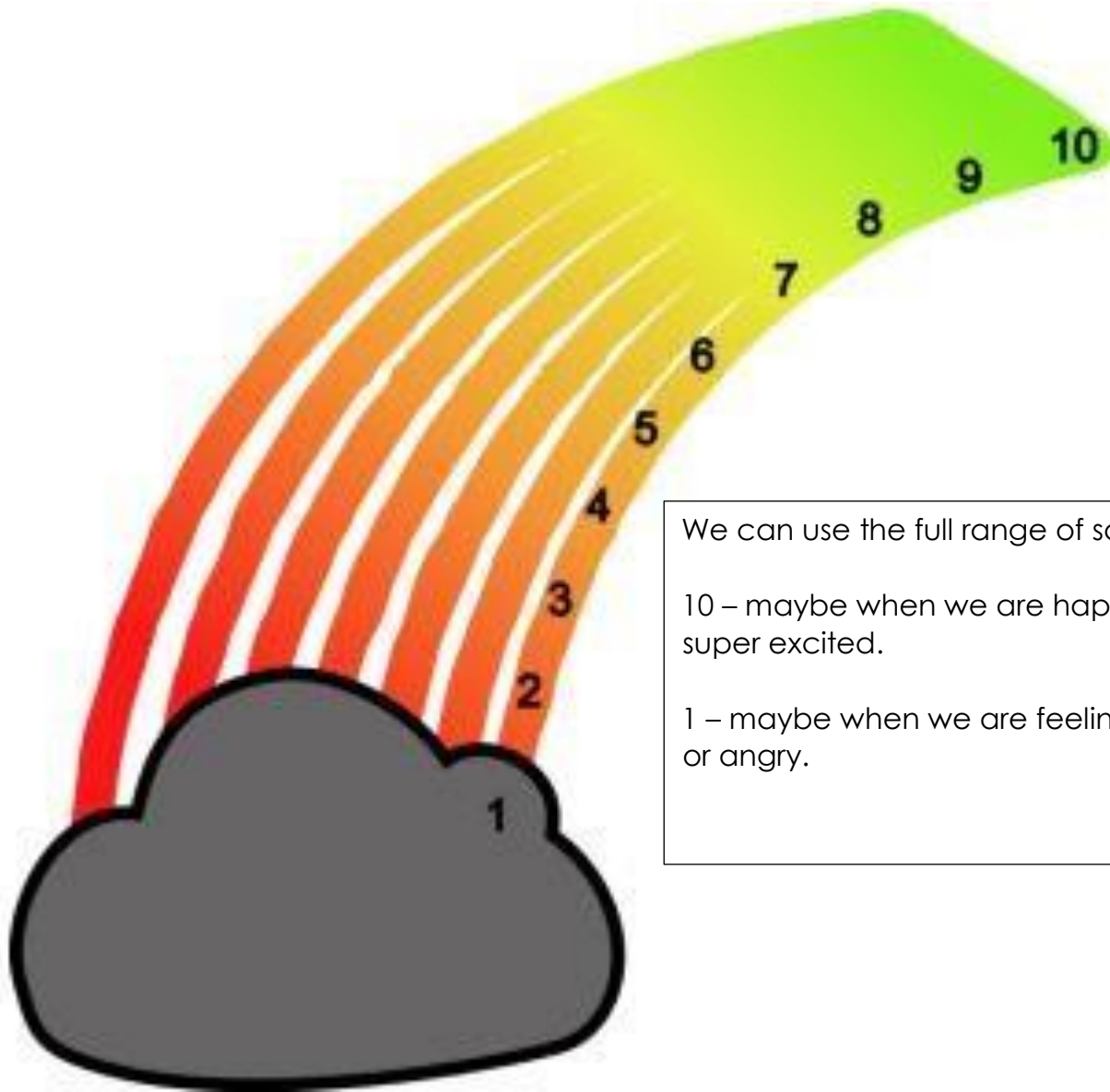


Today is World Mental Health day, a reminder that it is ok to talk about how we feel. This is our ROAR Rainbow. We ask 'What is your ROAR score?'



We can use the full range of scores.

10 – maybe when we are happy or super excited.

1 – maybe when we are feeling sad or angry.

Using a number to answer helps to express to someone else how we feel, especially if we do not have the words to explain it. We can then talk this through and find the words for how we feel, and think about what we can do with this feeling.

Why not keep this copy handy and use it to check in with each other at home.