

~NATHALIA~

Educational Guide

For

"ARCOÍRIS EN MI CORAZÓN"



Overview

"Arcoíris en mi Corazón", is an upbeat colorful song that invites young and old to become aware of all the emotions that exist within us. *There is a rainbow inside our hearts, and each feeling is a different color.*

It's important to normalize all our feelings, the pleasant and the uncomfortable ones, and how we can feel contrasting emotions at the same time!

TARGET AGE: 4-12

PURPOSE

Informative

Narrative

Reflective ✓

Expressive ✓

LANGUAGE

English

Spanish ✓

PRIMARY CONCEPTS

• *Emotions*

• *Colors*

INCLUDED IN THIS GUIDE:

LANGUAGE COMPONENT

• *Lyrics and Translation*

• *Spanish Vocabulary*

PSYCHOSOCIAL COMPONENT

• *Identifying Feelings*

• *Body Awareness*

• *Coping Skills Toolbox*

Breathing - Grounding - Exercise

ART COMPONENT

• *Color the feelings in your Rainbow Heart*

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Educational Guide For "ARCOÍRIS EN MI CORAZÓN"



Lyrics

SPANISH

Tengo un arcoíris en mi corazón
Tengo mil emociones, todas de un color
Tengo un arcoíris en mi corazón
Tengo mil emociones, todas de un color

Azul, cuando me siento triste azul
O cuando estoy calmado azul, azul
Amarillo, cuando me sonrío como brillo
Cuando estoy feliz veo amarillo, amarillo

Tengo un arcoíris en mi corazón
Tengo mil emociones, todas de un color
Tengo un arcoíris en mi corazón
Tengo mil emociones, todas de un color

Siento verde, con dos sentimientos diferentes
La envidia y la esperanza en mí, son verde
Rojo, cuando me apasiono siento rojo
Cuando tengo rabia y me enojo, veo rojo

Tengo un arcoíris en mi corazón
Tengo mil emociones, todas de un color
Tengo un arcoíris en mi corazón
Tengo mil emociones, todas de un color

Y si en tú corazón notas colores diferentes
Todos somos distintos
Y solo tú sabes que sientes
Son tus colores, tus emociones
Tú eres el dueño de tus sentimientos

ENGLISH TRANSLATION

I have a rainbow in my heart
I have a thousand emotions, a color for each one
I have a rainbow in my heart
I have a thousand emotions, a color for each one

Blue, when I feel sad it's blue
Or when I'm calm I see blue, blue
Yellow, when I smile I shine so bright
When I'm happy I see yellow, yellow

I have a rainbow in my heart
I have a thousand emotions, a color for each one
I have a rainbow in my heart
I have a thousand emotions, a color for each one

I feel green, with two different feelings
Envy and hope for me are green
Red, when I'm passionate I see red
When I'm mad or angry I see red

I have a rainbow in my heart
I have a thousand emotions, a color for each one
I have a rainbow in my heart
I have a thousand emotions, a color for each one

And if in your heart you notice other colors
We are all different
And only you know what you feel
They're your colors, your emotions
You are the owner of your feelings



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Spanish Vocabulary



Review key Spanish vocabulary from 'Arcoíris en Mi Corazón' by sounding each word out.

