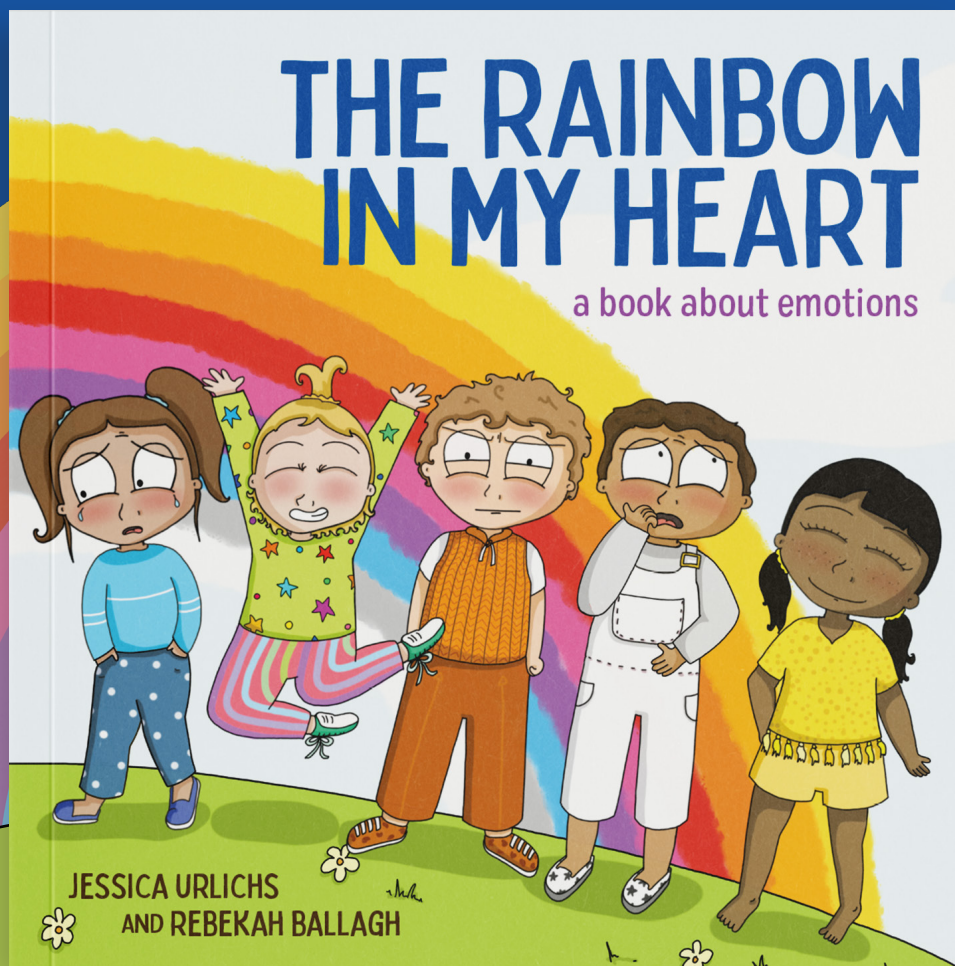


THE RAINBOW IN MY HEART



TEACHER'S NOTES

Story Summary

We all have lots of feelings, it's OK to let them show. They all live in our heart as our very own rainbow. What does your body do when you're sad or angry? How do you show someone you are proud?

For children, experiencing new emotions and understanding them are two vastly different things, but poet Jessica Urlichs and illustrator Rebekah Ballagh have created an accessible and wonderful rhyming picture book about the rainbow of feelings that live in our heart that helps little ones to express their feelings.

Also a qualified counsellor, Rebekah has provided notes for parents and teachers at the back of the book to help caregivers start conversations around understanding, identifying and navigating emotions.



About The Author, Jessica Urlichs

Jessica Urlichs shot to stardom on social media with her honest and heartfelt poetry centering around her family and motherhood. Jessica met her husband in Australia where they lived together for many years and are now raising their children in New Zealand.



