

WHAT IS RAINBOWS?

Rainbows fosters emotional healing among children, young people and adults who are grieving a loss through a death, divorce, separation or any other painful transition in their lives.

Rainbows provides a safe setting in school in which children and young people can talk through their feelings with their peers who are experiencing similar situations. They are helped to articulate their feelings by a trained facilitator.

Rainbows provides age related materials which form a structured 12-14 week programme to assist children and young people through their grief and loss.

Rainbows acknowledges that grief needs to be recognised and supported; not denied, buried or ignored.

Rainbows supports self-esteem, trust, confidence and resilience. It promotes emotional development and positive, healthy relationships.

SUNBEAMS / RAINBOWS ... Recognising and supporting children from 3 to 11 grieving a significant loss in their lives

EMOTIONAL DEVELOPMENT

75% felt less angry
87% were happier

"I felt better"
(Thomas Year 3)

"I love my SunBeam teddy"
(Zoe, Year One)

"It helped me be less upset and made me happier"
(Niamh Year 5)

INCLUSION

98% thought the programme was fun to do

77% found it helped them to enjoy being at school

"It helped me by letting all my feelings out"
(Emily Year 5)

"I love being at SunBeams"
(Alfie, Foundation 2)

Schools using SunBeams and Rainbows say it makes a difference to young children who are grieving

RELATIONSHIPS

71% got on better with their family

"It made me forget about my problems and stop fighting"
(Ellie, Year 5)

"Since attending SunBeams my son can now speak about his mum. Thank you for the change you have made in him"
(Bereaved Dad)

SELF ESTEEM

79% felt less worried about their problem

"I like Rainbows because it is fun. It helps me get rid of the bricks"
(Ryan, Year 3)

"It helped me forget my problems eg my mum and dad splitting up"
(Amy, Year 4)