

The Rainbow Room



Who is in the Rainbow Room?

Miss Waters, one of our two learning mentors is based in the Rainbow Room. If you have any questions about the Rainbow room you can contact Miss Waters

What is on offer in the Rainbow Room?

In The Rainbow Room we offer a variety of different sessions including:

- Nurture ABC—this a therapeutic method using Lego
- Lego communication group
- Growing Resilience
- Building Self Esteem
- Calmer Self
- Let It Go
- Inside Out

Lunch Time Sessions

Some children are chosen to join Miss Waters in the Rainbow Room at lunch time to help promote positive relationships with peers and to help to build social skills. This offers a safe space to eat and play together with access to a variety of activities and games.

Rainbow stand for:

Respect everyone

Accepting others

I am important

Never give up

Believe in yourself

Optimistic thoughts

Willing to try my best



Nurture ABC (Aspire, Build and Connect)

Miss Waters has been trained in using LEGO therapeutically through the Nurture UK course, Nurture ABC. This allows children to explore challenges and emotions through LEGO in a playful setting.

LEGO Communication Skills

LEGO is accessible for all children and so is a great way to encourage communication and social skills. During these sessions, children take on the role of director, builder, designer and supplier.

They then work together to build a model as a group

What is in the Rainbow Room?

The Rainbow Room is a safe, calm space providing children with extra support in managing emotions and learning life skills.

Children are usually referred by their teacher and has access to support in either a small



Growing Resilience and Building Self Esteem

These sessions are designed with the help of Primary Jigsaw to help students to build skills to be able to be happier learners in and out of school.

Calmer Self, Let it Go and Inside out

These are programmes designed by us to help students deal with anger, anxiety and regulating emotions.

Meet and greets

Miss Waters will also sometimes arrange to meet some children on arrival to school to help with transitions.

Check ins

Short check ins are used to be able to see children who may be experience issues but are not part of a group. This helps to ensure that all children are able to access the Rainbow