

Rainbow Delight Story

Original Lesson Plans - Page 77

Story Theme: "I feel my perfect wholeness."



- Ask the children to find the hidden hearts and critters in this story.

I Feel My Perfect Wholeness Activity:

Original Lesson Plans - Page 79

As you engage with children while doing this activity you will notice that it helps children to breathe and focus on seeing themselves perfect and whole.

- Studies have shown that offering visualizations regularly helps children to calm and relax their body and simply feel better.

- The good feelings that come from the visualizations reinforce children loving themselves unconditionally.



Encourage the children to take a slow, deep breath; feel the love in their heart and say the above statement with you.



As children take a few minutes to be quiet it gives them an opportunity to just be themselves and appreciate their perfect wholeness in every way.

The Bigger Picture Awareness Activity:

Original Lesson Plans - Page 82

As parents, teachers and caregivers ask children to answer the questions on page 82, children can be helped to recognize how children who face adversity experience frustration and challenges. Yet with patience, continued practice, perseverance, and a strong belief in themselves they can overcome their challenges and achieve amazing successes in reaching their goals.



This little girl is definitely a teacher of perseverance. She models success in reaching her goals.

Learning Differences Activity:

Original Lesson Plans - Page 83

Many learning differences and life challenges are hidden and not understood or even seen by parents, teachers and caregivers.



As these children do this activity, they are gaining personal insight and experience regarding the way they learn.

As children answer the questions on page 83, they are encouraged to gain insight into their own and others learning challenges.

- **It takes courage, determination, and commitment to continue to do something that is hard to do.**

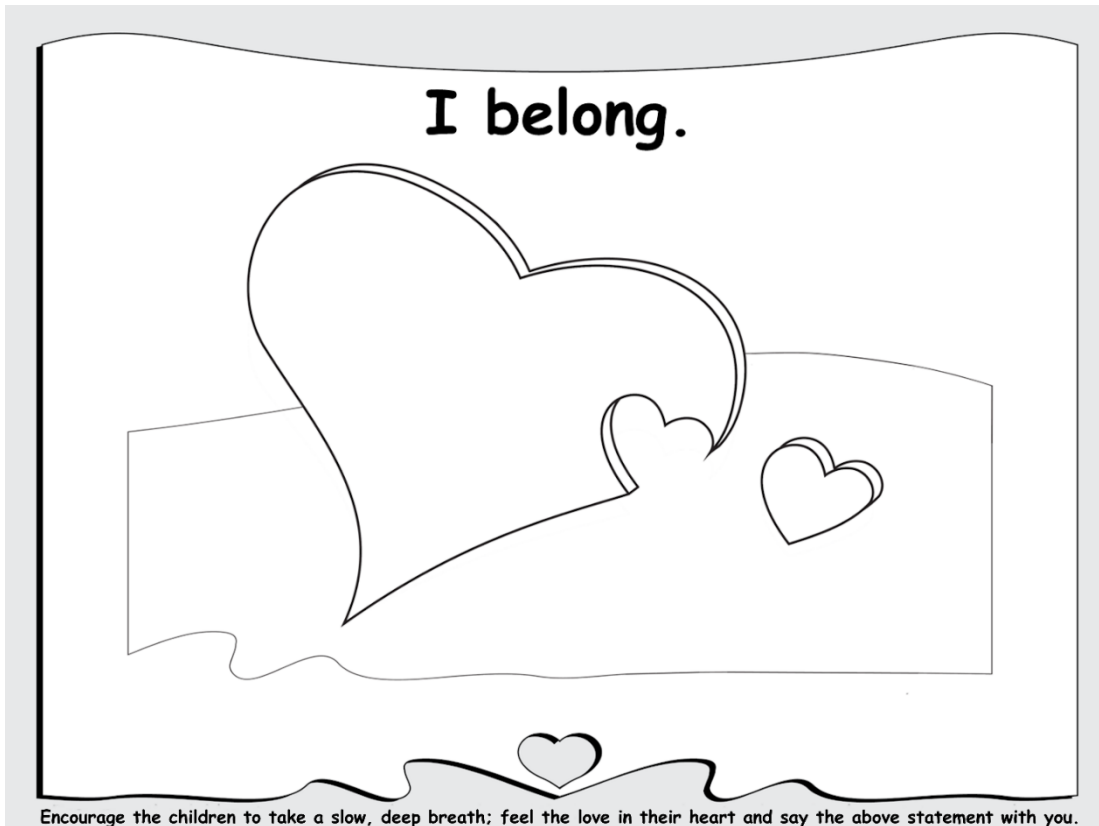
Ask children who seem to be facing learning challenges:

- **“Can you tell me about how you are feeling?”**
- **Listen to understand how the child is thinking and feeling, while gaining insight and knowledge into how the child perceives their specific situation.**
- **As a child is listened to the child will feel valued.**
- **Parents, teachers and caregivers can help the child to find the best way forward for them.**
- **It is important to appreciate all their successes.**



Wholeness & Belonging Puzzle Activity:

