

my name: _____



i feel free to be myself.

Let my true colours shine.

Each colour of my rainbow is an emotion. And each emotion teaches me my personal values. Values are the things in my heart that are very important to me.

3 activities that I LOVE to do:

Why do I LOVE this activity so much?

1: _____



2: _____



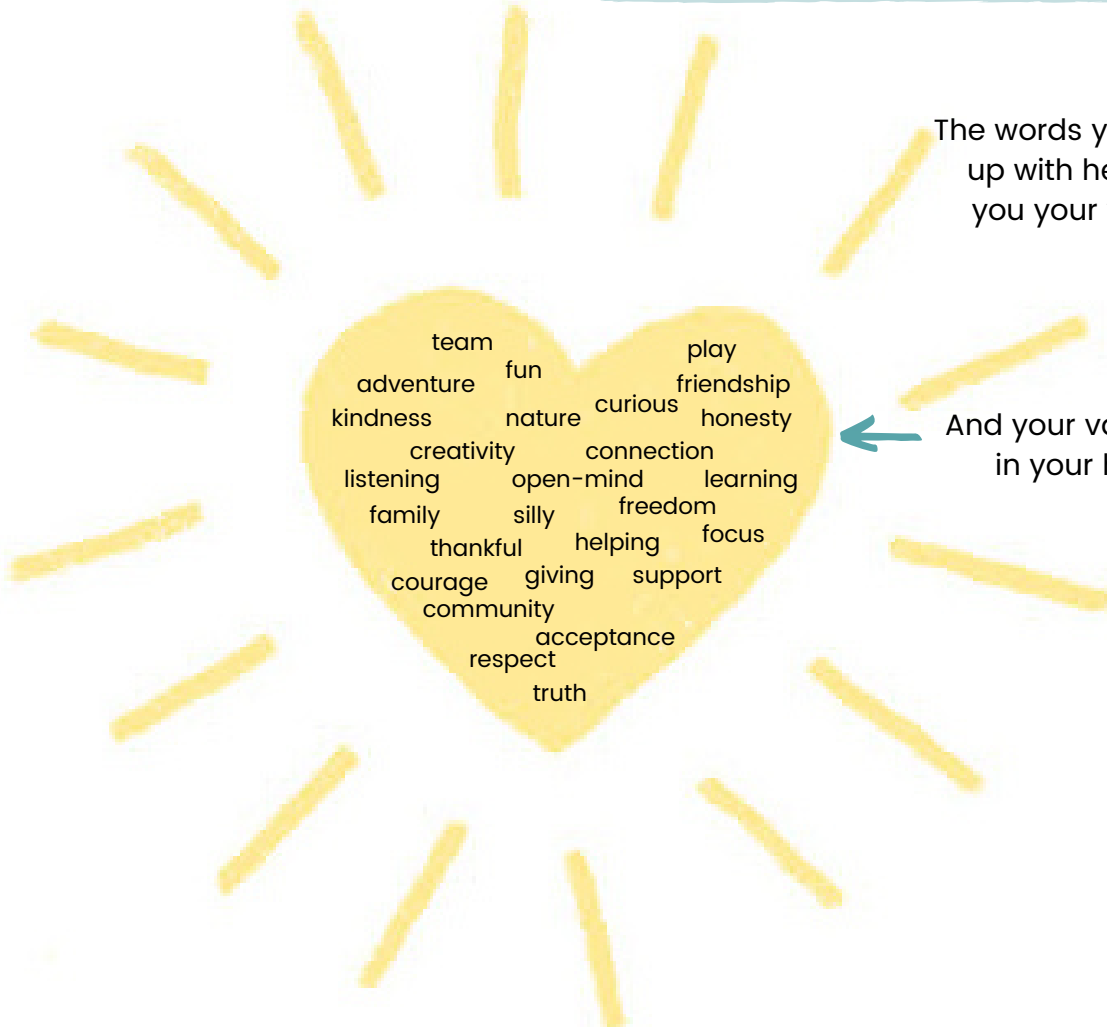
3: _____



The words you come up with here, tell you your values.



And your values live in your heart.



All of my values added together = my true self.



