



# Relationships and Sex Education (RSE) Day

## It begins with me

### Rainbow Cloud Craft

#### **Materials needed:**

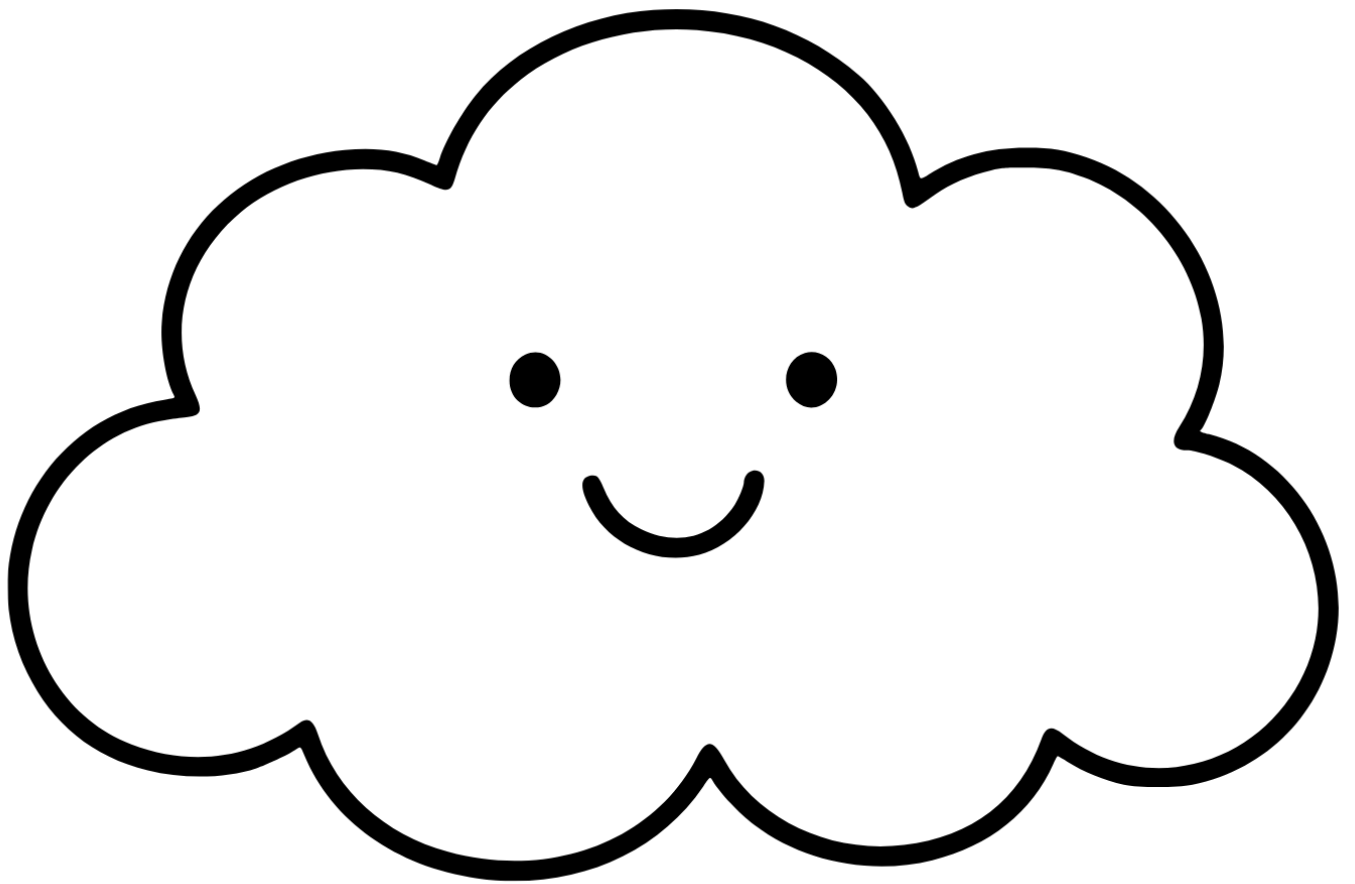
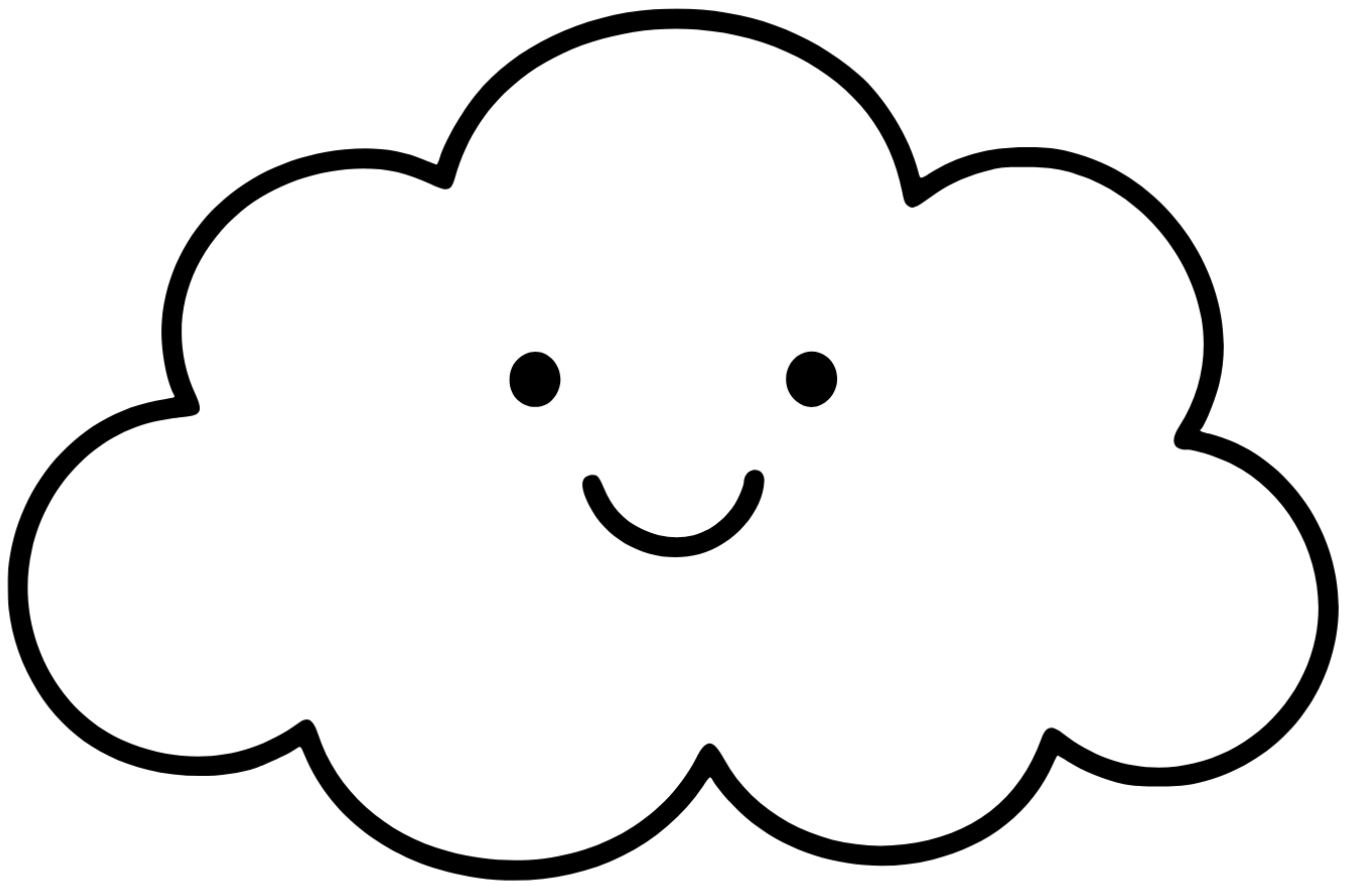
- Cloud template printed onto card or paper plates
- Coloured strips of paper
- Coloured ribbons as a tactile material alternative to paper strips
- Cotton wool balls
- Glue and scissors
- Printable self care cards (optional) and *How Do You Make a Rainbow?* book (optional)

