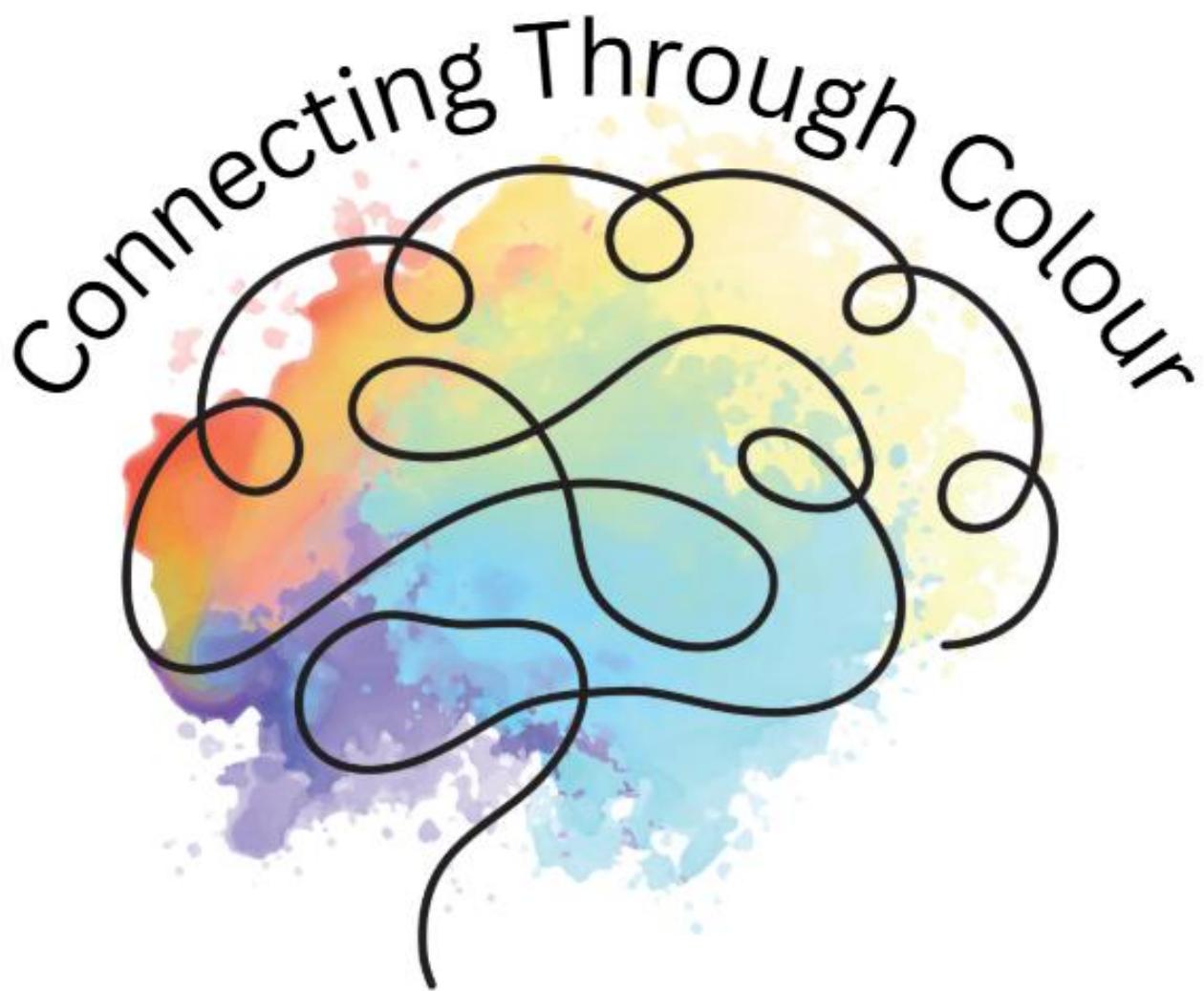




Connecting Through Colour

## Pastoral Support Materials for Year 7



A Whole School Approach for  
Social and Emotional Teaching and Learning



## Guidance for use

The following activities are intended to be used in conjunction with the school's implementation of the Connecting Through Colour year 7 scheme of work. The principle being to use colour to encourage students to connect with, and express, their emotions. The idea is not to be the 'problem solver' but a facilitator to allow the student to explore what they are feeling in any given situation. Below are some simple activities that can be used to help the facilitation process.

What Connecting Through Colour encourages is a fun and easy way to open up conversations with the young people you are supporting. When supporting your students try to encourage *how* and *what* questions to support their reflections such as:

'What made you choose that colour?'

'What was happening at that time?'

'What did you notice about ...?'

'How did it make you feel?'



