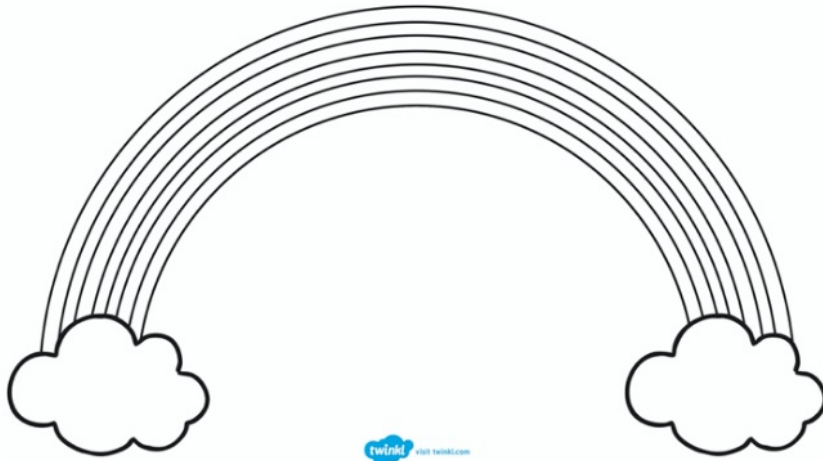


Rainbows

Colour the Rainbow



Rainbow resources from [Twinkl.co.uk](https://www.twinkl.co.uk)

I can feel a rainbow

I'm like a rainbow, if you please, I'm pretty sure that everyone can see, what I feel and when,
When I turn white I am full of fear,
when I'm **Green** I feel as jealous as can be,
Blue like the waves in the deep sea I feel sad, no smiles from me,
Yellow I feel happy, bright like the sun, dancing on everything until the moon comes,
Pink I feel love, growing like a balloon, maybe I'll pop soon!
Black I feel lonely, with no one to play, the sun isn't shining today,
Purple I feel friendly, and ready to lend a hand,
when I am **orange** I feel hot inside, I'm embarrassed, not sure where to hide my face,
But sometimes I am **red**, full of anger and frustration when things aren't going right,
I can feel a rainbow sometimes just one colour, sometimes all at once, my rainbow is a part of me



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Relaxation Spin Wheel

The relaxation spin wheel is designed to give young people ideas about how to relax. This can be used to calm down after a behaviour incident or when a young person is feeling anxious or stressed.

You will need to make the relaxation spin wheel below. Please cut it out and put a split-pin in the middle. You could also paint or draw on a lazy Susan if you want to be more creative.

Encourage the young person to spin the wheel and practise doing the relaxation exercise together.

Whenever they feel anxious, they can take the relaxation spin wheel out of their pocket or their bag and choose which relaxation strategy to use.



Mini Stress Toy

Supplies

- Balloons
- Flour
- Funnel or bottle and scissors
- Spoon



- 1 First, you need to stretch your balloon! Blow some air into your balloon and then let the air out.
- 2 If you own a funnel, skip to the next step. If you don't own a funnel you can make one. Do this by using your scissors to cut the bottom half of the bottle off, leaving the mouth of the bottle and sides in one piece.
- 3 Next, put the funnel (or mouth of the bottle) into the neck of the balloon.
- 4 Then, pour some flour into the balloon, through the funnel. The balloon doesn't need to be very full - about 4 spoons full should be enough. It shouldn't fill the neck of the balloon. It might help if you use the end of a pencil or spoon handle to shape the flour.
- 5 Next, tie a knot in the balloon - you may need to ask an adult to help you with this. Your stress toy is now finished! You can have fun kneading and moulding your stress ball to help you relax!

Mini Stress Toy



Supplies

- Balloons
- Flour
- Funnel or bottle and scissors
- Spoon



Who can you
be today...?



Thinking About... Role Play

Who are you dressed as?
What is your character's name?

What can you tell me about your character?
Where would your character live?

Can you show me how your character would talk?
Can you show me how your character would move?

Why does your character behave that way?
Why does your character live in...?

Can you tell me what your character would say?
Why did you choose to...?

What is your character going to do next?
Can you create a story with your friends?



Remember Understand Apply Analyse Evaluate Create



Colour the
clothes!

Thank you to everyone who is helping to make life easier during lockdown. Thank you to all of the teachers and techies who contribute to Twinkl. Thank you to those who have designed and created "thank you" posters especially for the boys and girls at Ballymena Nursery. Thank you to those who keep our computers going.

Please remember to check out [Twinkl.co.uk](https://www.twinkl.co.uk)
many of its parent resources are free to download

Thank you from
[ballymenanursery.co.uk](https://www.ballymenanursery.co.uk)



[illegible]

Thank you

key workers!