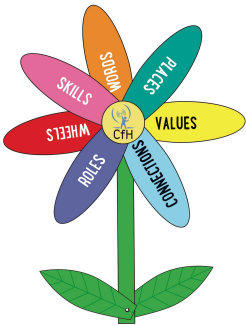


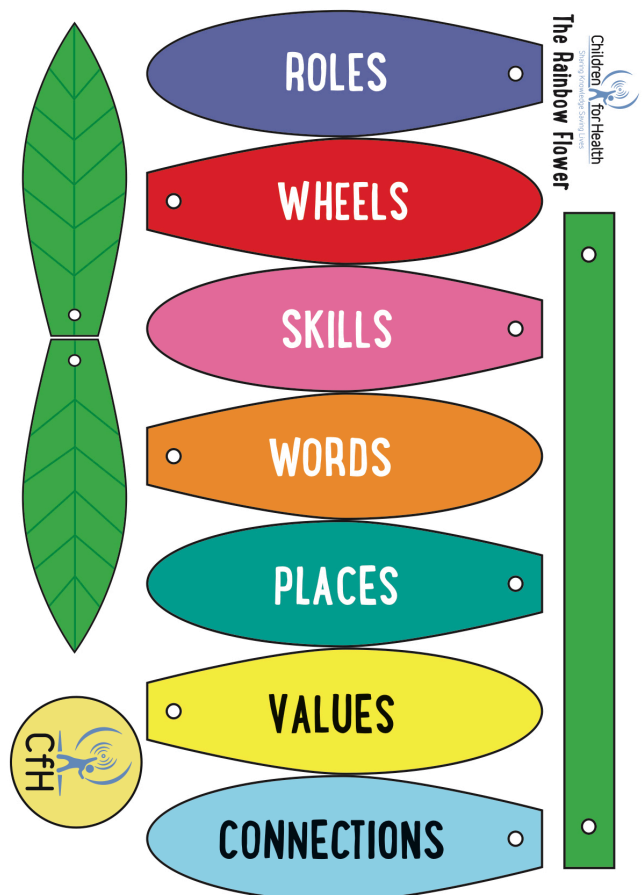
Children for Health Training Tools: The Rainbow Flower



Our Rainbow Flower is a training tool to be used in workshops focused on children's participation in health education. The tool contains seven concepts which distinguishes a participatory model from a 'traditional health education model'. It is specially designed to be used with children, defined here as children under 10 years and young adolescents between 10 and 14 years.

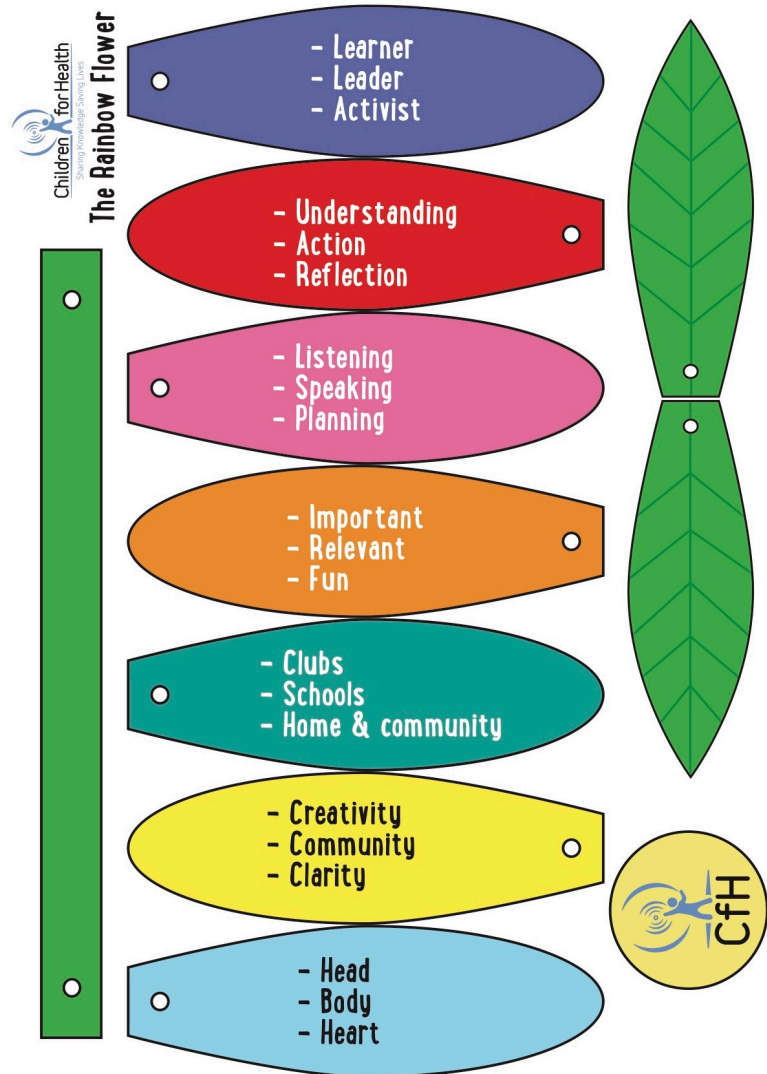
These 7 concepts are:

