

RAINBOW REVIEW!

MAKE & TALK CRAFT

The Winston's Wish Make & Talk craft activities might be a good way for you to talk about your grief while doing something you like. This is an activity to help you check how you have been feeling. You will choose a good moment, a not-so-good moment, and a brilliant moment from today or this week. It might be helpful to think about what has happened before you start.

YOU WILL NEED

PLAIN PAPER

PENCILS / PENS



1

Take your sheet of paper and divide it into 6 sections using a pencil and ruler (or a steady hand!).

2



On one side of the paper, you will have three boxes. In the first box, draw a sun. In the middle box, draw a rain cloud. And in the last box, draw a rainbow.

What was your sunny moment?

This could be something that made you feel happy or a time when you felt relaxed.

What was your rainy moment?

This could be when something did not work out, or you felt sad or uncomfortable about something.

What was your rainbow moment?

This could be something brilliant, funny, or exciting that has happened. If you can't think of anything, it could be something you are looking forward to in the future.



3

**Made by Annabel,
Youth Ambassador!**

Write your sunny, rainy, and rainbow moments on your paper next to the symbols. You can do this activity every day or once a week if you want to. It can be a very helpful way to check how you are feeling and remember what has happened.

Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm
08088 020 021 ask@winstonswish.org winstonswish.org

**WINSTON'S
WISH**
Giving hope to grieving children