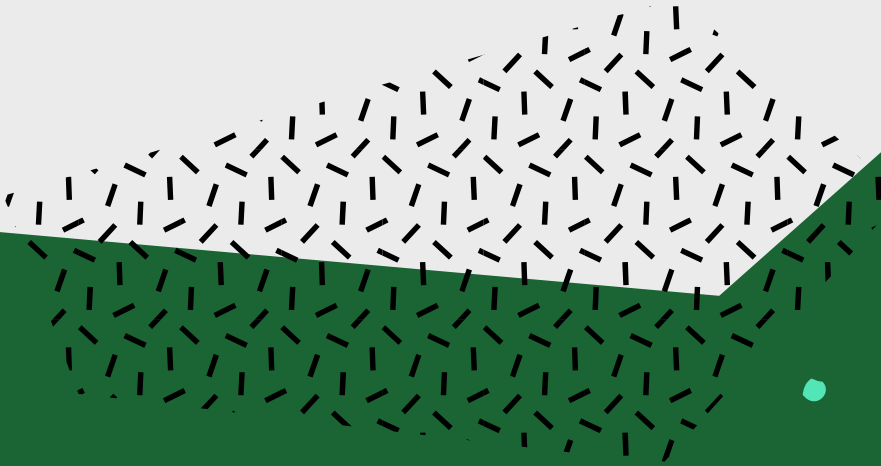


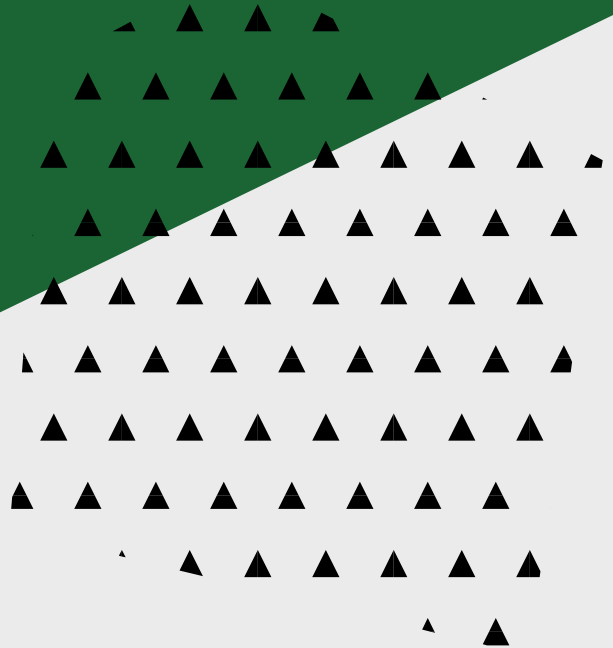


Unlocking Potential



UP's Weekly
Well-being activity

08.06.20





Unlocking Potential



Rainbow feelings



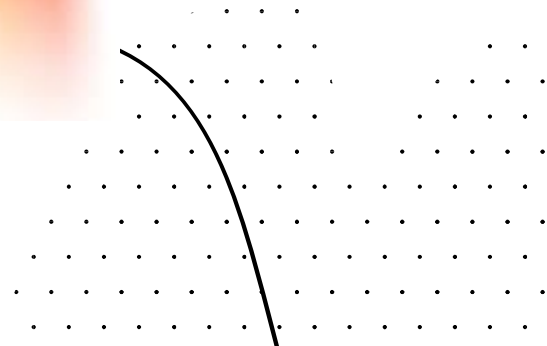
Things look a bit different this week, don't they? Some children have gone back to school and we can now start seeing family and friends outside again. This seems like a good time to start thinking about connecting back with the people we care about. Did you know that as well as being a symbol of hope, the rainbow is also a symbol of connection? (It looks like a little bridge, doesn't it?)

In this week's activities, we're going to think about connections. Before we can really connect with other people, it's a good idea to connect to ourselves and to do this we need to think about how we're feeling. Once we understand how we're feeling we can tell other people about it and they can help us, especially if we're feeling worried or sad. You could think of the colours of the rainbow as representing some of the different feelings we all have at different times. Today, we're going to think about these rainbow feelings together and come up with some ways that we can share them.

