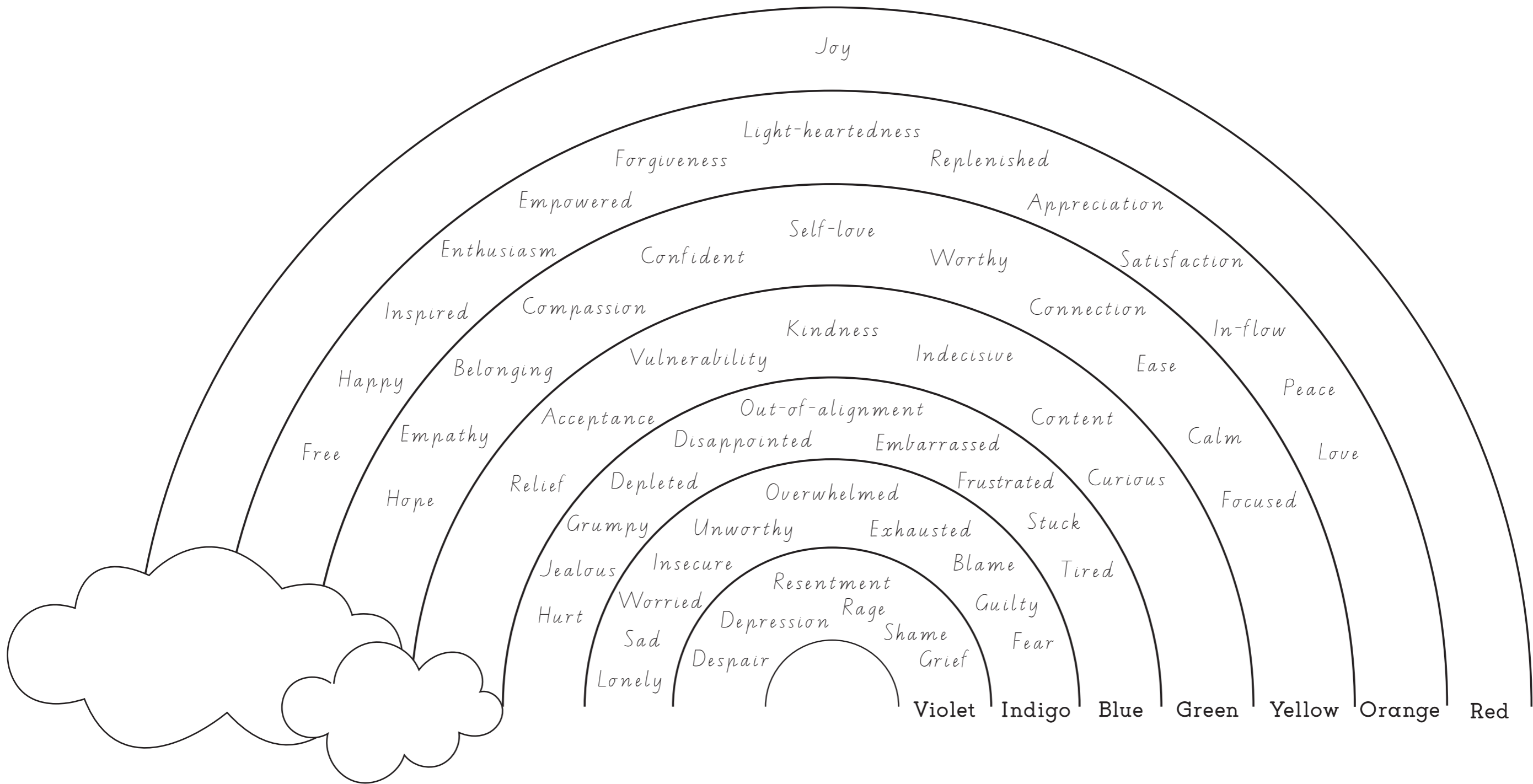


Rhiannon's Rainbow of Emotional Wellbeing



Emotional literacy is a key element in strong emotional wellbeing. Use this rainbow as a tool to emotionally empower your family. Share with your children how to name, accept, feel, express and manage their emotions.