

Rainbow Days’ “Sunshine and Cloud” Activity

*Adapted from Rainbow Days’
Curriculum-Based Support Group (CBSG®) Program*

The “Sunshine and Cloud” exercise opens each and every Rainbow Days’ *Curriculum-Based Support Group (CBSG®) Program* session. This fun and simple activity provides a sense of acceptance, validation for feelings and an opportunity to share without judgment. “Sunshine and Cloud” can be done whenever you’re together!

HOW TO PARTICIPATE

1. To begin, the first person holds up the Sunshine and shares something positive or that they liked about their day or week; then, they hold up the Cloud and share something that made them sad or angry or that they didn’t like.
2. The first person passes the Sunshine and Cloud to the next person, and so on.
3. If a participant does not want to share, simply pass to the next person.
4. Continue passing until all the participants have had a chance to share.



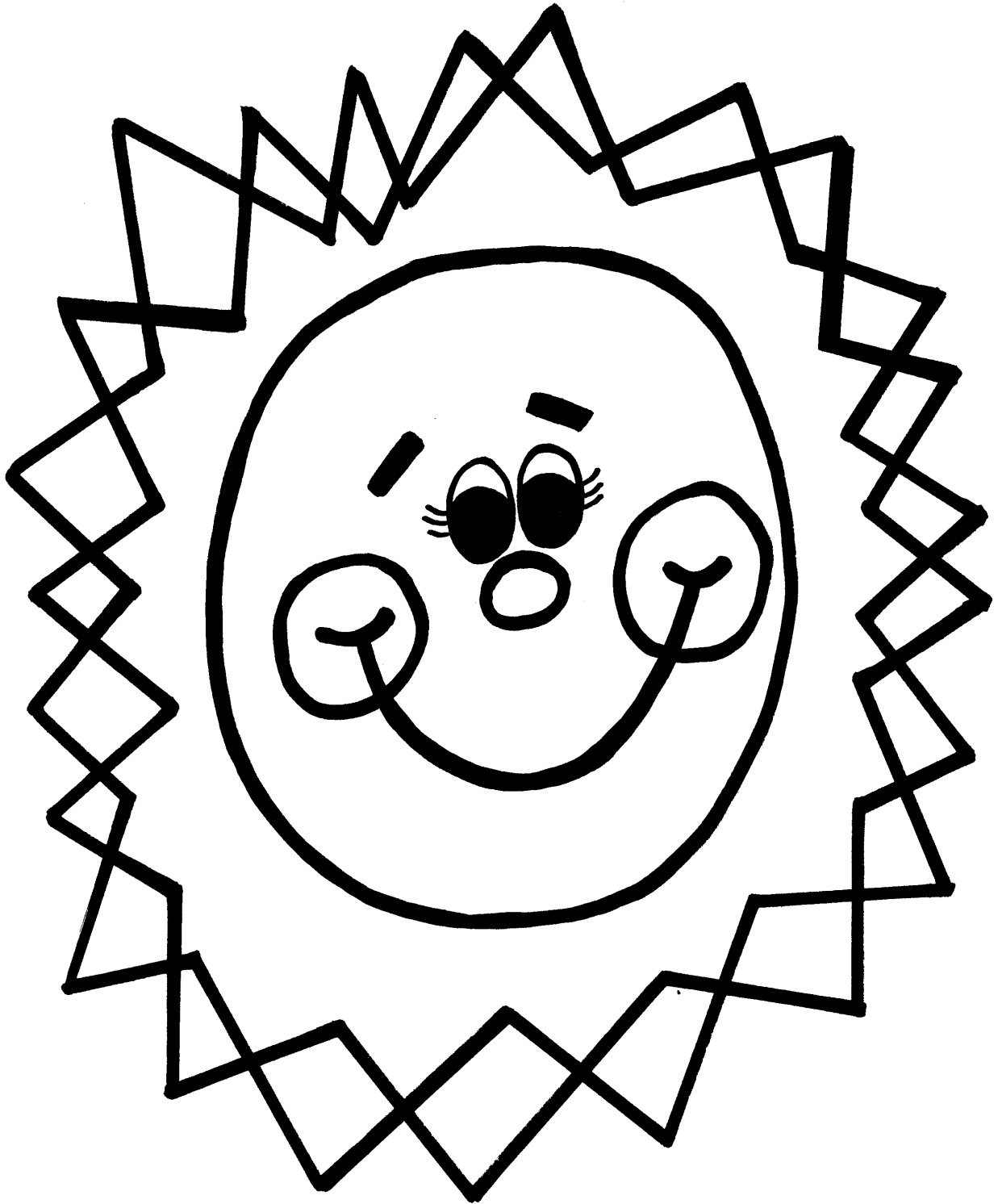
The *CBSG® Program*, Rainbow Days’ nationally recognized, award-winning curriculum, is a unique, model program with demonstrated effective outcomes and evidence-based preventative intervention for selective and indicated populations. Children and youth learn essential life skills in confidential small group settings to help them: cope with difficult situations; resist negative peer pressure; set and achieve goals; make healthy choices; and stay alcohol, tobacco and drug-free.

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#SharetheSunshine



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SUNSHINE



CLOUD

