

Creating Strong Boundaries – Breathing a Rainbow into your Personal Space

It is important for children to feel safe and for them to be able to recognise their own boundaries.

1. Encourage children to stand tall and breathe a rainbow of colours into their body, from the tip of their head, down over their shoulders, down their arms to the tips of their fingers, down through their whole body, down their legs and to the tips of their toes.



2. Keep breathing this rainbow of energy through their whole body, out through their fingertips and toes and filling their personal space. (You may wish to have children sitting on circular carpet mats or inside hoola-hoops so they can see their 'personal space')
3. Encourage children to now choose one colour of the rainbow to help them create a protective dome/shield/Invisibility Cloak of Protection around them.
4. Once they have chosen their colour, have children say a loud 'd...d...d...' sound as they create their protective dome/shield/Invisibility Cloak of Protection by pushing out with their hands in front, at their sides, behind, above and below; while repeating the 'd...d...d...' sound.
5. Once they have completed this and are feeling stronger, encourage the children to draw themselves surrounded by their chosen colour and strong protective dome/shield/Invisibility Cloak of Protection