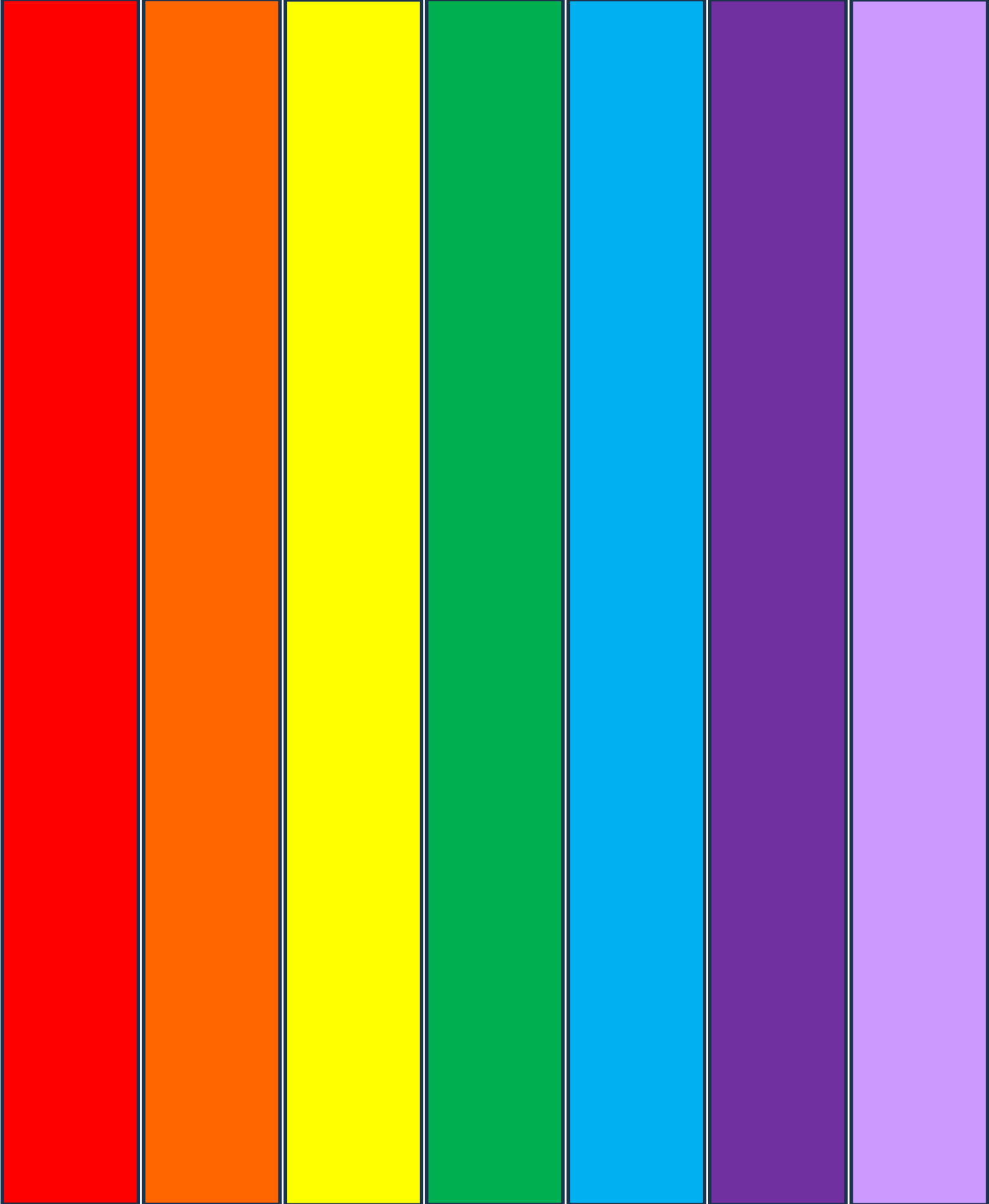
#### **Instructions for teachers:**

1. Cut out the Cloud: Start by cutting a cloud shape from white card. You can also use the printable template for this.
2. Create the Rainbow: Cut strips of coloured paper or thin cards to represent the rainbow. Place them so they hang from the bottom of the cloud, You could use the clouds as part of a hanging mobile display.
3. Glue the rainbow strips onto the cloud. You can also use cotton wool balls to add texture to the cloud by gluing these on top of the cloud outline.
4. Ask the children to think of ways to brighten someone's cloud and make a rainbow appear when they are feeling down. The pupils can think of all the things they like to do to try and feel better when they feel sad, and how they can share these activities with friends to help them when they are struggling. You may wish to use the self care cards attached to this file to give children ideas of positive coping techniques that can help to make a rainbow when life feels cloudy.

An extra suggestion for this lesson is to read the picture book *How Do You Make a Rainbow?* by Caroline Crowe and Cally Johnson-Isaacs. This beautiful book has lots of suggestions of ways to spend time with people doing activities that can bring about happiness and positivity.

If choosing to use the book as a prompt, it can be fun to get the children to try and think of things that make them feel happy which represent the colour of the stripes of the rainbow. E.g. red is for sweet raspberries in summer, green is for the smell of freshly cut grass, yellow is for car trips to the coast in the sun.





Stretch



Deep breaths



Dance



Write



A warm bath



Paint or draw



Listen to music



Play with a pet



Go for a walk



Talk to someone



Use a stress ball or fidget toy



Sing a song



Pick flowers



Read a book



Do a puzzle



Blow bubbles



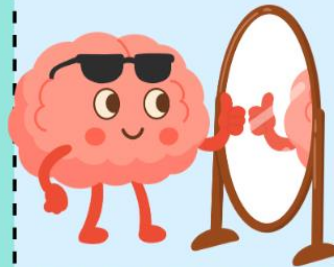
Get moving!



Ask for a hug or  
cuddle a plushie



Positive self talk



Sew, knit or  
crochet



Imagine a  
peaceful place



Play with slime



Make biscuits or  
scented dough



A warm drink



Leaf printing



Spot treasures  
in nature



Take a nap



Take or look at  
happy photos



Play a game



Cry



Jump on a  
trampoline



Call a friend



Example made with paper

