

Be a rainbow in someone's cloudy day

KS1/2

This activity is about the power of being kind and involves making a poster/display.

What you will need

Paper

Colouring pens

Art and crafts materials

Method

- Ask the children what they think about rainbows (beautiful/positive).
- Then ask 'what would it be like to be a rainbow for someone else? Maybe someone who feels sad or grumpy?'
- How would it make the other person feel? Would they feel loved?
- Suggest they might smile or do kind things to help someone feel better.
- Be careful to point out that someone can still feel sad or grumpy no matter how we act and it is not our fault. But we should always choose to act kindly. It can make a big difference.
- Finally ask them how they would feel about themselves if they chose to be a rainbow in someone else's cloudy day?
- Being kind is good for us too.
- Ask them to make a display about how to be a rainbow in someone's cloudy day.

