

Gratitude Rainbow (Levels A-B)

WRITTEN

To gently build early gratitude awareness by helping students notice things they enjoy or feel happy about and express them through a simple rainbow activity.



Learning Intentions

Notice Good Things:



Students will explore simple things that make them happy, people, activities, objects, or experiences.

Express Gratitude Creatively:

Students will show what they are thankful for using drawings, colouring, stickers, pictures, or AAC.

Feel Positive Emotions:

Students will learn how gratitude feels by choosing or showing a happy or calm feeling.



Success Criteria

Students choose or show one thing they are grateful for in each rainbow colour (with visuals or support).

Students express gratitude through drawing, colouring, pasting pictures, or pointing.

Students show how gratitude feels, using visuals, gestures, AAC, or expressions.



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Duration: 20 minutes

Objective

To gently build early gratitude awareness by helping students notice things they enjoy or feel happy about and express them through a simple rainbow activity.

What You Need

Paper (pre-drawn rainbow outline recommended) (found in PDF resource)

Coloured pencils

Gratitude visual tabs for each rainbow colour (found in PDF resource)

AAC devices with words such as "happy," "like," "family," "friend," "play," "yes/no," "thank you"

Optional: textured stickers, stamps or sensory collage materials

Setup

1. Provide each student with a rainbow outline
2. Print and cut out the gratitude tabs, one set for each student.

Teacher models:

"This rainbow shows things that makes you HAPPY."

3. Provide adapted colouring tools or hand-over-hand support if needed.
4. Ensure AAC devices are open to gratitude and feelings pages.

Gameplay

1. Draw or Colour Your Rainbow

Students colour their rainbow in one section at a time as per the colours below.

If motor support is needed:

- adult helps colour using hand over hand colouring
- students place stickers instead of colouring

Red = Someone I love (family or friend)

Orange = Something I like to play with

Yellow = Something that makes me smile

Green = Something in nature

Blue = Something I like to listen to

Purple = Something I am looking forward to doing

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2. Choose Something You Are Thankful For (One per Colour)

From the choice of gratitude tabs provided, students stick in one or two choices in each section according to the gratitude rainbow categories below:

Red = Someone I love (family or friend)

Orange = Something or somewhere I like to play

Yellow = Something or someone that makes me smile

Green = Something in nature that I like

Blue = Something I like to listen to

Purple = Something I am looking forward to doing

If students need assistance selecting a gratitude tab please help them, they can also select the tabs by:

- selecting AAC ("family," "toy," "music")
- vocalising when shown options or pointing to the tabs they want to include on their rainbow.

Students draw, colour, paste, or scribble in each coloured section.

Teacher narrates:

"You chose FAMILY for red!"

"That makes you happy."

"You chose MUSIC for blue!"

3. Add One Extra Gratitude

Teacher asks:

"Can you choose ONE MORE thing that makes you happy?"

Students add it anywhere on the page.

Any response counts, even a smile, gesture, or AAC press.

4. Celebrate the Gratitude Rainbow

Students show their rainbow to the group or an adult.

Peers cheer, clap, wave, or smile.

Teacher highlights each student's effort:

"Look how colourful your happy things are!"



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Debrief / Reflection

Use one question at a time with visuals:

- “Point to your favourite part of your rainbow.”
- “How does thinking about happy things make you feel?”
- “Do you want to add more happy things?” (yes/no)

Any communication, gesture, vocalisation, AAC, or pointing is celebrated.

Sensory-Seeking Learners Variation

1. Sensory-Based Rainbow

Replace colouring with:

- foam shapes
- textured stickers
- pom-poms
- tissue paper pieces
- coloured feathers

Students glue sensory items into each rainbow colour.

2. Movement Gratitude

Pair each colour with a movement:

- Red → big hug gesture
- Orange → wiggle
- Yellow → clap
- Green → stretch tall
- Blue → sway side to side
- Purple → hands to heart

This builds body awareness + engagement.

3. Real Objects

Provide sensory items to represent each gratitude category:

- soft toy
- favourite book
- musical shaker
- leaf or flower
- textured card

Students choose gratitude items by touching or holding them.



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4. Regulation Between Colours

Offer breaks as needed:

- weighted lap pad or blanket
- hug
- rocking motion
- wall push
- slow breathing with visual cue

AAC-Specific Supports

1. Prepare AAC Vocabulary

Include symbols for:

- happy
- like
- family
- friend
- toy
- music
- outside
- more
- finished

2. Aided Language Input

Teacher models on AAC:

"I like ____."

"This makes me happy."

"More colour."

"My rainbow."

3. Choice-Making Simplified

Use 2-picture choices for each colour:

"Family or friend?"

"Toy or book?"

"Music or quiet?"

Students respond through AAC, gesture, or eye gaze.