ARCOÍRIS - Rainbow

EMOCIONES - Emotions

CORAZÓN - Heart

AZÚL - Blue

TRISTE - Sad

CALMADO - Calm

SONRÍO - Smile

BRILLO - Shine

AMARILLO - Yellow

VERDE - Green

ESPERANZA - Hope

ENVIDIA - Envy

ROJO - Red

APASIONADO - Passionate

ENOJO - Mad

RABIA - Angry

SENTIMIENTOS - Feelings

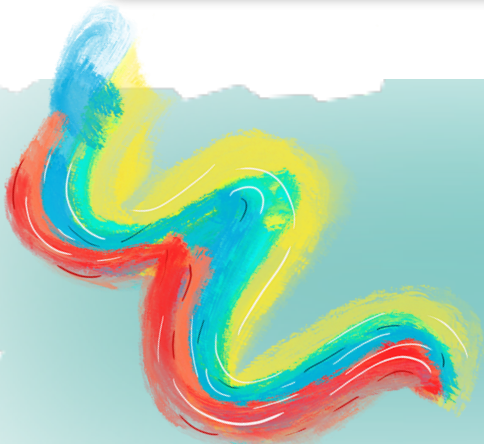
DISTINTO - Different

DUEÑO - Owner

TENGO - Have

SABES - Know

SIENTES - Feel



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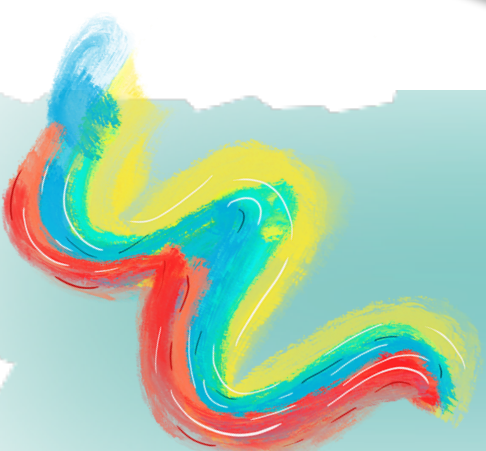
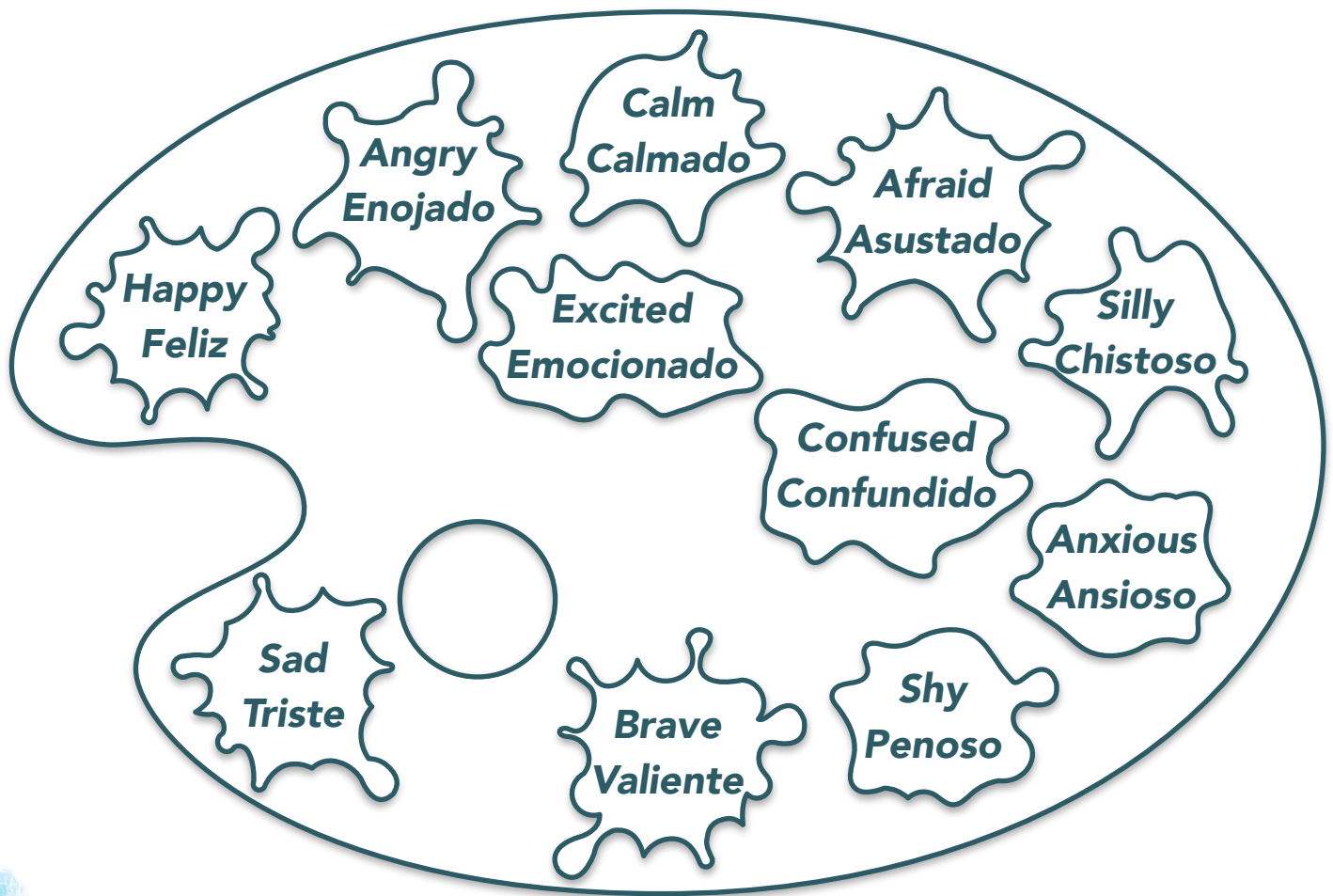


What Colors are your Feelings?



