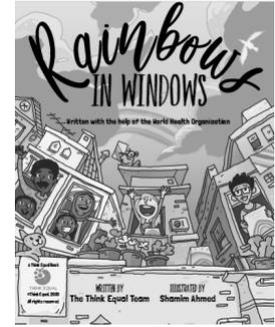


RAINBOWS IN WINDOWS – THINK EQUAL

**Please Note: These activities were created in response to the COVID-19 pandemic as a way for children to name and work through their feelings surrounding illness and remaining at home. The activities can be used in the future to address any circumstances of illness, and may need to be adapted.*

*Wherever possible, **make this light-hearted and fun**. The goal is to ensure the children are informed and prepared, we don't want them to feel frightened.*



OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of preventing the spread of illness
- Practise self-calming techniques
- Appreciate interconnectedness

RESOURCES

- Book – Rainbows in Windows

VOCABULARY

- Virus
- Germs
- Cough/sneeze

ACTION

- **Gather the children together.**
- **Read the book “Rainbows in Windows”**
- Ask the children if they have ever been ill, or if a family member or friend has ever been ill. Invite them to **share their thoughts, including describing recovery from illnesses.**
- Tell the children that you will all now practice washing your hands, as this is a good way to stay healthy. Say that **when washing our hands, we need to make sure we clean every part of the hand**, to make sure no virus can remain on our fingers.
 - If possible, **demonstrate how to wash hands thoroughly with soap and water** in the classroom sink, or in a bowl with soap and water. If not, then pretend to use soap and water from a tap.
 - Show the children how to wash the **front and back of their hands, in between fingers, and fingertips**. Tell them that you're going to sing a song that you want them to learn and that it's important to make sure to wash our hands for the entire length of the song – this helps make sure we get our hands extra clean. Sing to the tune of “Here We Go ‘Round the Mulberry Bush” or any other appropriate tune:

**This is the way I wash my hands, wash my hands, wash my hands
This is the way I wash my hands, and stop the virus spreading (repeat 3 times)**

- Ask the children if anyone can remember **how else the virus can spread** (if someone coughs or sneezes near another person).
- Now ask the children if they know how to sneeze or cough safely (sneezing into your elbow, and covering your mouth with your elbow when you cough).
 - Explain that we use our elbows because then we keep our hands clean!
- Sing the song again, and add the lines below. Invite the children to make actions with their hands as they sing:

**This is the way I catch my sneeze, catch my sneeze, catch my sneeze
 This is the way I catch my sneeze, and stop the virus spreading.
 This is the way I cover my cough, cover my cough, cover my cough
 This is the way I cover my cough, and stop the virus spreading**

- **Ask the children if anyone would like to share how they are feeling** when they learn about this virus. Invite all answers – remember if any children share that they feel any unpleasant emotions, reassure them that **all emotions and feelings are okay**.
 - For example, say, **‘It’s absolutely okay to feel nervous, frightened or even angry** about this virus, but what **we must remember is how to calm our minds and bodies down** when we are feeling these bigger and not so pleasant emotions.’
 - *Please Note: **Be very sensitive** when discussing this, as each child may experience different feelings. If any child seems uncomfortable, reassure them and check in with them privately after the lesson. **Ensure you are always following your school or centre’s protocols.***
- Ask the children if they can remember what the boy’s sister in the story taught him to do to calm his mind and body down.
- **Turn to pg. 7 in ‘Rainbows in Windows’.** Read the text on that page to the children. Then **ask if anyone has ever tasted a delicious hot drink** (hot chocolate, hot tea, hot soup, etc.). Invite the children to share answers.
- After sharing, **invite the children to sit up straight and pretend to hold a delicious hot drink in their hands** – allow them to choose any hot drink they like.
 - Invite them to close their eyes, if they like. **Tell the children to breathe in through their nose and smell their delicious hot drink.** Say, ‘Hold your drink in your hands. Now take a deep breath in through your nose – Mmmm, that smells so nice!’
 - Next, **tell the children to breathe out through their mouths to cool the drink down.** Say, ‘The drink is so hot, we need to blow on it to make sure it’s cool enough for us to drink. Slowly blow on it to cool it down so you can enjoy it.’
- **Repeat these steps three times.** After the third time, invite the children to pretend to drink their delicious hot drink and open their eyes.
- After all children have finished the activity, **invite them to share how Hot Drink Breathing made them feel.** Ask, ‘Did this help to calm your body and mind – how does it feel inside your body now?’ Share ideas.

RAINBOWS IN WINDOWS – THINK EQUAL

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of preventing the spread of illness
- Practise self-calming techniques
- Appreciate interconnectedness

RESOURCES

- Book – Rainbows in Windows
- Ball of string/yarn

VOCABULARY

- Emotions/Feelings
- Breath
- World
- Calm
- Connected

ACTION

- **Gather the children together.**
- Ask if any child can remind the class how we best wash our hands.
- Sing the song from LESSON 1 with the children again, including gestures where appropriate.
- **Read ‘Rainbows in Windows’ again**, pausing for the children to make comments or ask questions wherever necessary.
- **Next, help the children organise themselves into a circle.**
- **Tell the children that people all over the world are having big feelings right now**, it might be because some are ill, some can’t go outside and see their friends, some can’t see their grandparents or neighbours and some can’t go to the playground (please mention relevant circumstances to your community as well).
- Tell them that it’s important to remember this - **we are all connected to each other, especially in times where people are having big feelings.**
- **Take out the ball of string/yarn.** Tell the children that this ball of string will help us see these connections, right here in the classroom!
- Hand the ball of yarn/string to one child and ask them to say their name. Then, ask them to hold the end of the yarn/string and then roll the ball of yarn/string gently across the circle to another child.
 - Remind the children to hold onto their part of the yarn/string tightly! Pause the game to help them do so when necessary.
- **Have the child to whom the ball was rolled say their name, hold the yarn/string close the ball tightly in their fingers, and then roll the ball across to another child.**
- That child says their name, holds their yarn/string in their fingers and rolls it to another child.
- **Continue until all the children are holding a part of the yarn/string.** The children may need to **throw the ball of yarn/string toward the end**, as it will be difficult to roll.

