

Worksheet:

Friendship Rainbow

About this activity

Military children are often moving, having to make new relationships, and leaving friendships and family members behind. This activity helps to acknowledge this. Children often love doing this simple yet impactful activity. Even a child who is less artistic can easily create a jar that they feel proud to retain.

As they get lost in colouring the white salt you can talk about their friendships from around the country and even the world. A special bond will be established between you and the child as you understand more fully what friendship means to them.

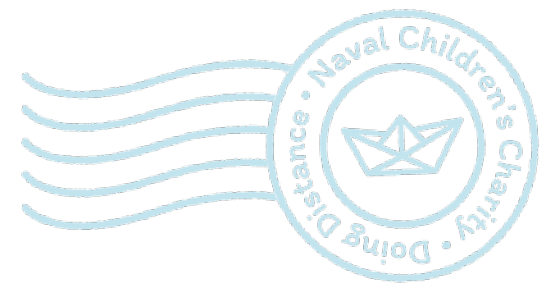


Outcomes

- ✓ To hold on to friendships from places they have lived
- ✓ To allow others to understand what these relationships mean to the child
- ✓ To acknowledge the importance of new friendships

What you will need

- ✓ An empty jar with a lid
- ✓ Salt
- ✓ Coloured chalk or pastels
- ✓ 5 pieces of A4 paper



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What to do

- 1 Encourage your child to fill the jar right to the very top with salt. Using the Friendship Rainbow postcard in the toolkit pack, or simply on a piece of paper, write down the names of their friends and one thing they remember about them.

Ask them to choose a colour from their chalks or pastels for each friend and put some of that colour on the postcard or piece of paper near their name. Five friends is a good number for the jar, but you could do fewer.

- 2 Fold each piece of paper across the middle like a greetings card (this helps when the salt is poured back into the jar later on!). Spread out a piece of paper for each friend and divide the salt from the jar between them.

- 3 Have the child colour in each pile of salt using the chalk or pastel shade they have chosen for their friends. They must rub each chalk or pastel backwards and forwards into the salt; the harder they rub, the brighter the coloured salt will become. It can be easier if you turn the chalk onto its side rather than holding like you would to draw. As the child is colouring each pile of salt, you may be able to ask some questions about this particular friendship, finding out more about the things they liked to do together, or what they miss most about them.

- 4 Carefully pour the coloured salt – one piece of paper at a time – into your jar. Tap the jar gently on a hard surface to help the salt settle, but try not to shake the jar as it may mix up the colours.

- 5 If there is some space left at the top of the jar, you can place a piece of cotton wool on top, before putting the lid on the jar tightly. This helps to ensure that the different colours of salt don't mix together.

- 6 Keep the jar with the postcard or piece of paper, which shows their friends' names and their memory of them, in a special place. Your child may like to show someone else their jar now, and tell them about their friendships. They may even like to take it into school to show their new friends.



In time, they may like to do a second jar to represent their new friendships in their new school or area, a wonderful opportunity to celebrate those new relationships.

