**Year 5 Mindfulness – wc 22.06.20**

This week I thought it would be nice to do a rainbow and think about what makes us special and unique.

**Rainbow**

Rainbows are a sign of hope as you cannot have a rainbow if you don’t have a bit of rain first. They have become the symbol of support and love throughout this pandemic. I love the idea of creating these rainbows including the characteristics that make you, YOU! When we return to school it would be fantastic to make a display out of your rainbows. You may want to make your rainbow in a different way but all I ask is that it includes lots of colour, your name and the aspects of your personality (starting with each letter of your name). Mrs Plummer doesn’t have an F in it so I couldn’t have funny but I could have ‘entertaining’. Your synonym work will help you here.

[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.pinterest.co.uk%2Ftcogle%2Fnurture-group%2F&psig=AOvVaw02IAQyGKPAEfoE58VXxL7N&ust=1588326310134000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNjfiPrwj-kCFQAAAAAdAAAAABAD)