







# Let's go for a Rainbow Walk

When we have lots of things on our mind, taking a little walk and thinking about all the different things we can find can make us feel relaxed and take our mind off any worries we might have. Why not give it a try and draw or write the things you find for your colours.

<b>RED</b>	<hr/> <hr/> <hr/> 
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<b>ORANGE</b>	<hr/> <hr/> <hr/> 
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<b>YELLOW</b>	<hr/> <hr/> <hr/> 
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<b>DARK PINK</b>	<hr/> <hr/> <hr/> 
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## We're here. Isle Listen


Isle Listen is a trading name of MCH Psychological Services, a registered charity on the Isle of Man number 1024 and a registered organisational member of the British Association for Counselling and Psychotherapy.








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<b>LIGHT BLUE</b>	<hr/> <hr/> <hr/> 
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<b>SILVER</b>	<hr/> <hr/> <hr/> 
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<b>PURPLE</b>	<hr/> <hr/> <hr/> 
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<b>WHITE</b>	<hr/> <hr/> <hr/> 
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**LIGHT GREEN**

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**GOLD**

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**DARK BLUE**

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**BROWN**

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<b>BLACK</b>	<hr/> <hr/> <hr/> 
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<b>DARK GREEN</b>	<hr/> <hr/> <hr/> 
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<b>GREY</b>	<hr/> <hr/> <hr/> 
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<b>LIGHT PINK</b>	<hr/> <hr/> <hr/> 
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# Rainbow Walk

A mindful outdoor activity to help notice the environment around us and support emotional wellbeing.

## Overview

Our 'Rainbow Walk' is a simple mindfulness activity that encourages children and young people to go outside and look for objects in the environment that match the colours on their worksheet.

When we have a lot on our minds, taking a gentle walk and focusing on what we can see, hear, and notice around us can help us feel calmer and more relaxed. This activity helps shift attention away from worries and allows us to focus on the present moment using our senses. Young people are encouraged to draw or write down the multiple things they find for each colour on their sheet.

## Benefits:

- Helps bring attention to the present moment
- Structured but calming focus
- Encourages calm breathing and slower thinking
- Encourages gentle movement, which can improve mood and energy levels

## How to use this worksheet

1. Give young person a 'Rainbow Walk' worksheet before going outside
2. Explain that the aim is not to rush, but to take time to explore
3. Go for a short walk in a safe outdoor space (local area or garden etc.)
4. Encourage young person to look for items that match the colours on their sheet
5. Ask them to draw or write what they find in each section
6. Allow time afterwards to reflect on what they found

Estimated time: 15-30 minutes

Materials needed: Worksheet, writing materials, clipboard (optional)

## Conversation Starters/Reflection Questions

- What do you think you might notice outside today?
- How are you feeling before we start?
- Can you notice anything you haven't seen before?
- Did anything make you feel calm or relaxed?
- Was it easy or hard to find certain colours?
- What did you enjoy most about being outside?
- How do you feel now compared to before the walk?
- What could you do to help yourself feel calm like this again?

## **Parents/Carers**

The Rainbow Walk is a calming way to support your child's wellbeing through spending time outdoors.

### **At home, you can:**

- Go on the walk together or encourage independent learning
- Help your child slow down and notice small details
- Use it as a chance to talk naturally, without forcing conversation

### **After the activity, you can ask:**

- What was your favourite thing you found?
- Did anything fit into more than one colour section?
- How did it feel being outside and looking for colours?

## **Teachers/Education Settings**

The Rainbow Walk works well as a PSHE or transition activity and can be adapted easily for different age groups.

### **You can:**

- Introduce as a mindfulness exercise before or after lessons
- Use it as a whole-class wellbeing break or in smaller groups
- Encourage quiet reflection during the walk

### **Additional Considerations:**

- Ensure a clear boundary is set for the walking area
- Consider pairing up students who may need support
- Allow flexibility for SEND learners (fewer colours or smaller group work)
- Focus on slowing down rather than rushing to complete the worksheet

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