



6th March 2026

Session Overview

Exploring Rainbows

In this Balance & Bloom session we explored the magic and symbolism of rainbows; noticing how they appear after rain and reminding us that calm can return after stormy feelings.

At our inquiry table we looked at a “moment in nature” showing how a rainbow forms, inviting curiosity and conversation about light, water, and colour. Children also enjoyed experimenting with some beautiful rainbow colouring pencils, exploring colour and creativity through drawing.

Around the room we set up a range of playful learning invitations connected to our rainbow theme, including:

- a rainbow number balancing activity
- a rainbow clock exploration
- a rainbow counting activity
- nature playdough
- ephemeral art with natural loose parts

These invitations encourage children to explore at their own pace through curiosity, creativity, and hands-on discovery.



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Our craft activity was making Rainbow Sweepers, a colourful and playful tool that helps children move big feelings through their bodies. We talked about how emotions can sometimes feel sticky, stormy, or gooey, and how sweeping movements, breathing, and imagination can help those feelings soften and settle.

We've created a follow up guided meditation to enjoy at home and support tamariki in applying their learning. Check it out here: holistichumanitynz.com/balance-bloom-whanau-area and use the password: bloomtogether



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During our circle time we read the beautiful book *When I Smile* by Jo Witek, which helped us reflect on how feelings can shift and change throughout the day.

Music and movement are an important part of Balance & Bloom sessions. We enjoyed singing and moving together with the action song “First You Make Your Fingers Click,” practising coordination and rhythm as we followed the movements. This kind of playful action song helps children connect their brains and bodies, strengthening coordination, attention, and body awareness.

We also added a fun gross motor challenge, balancing beanbags on our heads as we toured around the different learning stations. After exploring these and enjoying some focused crafting time, Sean led a lively game of hide and seek, and the children played so beautifully together.

To finish our session, families rejoined us in the space. We shared a moment of gratitude, reflecting on what we enjoyed and appreciated during our time together.

By the end of the session the room was truly humming with belonging and connection! It was full of creativity, curiosity, laughter, and joyful engagement. What a truly special time witnessing the children exploring, collaborating, and supporting one another.

We look forward to seeing you again soon!

Arohanui,

Becki, Sean & Donovan

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