## Colour Me Grounded

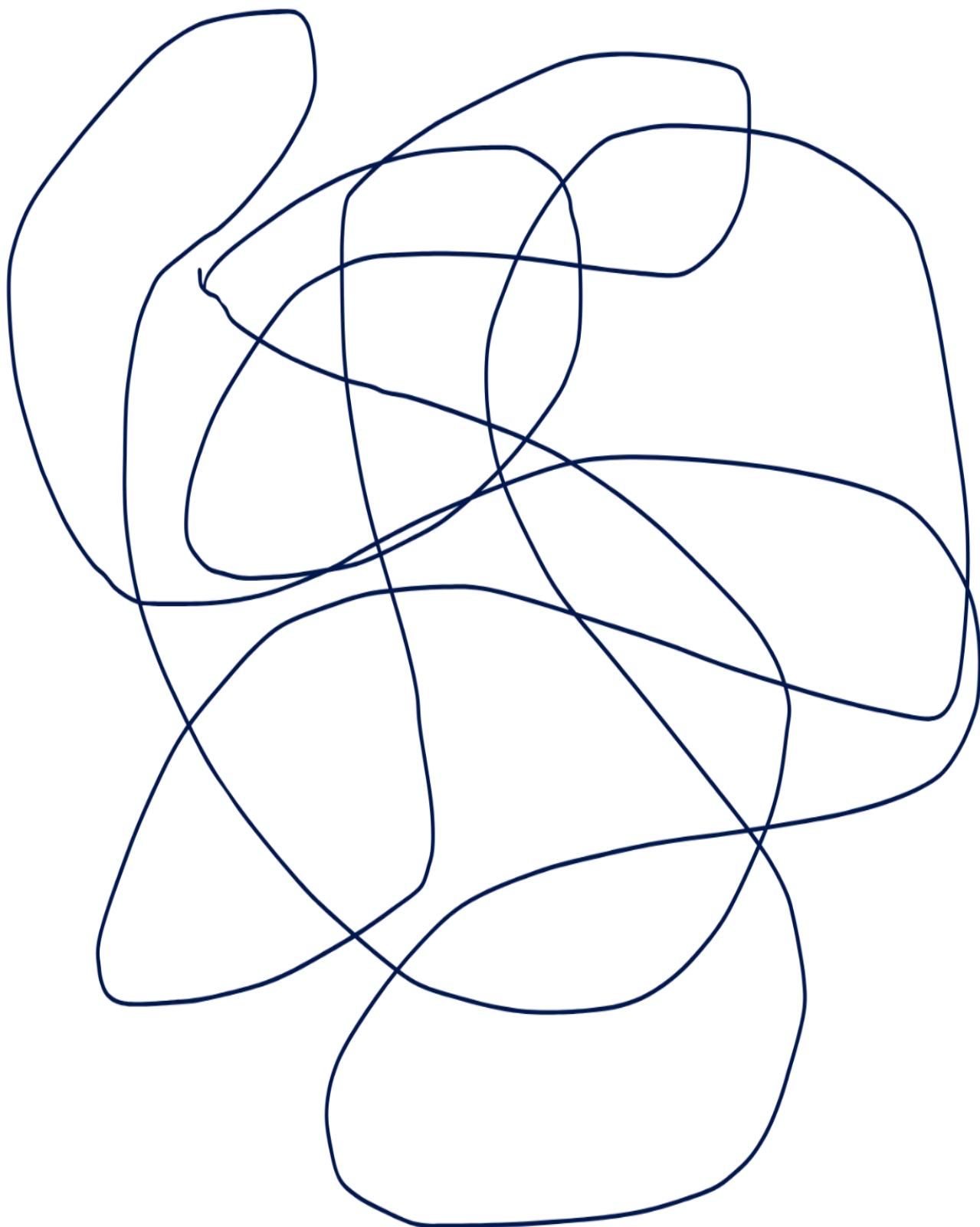
1. Offer the student a pack of colour cards.
2. Invite them to look through them and see if any of the colours reflect how they are feeling.
3. Encourage them to take their time to do this as it is both a grounding activity as well as a prompt for conversation.
4. When they feel ready, or have found a few cards, invite them to share why they have chosen that colour.





### Colour Me Calm

- Just make a scribble like the one below (alternatively use the one below) and invite the student to colour it in however they choose.
- This can also be done as a side-by-side activity with the staff member.
- Notice the colours chosen.
- Allow the silence.
- Talk when and if you are ready.





## Colour Me Curious

- Print the sheet below or sketch out your own.
- Invite students to use coloured pencils or pens to convert the scribbles below into pictures.
- Invite them to reflect on what they have drawn and why.
- This can be completed alongside another student, and they can be encouraged to discuss and notice what each other has drawn.



1



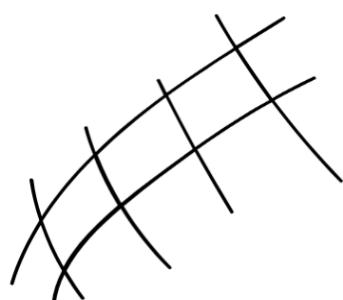
2



3



4





## Colour My Tree

1. Print off the tree below.
2. Students can use the tree to think about what has happened.
3. Using a pencil, pen or even their finger, they identify all the colours that they felt leading up to the moment of interest, in any order.
4. Once they have talked it through, they can think about the colour they want to feel and think about the steps needed to achieve that feeling.



Connecting Through Colour

