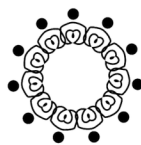
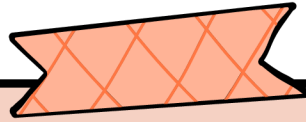


# Rainbow Grounding

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.**