About The Illustrator, Rebekah Ballagh

Rebekah Ballagh is a talented illustrator as well as being passionate and dynamic mental health counsellor. She created the hugely popular Instagram community Journey to Wellness as a platform for wellbeing, mental health advocacy and self-care.



Suggested Discussion and Activities

The story connects a colour with each feeling. Explore which colours the children associate with each feeling.

- Is it the same for everyone?
- Ask the children to suggest a smell, place or object they connect with each feeling. This can open conversation to discuss diversity in our experiences and reactions. Share images of people in different situations.
- Can the children read the faces and body language to predict what the person is feeling?
- Are they all picking up the same cues?

On page 10 the story suggests counting for calming down angry feelings.

- What strategies are already used in your school community?
- Do the children have different strategies at home, at Brownies, in sports teams etc.
- Can the children suggest some strategies they might like to try in your classroom?



Story starter- end of the rainbow

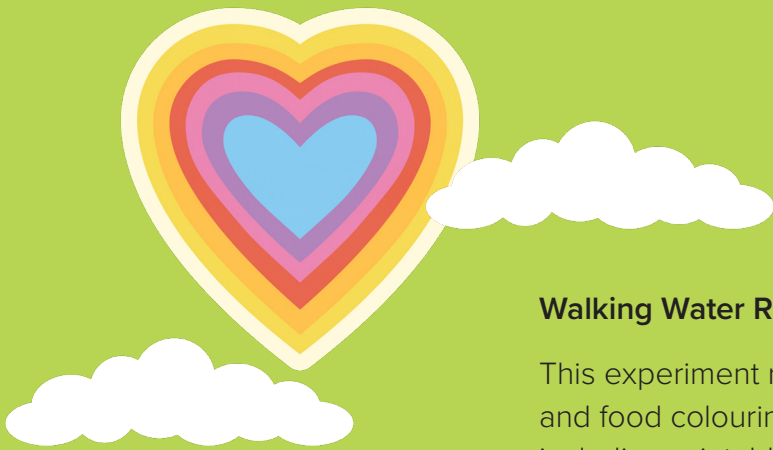
The children may have heard myths and stories about what can be found at the end of a rainbow. Discuss their shared knowledge and predictions about what happens at the end of the rainbow. Allow time for them to draw what they imagine prior to beginning creative writing.

Rhythm and rhyme poetry- Group activity for keen writers

Reread the book to a small group of keen writers. Support them to build a word bank of words that rhyme with the feeling they would like to write about.

Science- How are rainbows made?

Sunlight is made up of many different colours. A rainbow is made when sunlight is bent by water and splits into many colours. You can make rainbows in the classroom by placing glasses of water on the window-sill on a sunny day reflecting rainbows onto the floor below.



Walking Water Rainbow

This experiment requires 7 drinking glasses, paper towels, water and food colouring in red, yellow and blue. Detailed instructions including printable prediction and recording sheets can be found here <https://funlearningforkids.com/rainbow-walking-water-science-experiment-kids/>

Art

Spray craft paper with water and provide the children with coloured chalk. Each colour of chalk will blend where it meets. This also provides an opportunity to consolidate colour names and introduce/reinforce te reo Maori colour names.

Te reo colour song

Ask the children to jump/hop/clap if they are wearing the colour that is being sung about. You can find an example of the song here <https://www.youtube.com/watch?v=c7a2nmWVf5g>

Te reo Māori kupu

Grumpy	kiriweti
Happy	koa
Sad	pōuri
Brave	māia
Excited	manahau
Angry	riri
Rainbow	āniwaniwa
Red	whero
Orange	karaka
Yellow	kōwhai
Green	kākāriki
Blue	kahurangi
White	ma
Black	mangu/pango



Using the Story in Provocations and Invitations to Play

Rainbow art provocation.

Set up images of rainbows and provide containers with natural objects or art materials in colour sets for children to build rainbows.

Your ECE centre may already have a song about feelings and emotions that the children already enjoy. Here's another you and the children could add your own verses to <https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/>

Set up some mirrors to practice faces, with images of children expressing different emotions. Children can guess what you and each other are feeling by reading their facial expressions, and by adding some sound effects.

