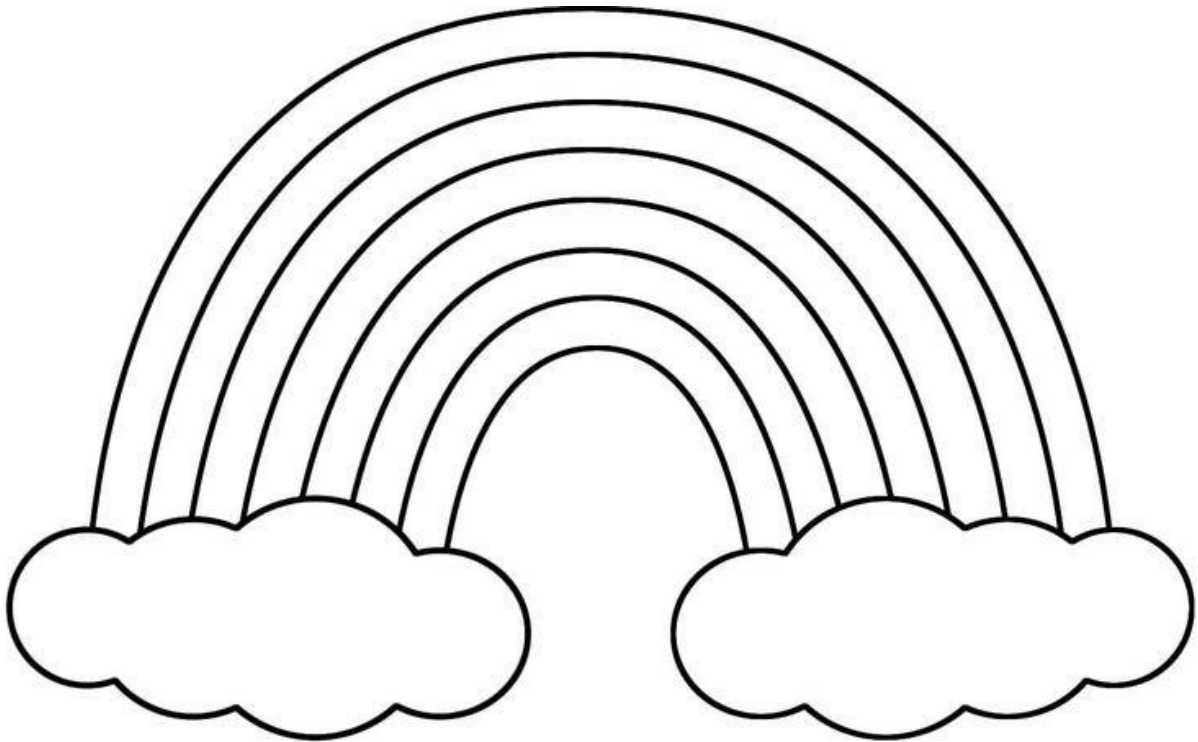




RAINBOW COLLECTION OF MY FAVOURITE THINGS



Use this template to choose seven of your favourite things:
(write one in each of the rainbow arcs)

EG

favourite colour

favourite season of the year

favourite place

favourite person / people

favourite sound or music

favourite smell

favourite animal

Ask yourself **WHY** you have chosen each thing - write two or three words alongside that indicate why this is your favourite e.g. if your favourite colour is blue, maybe it brings to mind blue skies, spring freshness, or a favourite piece of clothing.

This type of exercise can help to anchor emotions to things and offer a deeper insight of who you are as a person. It also extends the vocabulary you can use to describe yourself or what matters to you.