1. The roles of the children - **ROLES**
2. The three stages of a project - **WHEELS**
3. The skills that children will develop - **SKILLS**
4. The words that guide the spirit with which the activities will be done - **WORDS**
5. The places that the learning and sharing will happen - **PLACES**
6. The values that are at the heart of this type of activity - **VALUES**
7. The connections that ensure healthy habits are effective and long lasting - **CONNECTIONS**



For each of these 7 concepts there are three key ideas to remember:

1. That in this work children dance between 3 ROLES of **learner, leader and activists**.
2. That the 3 learning WHEELS include: **understanding, taking action and reflecting** on what has been done.
3. That children develop and improve the 3 key SKILLS of **listening, speaking and planning**.
4. That all activities are **important, relevant and fun!**
5. That the activities move from PLACES where smaller groups of children learn like a **club** or a class and to larger groups such as entire **schools**, and then on to the **home and community**. The activities will therefore reach ALL children.
6. That all involved VALUE working together with originality and **creativity** with a sense of **community** and with **clarity** of purpose and shared understanding.
7. That it's not enough for children just to know something! Real and lasting changes happen when connections are made between what they know - **head** what they do - **body** and what we feel - **heart**.



How to Use the Rainbow Flower

In our training workshops each of the 7 concepts are introduced separately using a variety of methods including discussions, games, movement and choral speaking. The challenges of implementing this new approach are tackled one by one.



After the seven sessions, the get combined together into one unified piece, which participants love. Then the participants work in pairs as they cut out and assemble a craft version the Rainbow Flower, reinforcing their leaning. The Rainbow Flowers made by the participants are then displayed in the workshop and taken away by the participants at the end.



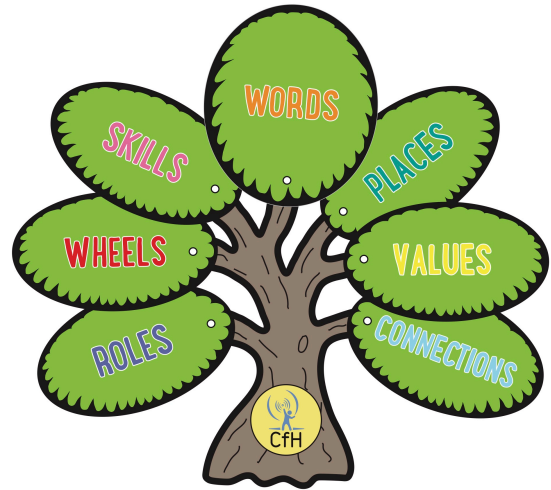
[DOWNLOAD OUR RAINBOW FLOWER!](#)

The Rainbow Flower (in colour) is available to download by [clicking this link](#) **The Rainbow Flower** (in black & white) is available to download by [clicking this link](#)

[Watch this video in which Clare Hanbury explains the Rainbow Flower.](#)

Please share the link to the [Children for Health](#) website with anyone you know who is interested in health education, participatory teaching methods and innovative training and monitoring methods.

Please note that we have also created a training tool for teachers, **The Rainbow Tree**



Get in touch on clare@childrenforhealth.org if you want more detail on our training or any other aspect of our work. Join us on

Each month we have at least one give away plus news about our projects and programmes and progress. We want you to be a part of this. If you would like to keep in touch with us regularly, Please join our community by [clicking this link](#).

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Thank-you for your interest in Children for Health

Best wishes

The Children for Health Team