Close your eyes and think about each feeling. What color comes to mind? Paint each feeling with a color.

Cierra los ojos y piensa en cada sentimiento. Que color se te viene a la mente? Pinta cada sentimiento con ese color.



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Where in your Body?

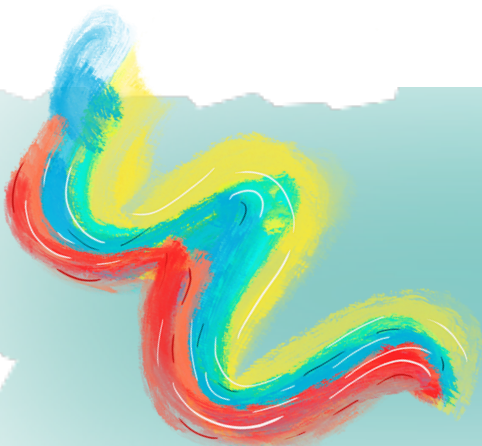


Think about how each emotion feels inside your body. Using the same colors of your paint pallet, identify where you feel them in your body.

Piensa en cada sentimiento y colorea en qué parte del cuerpo los sientes.



- Felicidad
- Tristeza
- Enojo
- Miedo
- Ansiedad
- Pena
- Valentia



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Matching feelings



The more we learn to identify our emotions, the better we get to knowing what to do with them. Trace a line to match each face with the corresponding feeling.

Entre más practicamos identificar emociones, nos volvemos mejores en saber cómo manejarlas. Traza una línea a la emoción correspondiente.

Note: The colors on these emotions do not need to match the ones you picked before.

Los colores en estas caritas no tienen que corresponder a los que escogiste anteriormente.



Feliz - Happy

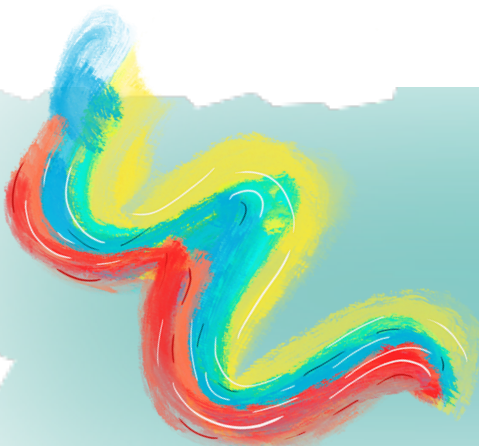
Enojado - Angry

Apenado - Shy

Nervioso - Nervous

Triste - Sad

Miedo - Scared



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Coping Skills Toolbox

BREATHE! - RESPIRA!



Breathing is the best way to calm our bodies when feelings get too BIG!

Respirar es la mejor manera de calmar nuestro cuerpo cuando nuestras emociones son demasiado GRANDES!

Belly Breathing: Place an item on your belly and watch it move up and down. Breathing only thru your nose.

Spin a Pinwheel: Make a pinwheel and use your breath to make it spin!



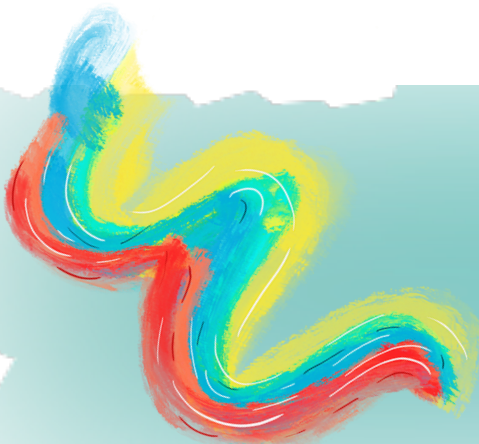
Blow Bubbles: Blow bubbles and watch them fly away until they pop!

Flowers & Dandelions: Pretend you are smelling flowers and blowing dandelions. Do this 5 times.



Blowing Candles: Pretend you are blowing candles on a cake. You can make a wish with each candle you blow out!

Five Finger Breathing: Trace your hand slowly with your other index finger, up and down. Breathe IN when you go up and OUT when you go down.



