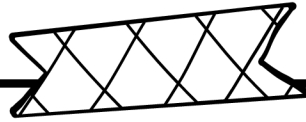


Rainbow Grounding

For each colour of the rainbow, find something in the room that matches that colour. Repeat.





Rainbow Breathing

Place your finger on the star. Trace along each rainbow colour with your finger as you breathe in and out.

