



**Rainbows and SunBeams offer 12 to 14 week age appropriate and structured programmes facilitated by trained members of staff with small groups of children.**

*Both Rainbows and SunBeams explore the following themes: –*

- ☐ One of a kind – self esteem
- ☐ Inside out – feelings
- ☐ Why my family?
- ☐ Making the pieces fit – coping skills
- ☐ Anger and hurt – coping skills
- ☐ Facing fears and worries – coping skills
- ☐ Families are all different
- ☐ Belonging to my family
- ☐ Different kinds of family
- ☐ Endings and beginnings – change
- ☐ Weathering the storm – adapting, adjusting
- ☐ Living with change
- ☐ Celebrate me session – a celebration and conclusion of the programme; going forward.

*Planning and resources for each session are provided*

## **RAINBOWS PROGRAMMES**

- ☐ SunBeams – Foundation Stage
- ☐ Rainbows – Key Stage 1 and 2
- ☐ Spectrum – Key Stage 3, 4 and 5  
(age ranges are for general guidance only)

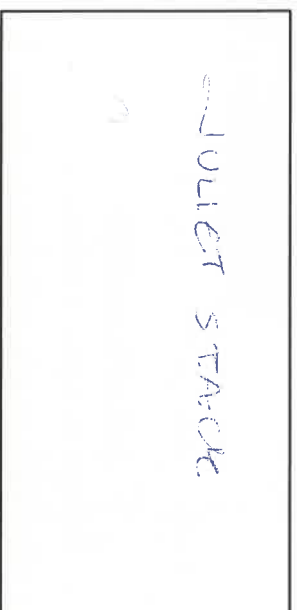
## **TRAINING**

- ☐ Training in bereavement and loss for **ALL** members of staff where Rainbows is to be introduced.
- ☐ Support for school communities to review or develop their own bereavement policy.
- ☐ Specific training for facilitators and co-ordination of the programmes and on-going support to affirm and advise colleagues in their important on-going work with those who grieve.

## **CONFIDENTIALITY**

- ☐ Confidentiality is at the heart of Rainbows
- ☐ Confidentiality will be kept at all times unless a child or young person is at risk
- ☐ Rainbows groups strictly adhere to the school's Safeguarding policies and procedures

*The school contact for SunBeams/Rainbows is : –*



For more information about Rainbows in school, please contact your school in the usual way.

*For more information about Rainbows, please contact: –*

Rainbows Bereavement Support Great Britain

Sue McDermott, National Director,

Email: [sue.rainbowsgb@btconnect.com](mailto:sue.rainbowsgb@btconnect.com)

Rainbows Resource Centre:

Werneth Grange, Grange Avenue, Oldham OL8 4EL

Tel: 0161 624 2269 • [www.rainbowsgb.org](http://www.rainbowsgb.org)



## **SUPPORTING CHILDREN THROUGH LOSS AND GRIEF IN FOUNDATION STAGE AND KEY STAGES ONE AND TWO**

***"My mum and dad feel a bit better now because of Rainbows. My dad is much happier because he was worried! ... It helped me by letting all my feelings out".***

*(Key Stage 2 pupil)*