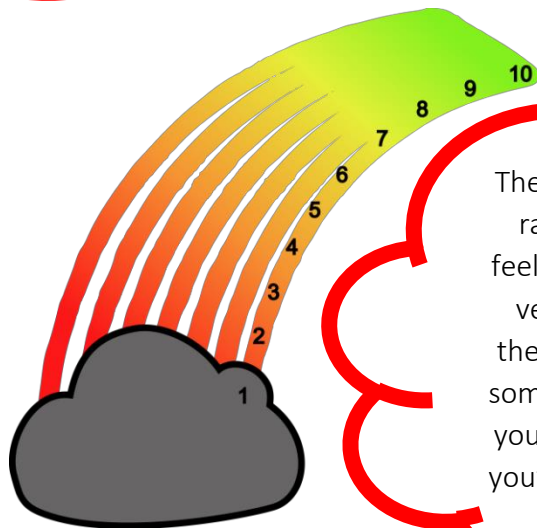




Top tip – stick the ROAR Rainbow somewhere everyone can see it, like your fridge!

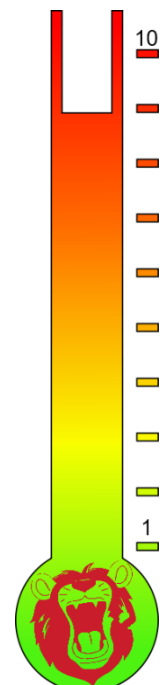
ROAR helps the children in our school to talk about their mental health and their feelings

We know that talking about feelings can be hard, so ROAR gives us tools to help make this easier



The ROAR rainbow. You can use the ROAR rainbow to ask your child how they are feeling from 1-10. 1 means they are feeling very sad or worried, and 10 means that they are feeling great. Your child may feel somewhere in between. Try using this with your child today – you could tell them how you're feeling first to start the conversation

The ROAR thermometer. Just like with a normal thermometer, we use the ROAR thermometer when we know something is wrong. So, if your child tells you that they are sad, worried or angry, you can use the ROAR thermometer to ask 'how strong is this feeling?' A one on the thermometer means 'not very strong' and a 10 means 'extremely strong'





This is a really useful worksheet to use to find out how your child is feeling and what they are doing and thinking to make them feel that way.

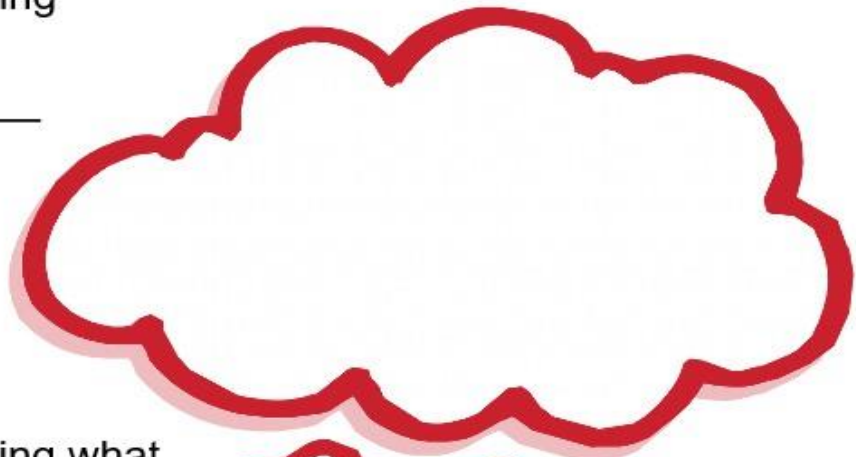
## SPOTTING THE BIG THOUGHT

**1.** I have been feeling

\_\_\_\_\_

**2.**

Draw a picture showing what you did when you started to feel like this.



**3.** What were you thinking then?  
Write or draw it in the bubble.

