

RAINBOW MOMENTS

If you did the *Weaving Well-Being* programme, you might remember that Rainbow Moments are all of those little moments during the day when good things happen. Maybe you played a fun game, watched a funny movie, created something interesting, had a nice lunch or dinner, noticed something beautiful in nature - there are lots of good things all around us, even at difficult times in our lives. We need to train our minds to notice the good things - our minds are already too good at noticing the bad stuff!

Write down three Rainbow Moments for the last 24 hours in the rainbow below. Try to do this every day for a least a week so that you get into the habit of noticing the good things! You can write these activities, for the next five days on the following page.

Every day may not be good,
but there is something good
in every day.
-Alice Morse Earle

