

ROAR Rainbow

We all have mental health, and there are things that happen to us every day that have either a positive or negative effect on how we are feeling. The ROAR rainbow scale is used to gauge where children are during key points in the day.



At home, ask your child/children to rate themselves and how they feel along the rainbow. This will give you a good idea of how ready and able they are to engage with whatever you are doing at that point in the day.

This could be used over a week to identify key times of the day when your child's mental health is low.

How could you change your routine and structure of the day to change this?

Could you put in an exercise session or relaxation?

Is it time to go outside and enjoy some fresh air and connect with nature?

Time for a break – relax listening to music or enjoy reading a story with your child.