



## 2018 Autumn

### ***From the Editor:***

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### ***THANK YOU MARGARET HENDERSON***

Welcome to a new year of Rainbows everyone. Much gratitude goes to our long-term editor, Margaret Henderson RSM, for the production of the newsletter to date. Your wisdom, passion and commitment have helped keep us going.

Thank you to all those who replied to the recent *Form* questionnaire. It is your responses which will govern the continued production of our newsletter.

### ***PUPPET PLAY***



Meet Phil and Maz, two much loved puppets from our Rainbows resources. At Unity College on the Sunshine Coast, we have been fortunate enough to purchase several puppets which live in the individual resource tubs that are

set up at the beginning of each new Rainbow's season at school. The members of the group, children and facilitator alike, take it in turns to speak through the puppets when discussing issues during weekly sessions. The puppets are great ice-breakers, a distraction when things get tough and a chance for children to act out their emotions in a safe and supportive environment. Apart from that, they are just great fun! The children look forward to speaking through these tools and readily share through this aide what they may not be

otherwise able to express in the group. We began small with only a few puppets which were shared around the groups, until we were able to build up our supply. Worth a thought if you have the funds.

### ***From our USA Newsletter:***

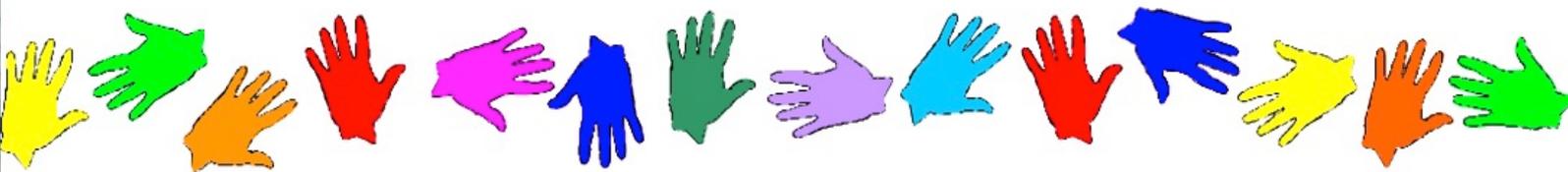
### ***KNOWING HOW MUCH YOU ARE WORTH***

**Purpose:** To help participants by hearing positive feedback about who they are and what specific contribution(s) they each bring to the group.

**Materials:** Enough small scrapes of paper so that everyone will get as many as there are number of people in the group. A small bowl/basket/box for each person at the front of the room. Writing utensils.

### **Instructions:**

- Give each participant as many pieces of paper as there are people in the group.
- Open with discussing that everyone has brought something to the group. Some of us are better at listening, while others of us are better at sharing, but we have all met together each week in hopes of helping one another through the struggles we are facing. Instruct each person to write a compliment for each participant in the group, and one compliment for themselves as well. These compliments can be something nice that the person did, something they like about the person, or a way in which they saw the other person



improve or grow over the course of the group.

- After the participants have written messages for each of the people in the group, instruct them to put the notes into the appropriate bowl/basket/box for that person.
- Once all messages are put into the containers, have each person get his or her container and return to their seat.
- Once seated, going around the circle and have each person read the compliments he or she received. Optionally, they can read them to themselves if they don't feel comfortable sharing aloud. (Facilitators may participate in this as well!)

This is a great way to reflect on the personal growth, strengths and unique gifts that each of us brings to a shared space. End the meeting by reminding the participants that they are worthy of celebrating; each and every one of them deserves love and compassion. Remind them to practice self-love whenever they feel low. They might even wish to keep the notes handy to look at and remind them there are others who feel they are valuable and important!

*\*This activity was originally intended as an alternate activity for Meeting 12: Reaching Out of Rainbows Level 3. However, it can be used with other levels and at other meetings, as facilitators see fit. It is particularly good for one of the final meetings, though, since participants need to know each other fairly well and have bonded well. This, and other alternate activities, can be found in the Resource Centre of the online training. ([www.learnrainbows.org](http://www.learnrainbows.org)).*

## **A SONG OF INSPIRATION**

From the recently released movie, **'The Greatest Showman'** comes the song; **'This is Me'** If you are looking for a lively, catchy, inspirational group song, this could be it.

## **WHAT DO CHILDREN GET OUT OF RAINBOWS?**

When asked this question some retired facilitators were unanimous in their response: "The children come to understand that no matter how they are feeling their group understands. They are not in it alone. Other children have the same feelings and it is okay."



## **EMOTION CARDS**

What are Emotion Cards?

The E-motion Cards were designed and created to give children a solid emotional grounding they can use as a tool for the rest of their lives. These emotion cards are a platform for teaching understanding, and recognition of emotions in themselves and others – suitable for parents, teachers, counsellors and carers.

There are 2 sets of 21 cards in your emotion cards, one set of large cards and another of smaller cards that sit inside the large cards when matched. The cards are targeted at two groups of children; 5-7, and 8-11 years old. They are colour coded for each age group and also colour coded for each emotion.

There is a booklet accompanying the emotion cards, written to assist parents, teachers, carers, and those working with children to have a better understanding of the emotions themselves.

E-motion Cards are aligned with the Personal And Social Capabilities of the National Curriculum for the Australian Schools.

**E-motion**

Annie O'Brien - Director

Website: [www.e-motioncards.com.au](http://www.e-motioncards.com.au)

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