



## **Rainbow Song**

**Situation:** Your child has a school play, is meeting new people or heading into a new situation. He or she is nervous and is dragging their feet not wanting to go.

**Solution:**

Let your light shine!

Have your child picture a light in the middle of his/her belly, starting small, then growing and growing and growing until it's shining so big it's all around him/her! See how big a light he/she can grow and how long they can keep it there!

Letting your light shine brings the child from an internal shy, closed in feeling to one of confidence and pride in self. There is nobody else who is exactly like your child. He/she is unique and special and has his/her own special talents and personality to bring to every situation. And so are you!

After all, we are all bright lights in this world, we just sometimes need a little encouragement to be able to shine!