Original Lesson Plans - Page 84

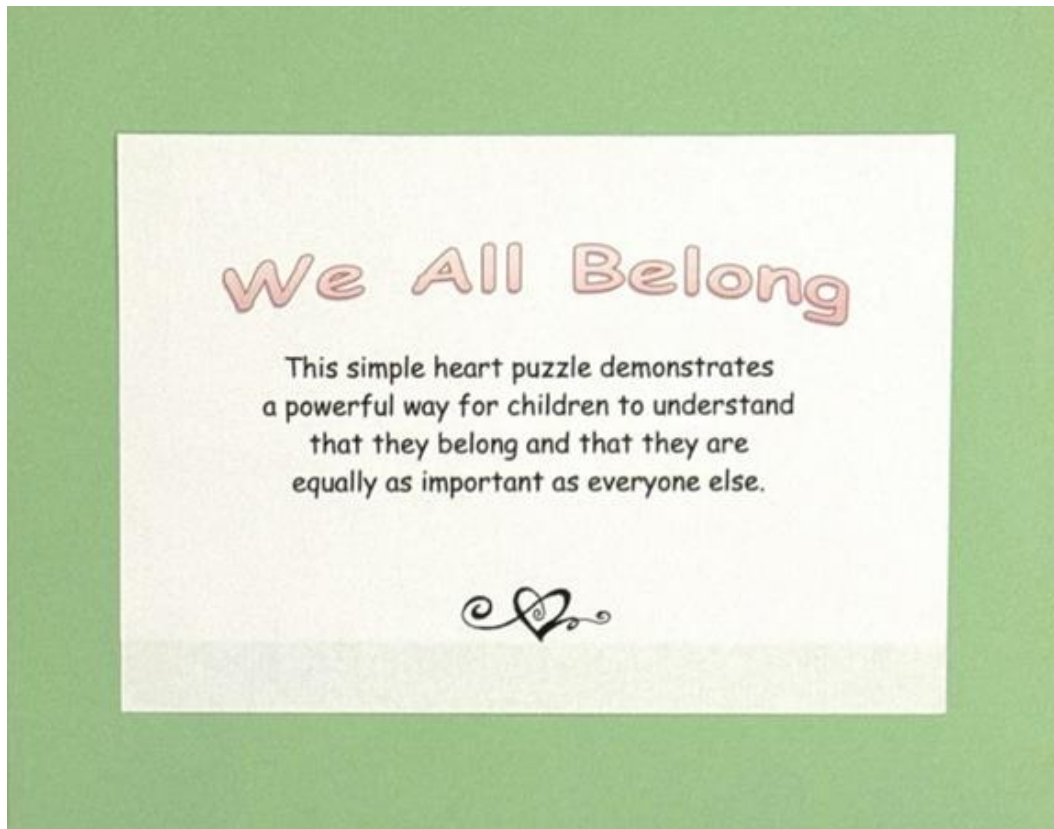


Children are encouraged to recognize their inner value just by being themselves.

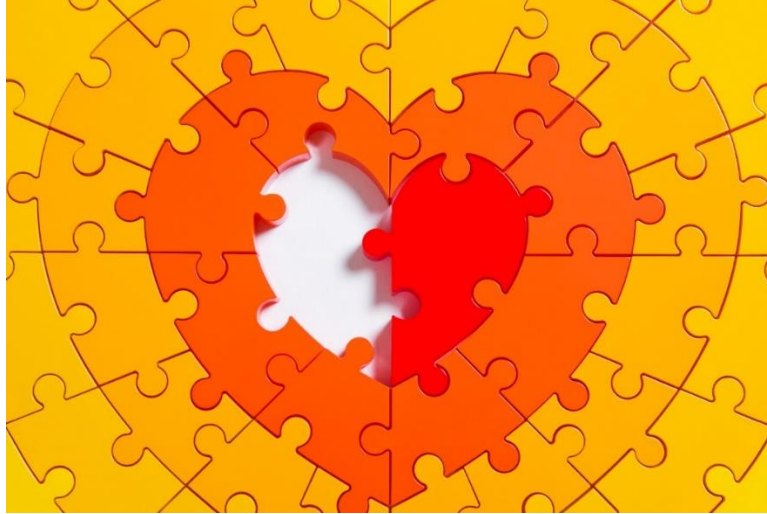
Children are one of a kind and irreplaceable. When they were born, they were born valuable. We can't buy them in a store. Their value stays forever with them.

- **No one can take their value away.**
- **As children are kind and caring with themselves and love their unique self, they will learn to trust themselves.**

- **As children appreciate their involvement and contribution, feelings of belonging surface.**



- **Just like pieces of a puzzle, everyone needs their piece to complete the puzzle.**



The more children experience feelings of belonging, the easier and stronger this belief grows. A child who feels a sense of belonging is likely to experience more harmony in life.

A \$20.00 Bill Exercise:

A well-known speaker gave this exercise whenever he offered speeches.

He held up a \$20.00 bill and asked, "Is it still worth \$20.00 if it is crumpled or stepped on?"

- **Our unlimited worth comes from being who we are.**

Ask yourself:

- **"How much value do I recognize within myself?"**
- **We are all priceless, important, precious and special, exactly as we are.**

Ask the children:

- **What are all the ways we are connected and belong?**
- We all live on the same planet.



- We all have a body, and we breathe the same air.
- We all drink water and eat food for nourishment.



- We all experience wind, rain, sunshine, sunrises, sunsets and see stars that shine bright at night.



A Blanket of Love Activity:

Original Lesson Plans - Page 85

This activity connects well with the previous activity Wholeness & Belonging Puzzle Activity (Page 84). As children begin to recognize that we all belong, they can begin to see how each person fits into their family (classroom or community) in their own unique way. It is like being on a team. Each player has a different position and different skills, but they all come together to play as a team. When the children weave their decorated strips of paper together it creates a beautiful piece of art. As children believe love is who they are they can smile and feel confident to be their unique, lovable selves.

