

DO THE HOT CHOCOLATE



There are times in our lives when we all need to take a moment to calm down and compose ourselves. A good way to do this is to slow our breathing rate which in turn slows our heart rate and restores us to a more relaxed state of being.

Teaching children this simple technique can help them to remember to pay attention to their breathing when they are feeling anxious or tense. Pick up an imaginary mug of hot chocolate and bring it to your nose. Breathe in slowly through the nose to the count of three and allow your senses to imagine the warm chocolatey aroma coming through.



The drink is a little too hot, so next breathe slowly out through the mouth to the count of three to cool the hot chocolate. Repeat for a minimum of three in and three out breaths and notice the feeling of relaxation that surfaces.

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“Be careful how you are talking to yourself because you are listening.”

— Lisa M. Hayes

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 Rainbows End



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'MOVING ON' YEAR 6 WORKSHOP



WELLBEING IN THE MEDIA

This year we embarked on one of our most important Coaching Programmes yet – our Girls Confidence Workshop called ‘Making Rainbows.’

This wonderful workshop teaches young girls how to build confidence so that they have the tools to enable them to achieve anything they wish!

We developed this workshop with the shocking evidence by the Department for Education that girls start to fall behind at Key Stage 2 Skills through lack of self-confidence and becoming ‘invisible.’

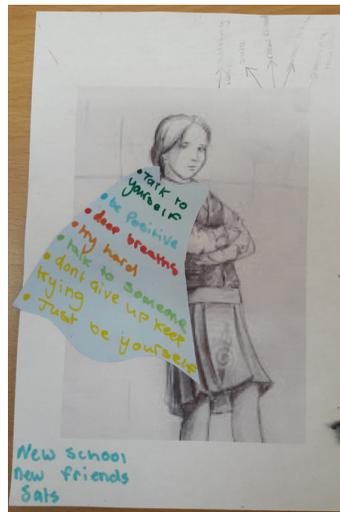
The girls will be inspired when they meet Amanda Coulson, one of Great Britain's best ever female boxers.



99%

of pupils said they would like another workshop like the one we provided

‘Moving On’ is the name of our Workshop designed to support children in Year 6 with the challenges that face them this year, including moving to secondary school and their SATs. So far so good and they have learnt some really good techniques to deal with any stress and negativity that they may feel.



One of our fun activities identifies the super hero cape that they could choose to wear to help them deal with problems.

Helping them learn coping mechanisms will stand that in good stead for a successful future.

It's wonderful that the children are loving learning these life skills and we are doing our bit to reduce the “wobbles”.

More information about our workshops can be found on:

www.rainbowsendcoaching.com

There have been many lovely things in the media recently about wellbeing. We especially praise the efforts by the Duke and Duchess of Cambridge's promoting children's mental wellbeing in school.

This is very welcoming news as figures shows more than 50,000 young people turned to Childline last year for help with serious mental health issues - a rise of 8% over the past four years.



It's great to see an increase in the media reporting on youth mental health and the wellbeing of everybody, especially teachers.