Take a look at the Unlocking Potential resources link and find Video 1 in the Week 9 section. In this video, Jenny will explain the activity on the next page and also teach you how to say the different colours in British Sign Language!

Now, try **Exercise 1**. Have a look at the rainbow colours and the list of feelings on the next page. Can you match the colour to the feeling it represents for you? You could also make a record of the times you have had this feeling during 'lockdown'. Choose from the list of seven feelings below and match them to the colours of the rainbow.

Once you've finished exercises 1 and 2, watch Video 2. In this video, Jenny will teach you a song called True Colours which will help you think about the emotional rainbow you have just created and about using it to help you connect to your feelings.





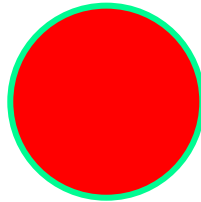
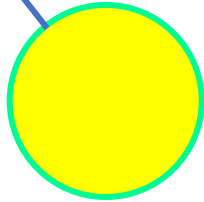
Unlocking Potential

EXERCISE 1 Choose from the list of the seven feelings below and match them to the colours of the rainbow in the circles.

Feelings: Joy, excitement, surprise, sadness, anger, fear or worry, shame

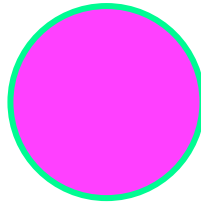
Feeling: _____

When have you felt like this during lockdown: _____



Feeling: _____

When have you felt like this during lockdown: _____

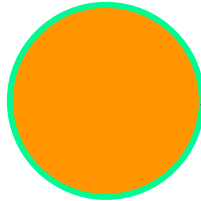
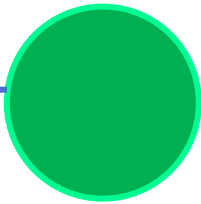


Feeling: _____

When have you felt like this during lockdown: _____

Feeling: _____

When have you felt like this during lockdown: _____

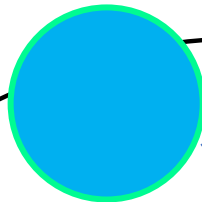
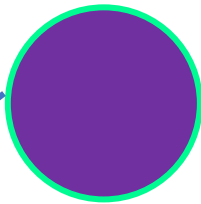


Feeling: _____

When have you felt like this during lockdown: _____

Feeling: _____

When have you felt like this during lockdown: _____



Feeling: _____

When have you felt like this during lockdown: _____



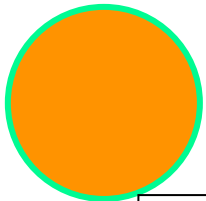


Unlocking Potential

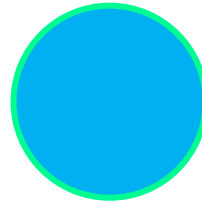
Rainbow feelings

EXERCISE 2 Now, think about where in your body you feel those feelings. It might be in your head, heart, tummy, fingers, toes or somewhere else. It might be in more than one place. Write down the feeling next to the colour and then draw a line from each colour to a place on the body where you have experienced that feeling. (You can also draw your own body instead of using the one below.) If you want to, you can then colour the body in to create a rainbow self portrait of your feeling self.

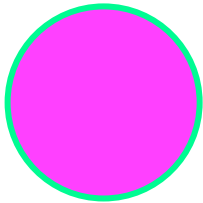
EXTRA: Ask someone at home what feelings the colours represent for them and get them to colour in a drawing of the body too!



