

What to Expect When Your Child Enrolls in a Rainbows Group

Sample Meeting

Meeting title: Endings and Beginnings

Level: Rainbows II

Children are encouraged to gently close the door on the past and look towards their new beginnings.

GATHER

As a way of getting acquainted, each participant will be asked to share one "bum" (something negative) and one "brag" (something positive) that happened since the group was together last.

FOCUS

Children will read words that describe Endings and Beginnings. They will circle the ones that match their own endings and draw a box around those that match their own beginnings. They will answer questions such as, "How have you moved forward after the changes in your life?"

CONNECT

Children will sort through "memories" and "dreams" cards. They will choose a card that fits one of their own memories and one of their own dreams, and they will be encouraged to tell the group why they chose those cards. Children will also have blank cards to write personal memories and dreams. As the grieving child works through the emotional pain towards acceptance of the changes in their life, he/she will come to realize that, while sadness is an emotion of endings, it is also an emotion that can help make way for new beginnings.

Rainbows' curriculum will help your child develop problem-solving and anger management skills to help alleviate depression and anxiety. Rainbows gives children a safe environment to **speak** about their feelings, **express** their grief, and **find comfort** from shared experiences among their peers.

Testimonials

"Rainbows has given my son words, feelings and other children's experiences to help him express and live through the challenges of his life right now."

-Jamie, Rainbows Parent

"What I like best about Rainbows is they help get anger and sadness out of me."

-Lisa, Participant, 8 years old

Examples of Weekly Topics:

1. One of a Kind

Discovering their own identities and understanding that each person is special.

2. Inside Out

Helping children put words around their feelings.

3. Why My Family

Verbalizing their family's story and beginning to process their feelings.

4. Making the Pieces Fit

Reassuring children they will get used to a new life style and things will start to make sense again.

5. Blow-Ups & Let-Downs

Understanding anger is a necessary emotion that must be expressed in appropriate ways.

6. Facing Fears & Worries

Verbalizing fears & worries and separating the real from the imagined.

7. We Are Family

Exploring and describing various types of family structures.

8. Where Do I Fit In?

Assisting the children in feeling physically and emotionally comfortable in their surroundings.

9. The Stepfamily

Helping children who belong to a stepfamily cope with their new family setting.

10. Endings & Beginnings

Gently closing the door on the past and looking towards new beginnings.

11. Weathering the Storms

Acquiring the coping tools necessary to successfully handle crises as they happen.

12. Reaching Out

Appreciating the children's own specialness, goodness, and worth.

Group Levels

Sunbeams:

Pre-K & Kindergarten

Rainbows Level I:

Grades 1-2

Rainbows Level II:

Grades 3-4

Rainbows Level III:

Grades 5-6

Rainbows Level IV:

Grades 7-8

Spectrum Level I:

Grades 9-10

Spectrum Level II:

Grades 11-12

Value of Peers

Children benefit from understanding they are not alone and receiving the support of their peers in the groups. This is also why **consistent attendance at meetings is important** for the sake of everyone in the group.