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4. AAC Expression

Students may “add” gratitude by pressing:

- “family”
- “friend”
- “happy”
- “play”

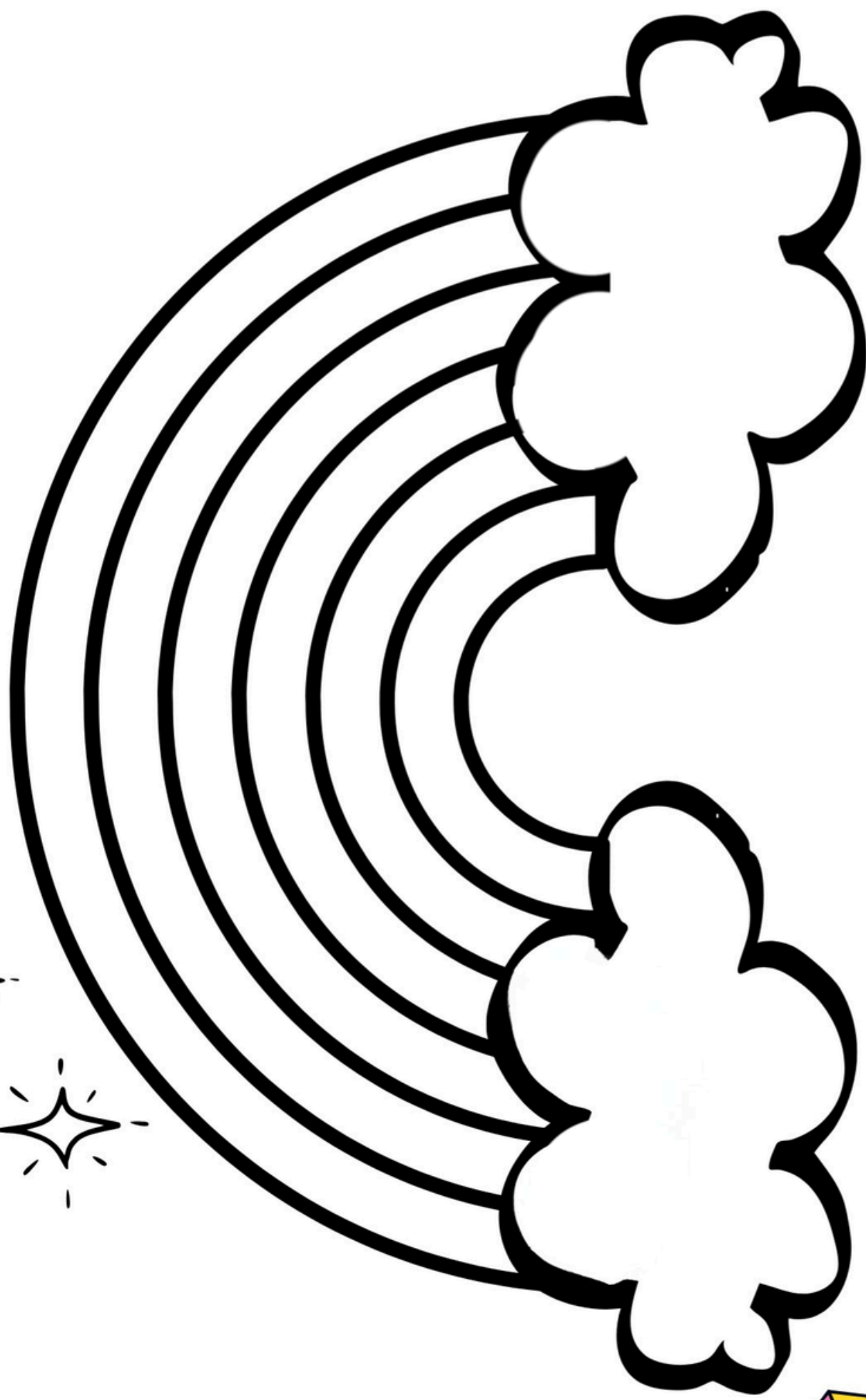
Teacher records symbol choices on the rainbow.

5. AAC Reflection

Students respond with:

- “happy”
- “I like rainbow”
- “more”
- “finished”

RAINBOW OUTLINE



GRATITUDE TABS

PRINT AND CUT OUT THE TABS AND PLACE THEM IN A CHOICE PILE. STUDENTS COLOUR EACH SECTION OF THE RAINBOW, THEN PICK ONE OR TWO GRATITUDE TABS TO PASTE ANYWHERE OVER EACH COLOUR BAND.



GRATITUDE TABS



GRANDPARENTS



TREES



FLOWERS



SUN



RAIN



GRATITUDE TABS



PETS



TOYS



GUITAR



TRUMPET



PIANO



GRATITUDE TABS



TEACHER



SOCCER



BASKETBALL



CRICKET



FOOTY