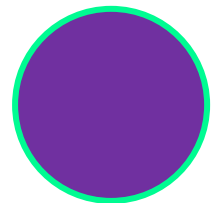
Feeling _____



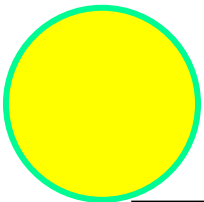
Feeling _____



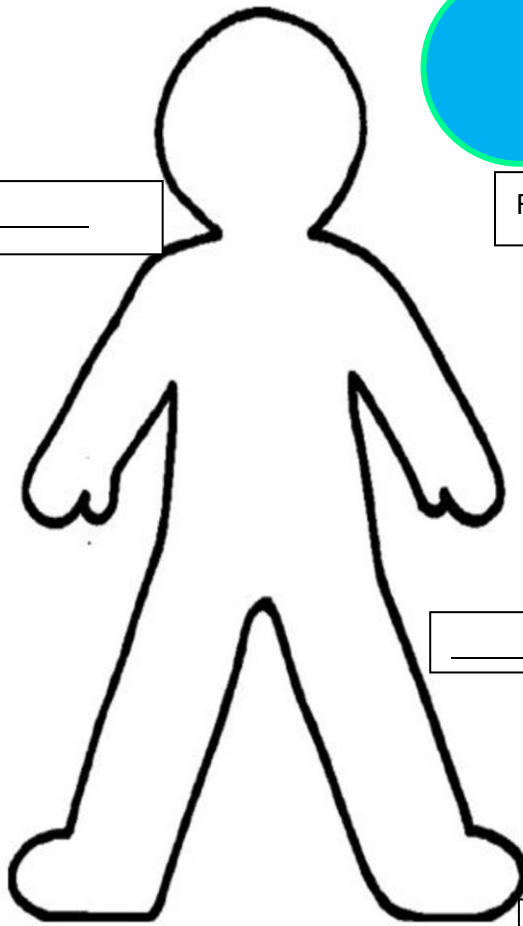
_____ Feeling



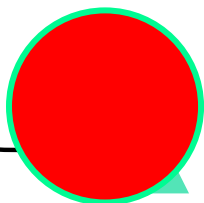
_____ Feeling



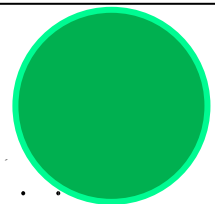
Feeling _____



_____ Feeling



Feeling _____





Unlocking Potential

Five ways to encourage your child to talk about their feelings

Name the feelings

Little children, and even some older children, don't have the vocabulary to talk about their feelings. Help them learn by keeping a close eye on their facial expressions and body language and, as often as possible, naming their feelings for them. Once you've done this you can make links to why they feel this way. This will help them to identify and manage their own feelings better. Let them know how you're feeling and how you think others are feeling too. Set aside a little time every day to talk and listen to each other, for instance during mealtimes or before bed.

Just ask

If you think your child might be worried or upset, in a straightforward way, ask them what's wrong. It might sound obvious but by doing this, you're letting them know that you've noticed their feeling and that you think it's a good idea to talk openly and honestly about feelings. Then give them some time – they might need time to think before they can talk about it. If they don't come to you to talk, show them you've remembered by revisiting it with them during a quiet moment when it's just the two of you.

Play together

If your child is still having difficulty talking about their upset or worried feeling. Try doing a calm, one-to-one activity together. Suggest something you know they'll enjoy, such as an art or craft activity or a walk outdoors. Children are often more relaxed and open when they're doing something, especially if it's something that you've chosen because you know they'll enjoy it. Once you're both engaged in the activity, gently bring up the subject and let them know that you're here to help.

Don't rush

When children try to talk about their feelings, listen closely and don't rush to make things better straight away. By doing this, your child will learn that their feelings matter. Rushing straight to solutions can dismiss or minimise the feeling and, rather than getting rid of it, can lead to it coming out in a more unhealthy way – they might take their anger or upset out on their friends, teachers or siblings, for instance.

Practice

Once your child has completed the exercises in this pack. Invite them to ask you the same questions. Use the first template to match your feelings to colours and then recall a time in lockdown you had this feeling. If you and your child recall the same event, you can use this as an opportunity for discussion and reflection about feelings. Were you feeling the same thing or different? Imagine what your child felt in this moment and reflect together on each other's feelings, inviting acceptance and curiosity for those feelings. Perhaps you might even be able to validate their feelings with empathy too. This allows your child to understand you are able to imagine their emotional world which will strengthen your sense of emotional connection.