



Rainbow Breaths

Show your children how to stand with your feet wide apart and your arms gently resting by your sides.

Slowly raise your arms in an arch shape and take a deep breath in.

Breathe in until your hands join together over your head.

Breathe out slowly as you lower your hands in an arch shape back to your sides.

As you do this imagine that you are making a beautiful rainbow.

Now ask your child to choose a colour to start off the rainbow.

Ask them to breathe in their colour and raise your hands and arms up to the top of your head.

Then breathe out your colour stretching your arms out in an arch and down by your side.

Then chose another colour and breathe it in .

Stretch your arms out by your side and up above your head

Breathe out your colour making a beautiful rainbow above your head.

Continue making your rainbow adding another colour each time.

What colours are you adding to your rainbow?

Once you have finished talk about all the colours you made in your rainbow.

Which one was your favourite colour?

How did this make you feel inside?

Your child may like to draw their rainbow.