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Coping Skills Toolbox



GROUNDING EXERCISES

USE YOUR SENSES! - USA TUS SENTIDOS!

When we feel overwhelmed with any emotion a good grounding technique is to use our senses!

Name 3 things you can: See - Hear - Taste - Touch - Smell

Quando los sentimientos nos abruman, una manera fácil de re-conectarnos es usando nuestros sentidos!

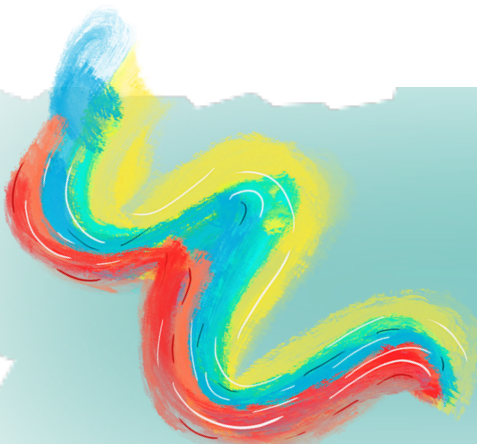
Nombra 3 cosas que puedes: Ver - Escuchar - Degustar - Tocar - Oler





**Can't name 3 of each? That's ok, look at your hand. There are 5 fingers, there are 5 senses.
Just name one for each.**

*No puedes nombrar 3 de cada uno? No importa, mira tu mano. Tienes 5 dedos, tienes 5 sentidos.
Solo nombra uno de cada uno.*



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Exercises and Other Activities

Feelings come and go all the time, but sometimes they might feel uncomfortable and there are activities we can do to feel better. Give some of these a try!

Nuestros sentimientos son pasajeros, vienen y van. Pero a veces se sienten incómodos, así que aquí hay un par de actividades que te pueden ayudar a sentirte mejor. Pruébalas!



Draw how you feel: Pinta como te sientes



Practice Yoga: Practica Yoga



Exercise! Go for a run, a walk or practice your favorite sport:
Haz ejercicio! Ve a correr, sal a caminar o practica tu deporte preferido.