When I connect with the sun in my heart...

My sun's beams shine through the cloud and turn my stressful thoughts into loving ones.

Then I feel free to paint the world with my own unique rainbow.

Together they watched
as the most
beautiful
rainbows
grew and
grew and
grew.



Choose your favourite words from inside your sun from the previous page.
Write a word in each rainbow beam.

I help the world by shining my values bright.

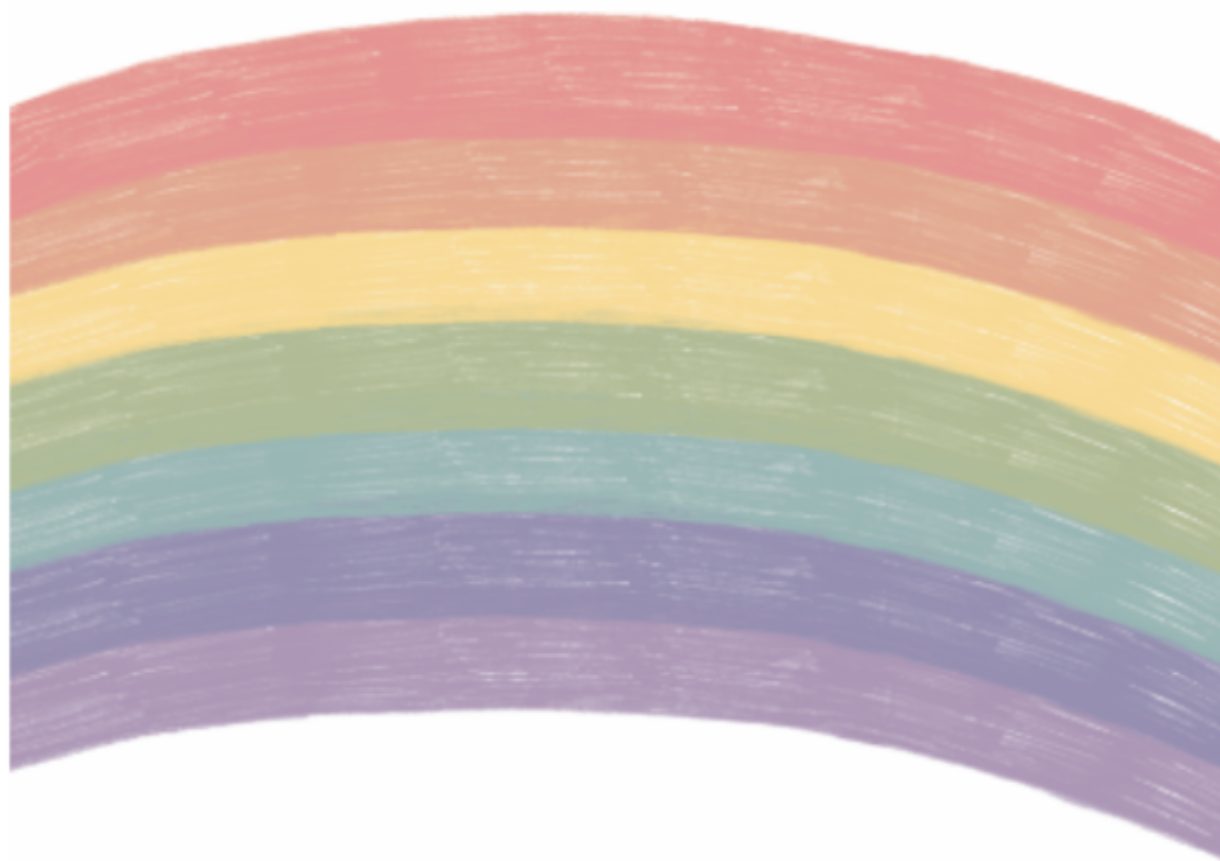




Let's explore values a little more...

Greta Thunberg is a teenager from Sweden who is making a difference by teaching the world how we need to act fast to help our earth from the effects of climate change.

Which 7 values do you think Greta is shining to the world?



Choose 7 words from the sun on the first page or make up your own.
Write a word in each rainbow beam.