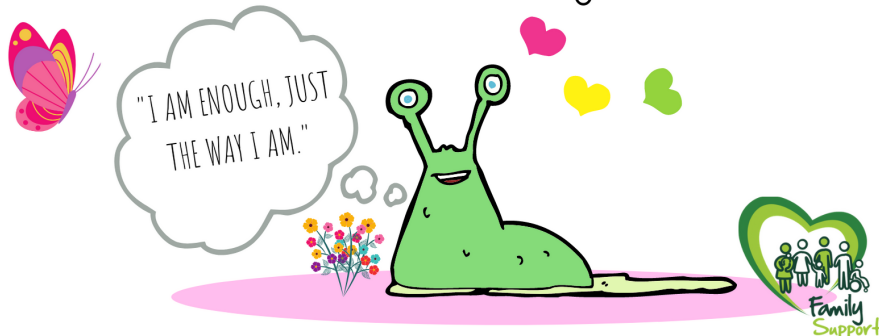


MANTRA

"I am enough, just the way I am."



For times you doubt yourself or are feeling low, pause, take a deep breath in and say "I am enough..." Exhale and say "just the way I am." It will help bring you back to the present moment and release feelings of self-doubt.



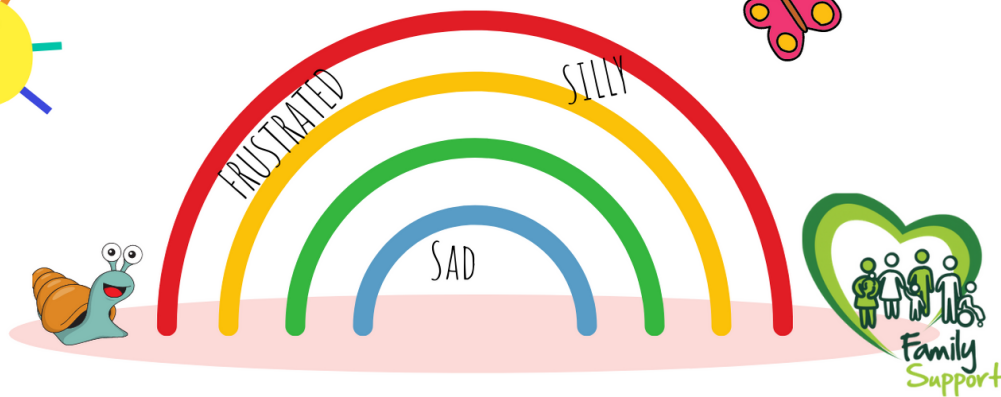


ACTIVITY

Create a "Rainbow of Feelings"



How have you been feeling recently? It's important to share how you feel, and remember that all feelings are ok. You can draw a rainbow and write down your feelings within the colours, then talk about them with your loved one.



HERE

POSITIVE JAR

Make a positive jar with your children to help with anxiety, self-esteem and happiness! Decorate it inside and out and drop notes in there when they're brave or creative, to later pull out when they're feeling down as a way to help with communication and building resilience.



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