Write in a Journal: Escribe en un diario

Get a drink of water: Toma un poco de agua



Meditate: Medita

Listen to music: Escucha tu música preferida



Play an Instrument: Toca un instrumento

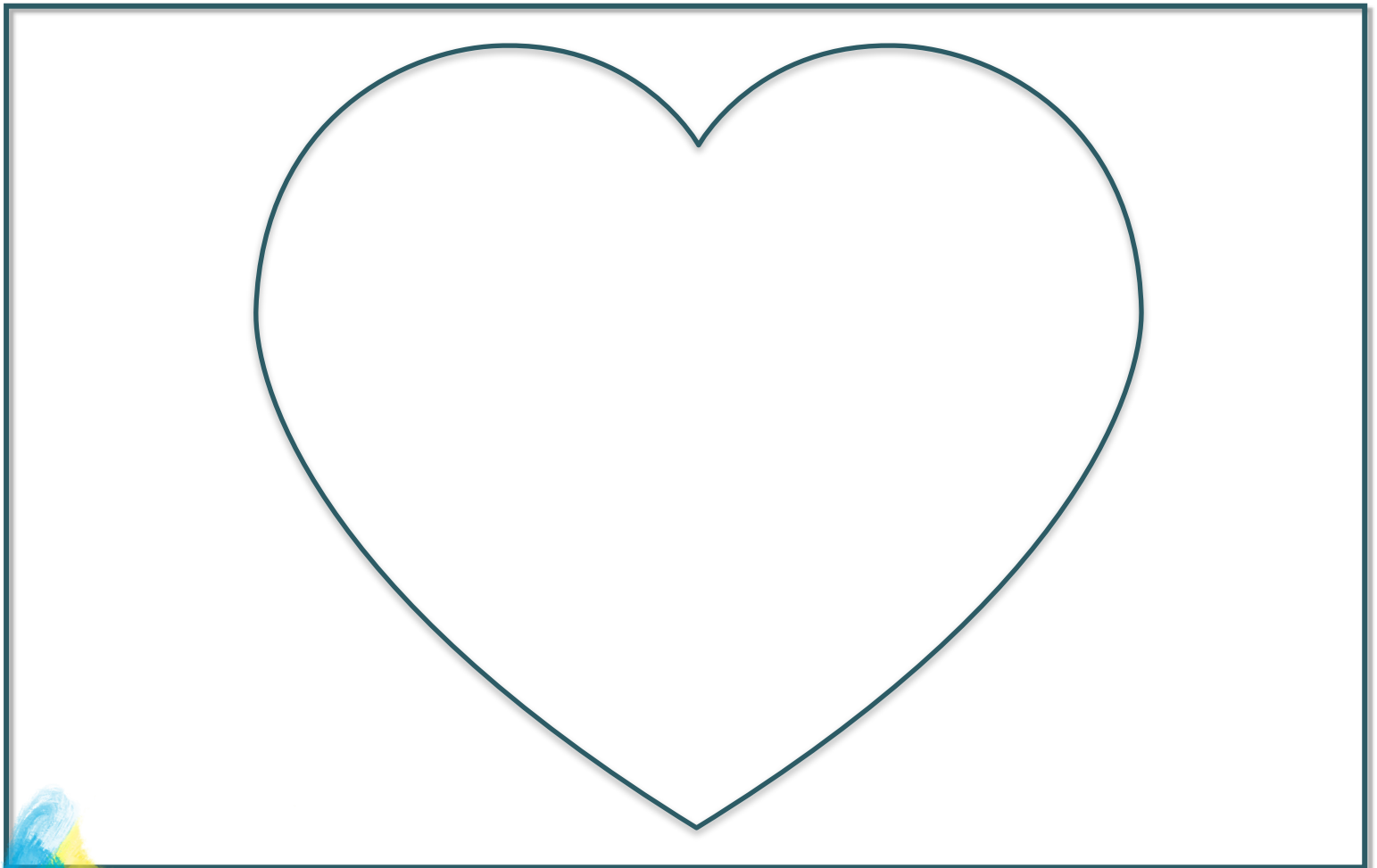
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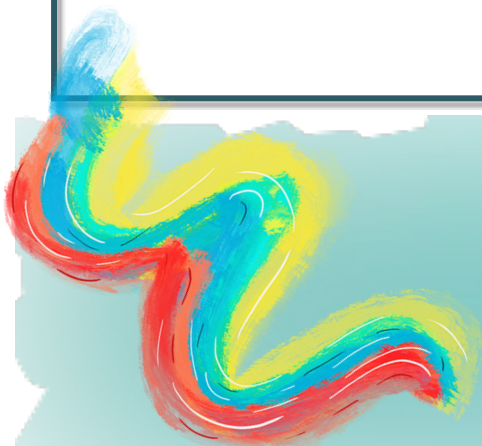
Paint your Rainbow Heart!



Think about the different emotions you've felt and fill your heart with all those colors.
Piensa en las diferentes emociones que has sentido y colorea tu corazón!



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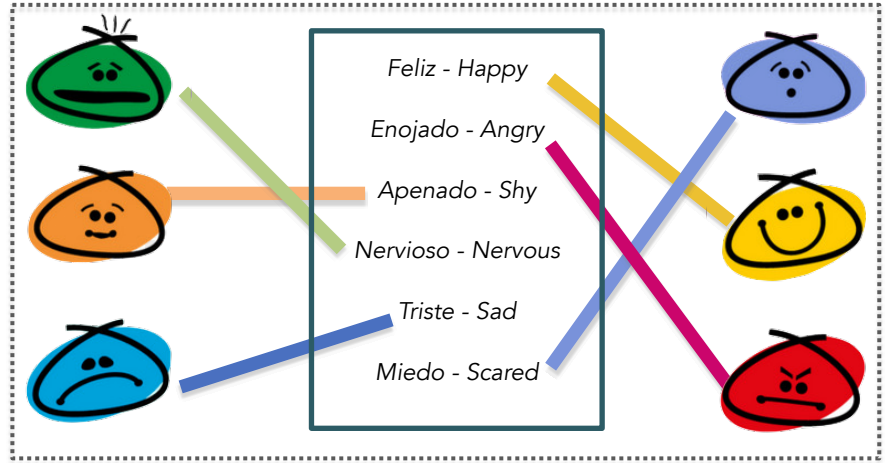
Sample Responses

Coloring feelings is an individual activity and there are no right answers. The following are examples of how to complete some of the activities.

Example:



- Felicidad
- Tristeza
- Enojo
- Miedo
- Ansiedad
- Pena
- Valentía



car

Tree

cloud



Music

People talking

Air



Peanut butter

Sweet

Salty



My seat

My clothes

The sand



Flowers

perfume

Food