- The end result will be a large design inside the circle, with each child holding a piece of the yarn/string.
- Once all children have had a turn, invite them to look at the design they've made with their string/yarn.
- Remind the children that **they are all connected** to each other by this string and this design, **just like we are all connected to the rest of the world!**
 - Say, **'Because we are all connected, we need to be kind to each other and remember that many people are feeling the same way as us right now.'**
 - Ask the children to think about others who might be feeling unpleasant emotions right now. Ask what advice we can give them to help them be calm when they have big feelings. Invite all ideas.
- **Remind children about Hot Drink Breathing.** Tell them you have another idea for something they can do to help calm their bodies and minds if they're having any big feelings.
- **Ask them to sit or lie down comfortably.** Help the children find a space where they are spread out and comfortable, away from others.
- Invite them to close their eyes if they want to.
- **Tell them to place their hands on their lower belly.** Walk around the classroom and help the children put their hands in the appropriate spot – the goal is for them to feel their breath inside their bellies.
- **Tell them to imagine their belly is a balloon.** Explain that by breathing in deeply through their nose, they can make their balloon bigger, and by exhaling through the nose, they can make it smaller.
- **Encourage them to breathe slow, deep breaths in and out.**
- Repeat 2-3 times, then ask them how they feel.
- Explain that if they start to feel big feelings, breathing this way can also help them to calm down.
- **Ask the children if anyone can remember another way to help calm our bodies and minds down.** Invite ideas and **remind children about Take a Break, Make a Plan** (introduced with the book 'Wally the Wave').

RAINBOWS IN WINDOWS – THINK EQUAL

OBJECTIVES

By the end of the WEEK, children should be able to:

- Demonstrate understanding of preventing the spread of illness
- Practise self-calming techniques
- Appreciate interconnectedness

RESOURCES

- Any available light-weight recycled materials (old plastic, thin/tissue paper) in rainbow colours if possible (red, orange, blue, green, yellow, purple) cut into strips
- Coloured markers
- Glue / tape
- A6 sized card rolled into a tube and taped/glued or empty toilet roll holders (one per child)

VOCABULARY

- Rainbow
- Colours
- Indigo
- Violet
- Key workers
- Happiness

ACTION

- **Ask if the children have seen any rainbows drawn in windows around their neighbourhoods.**
- **Ask if they noticed any rainbows in the story, ‘Rainbows in Windows’. Revisit the pages in the book (including the front cover) to see if they can find them and count how many there are (cover, pgs. 2, 10, 16, 22 - 23).**
- **Next, discuss how because many people in the world have a virus right now, people all over are making rainbows and hanging them in their windows, to thank people who help us, give hope to those who are unwell, and to make people smile.**
- **Explain to the children that we see a rainbow when sun shines through water, like at the end of a rainstorm, when the sun starts to shine, its rays shine through the rain making a magical rainbow with beautiful colours.**
- **Say, ‘Right now, it feels a bit like we are in a rainstorm. We have heard a lot about the spread of a virus, which can make us feel sad and worried, and even angry. But in this “rainstorm”, people are sending out messages of light and love by making beautiful rainbows for all to see.’**
- **Talk to the children about the key workers and people who are helping to take care of everyone, such as doctors, nurses, scientists, cleaners, delivery drivers, supermarket workers, etc. Discuss how because these people do such important jobs, we are able to help people who are unwell to get better.**
- **Tell the children that today, each of them is going to make a Rainbow Blower (see image), and this will be another way to help calm them when they feel big emotions.**



- Give each child a toilet roll holder or A6 paper rolled into a tube.
- **Discuss the colours of the rainbow with the children.** Explain that the colours in a rainbow are red, orange, yellow, green, blue, indigo and violet – sing any appropriate songs that they may already know.
- **Pass out the strips of coloured material.**
- Next, demonstrate for the children how to **tape or glue the coloured strips to the inside of the tube, all around the tube.**
- Walk around the classroom and help the children ensure they've placed the strips firmly and properly. Use this time to also put the children's names or initials on each tube.
- Once all have completed this task, **show them how to gently stuff the strips into the tube** and then **blow from the other end to make them stream outwards.**
- Invite the children **to take a deep breath in through their nose** to prepare their lungs with air and **then to blow into the tube through their mouths to make the rainbow come out.**
- Now invite the children to each **decorate their tube in whatever way they like with markers.**
- Congratulate the children for working so hard on their Rainbow Blower and **let them know how much you appreciate their creativity.**
- **Tell the children you are proud of them,** and that by creating their beautiful Rainbow Blower, they have created for themselves another way of calming their feelings and spreading happiness.

REFERENCES

- For more information on how to talk to children about COVID-19, [click here](#) for The WHO guidelines on parenting during the pandemic.