



An emotional awareness approach for staff and students in educational settings.

Elephant Counselling's **Rainbow Tracking** methodology has been developed for schools and colleges to equip their valued staff and students with the ability to accurately answer the question **'HOW ARE YOU?'**

Using a standardised language of colours and gesture, community members quickly become fluent communicators; enabling what were once impossible conversations to become natural, authentic school-based check-in'.

'Check-ins' develop as a means of daily conversation. They can be held formally in designated sessions and encouraged informally at desks, in the playground or around the kettle; because everybody knows everything is better over a tea or coffee!

Staffrooms and classrooms are benefitting from emotionally aware communities who can accurately converse using standardised indicators alongside bespoke interpretations of **'HOW THINGS ARE'**.

Rainbow Tracking is fast becoming the language that schools and colleges are using as a catalyst for deeper conversation to occur.

Individual growth, departmental cohesion, whole school connection.

Rainbow Tracking is proving to be incredibly powerful. Schools and colleges are witnessing the significant impact on performance, achievement,

behaviour, connection, attendance and also in the forming of positive community cultures.

The simple yet effective approach promotes the accurate identification and understanding of **'reactive state'**. Knowing and understanding **'how we feel'** is incredibly helpful and a huge stepping stone towards asking for and getting what we need to help.

So, are you ready to ask your school or college community the question?...

HOW ARE YOU? NO REALLY, HOW ARE YOU?

- Do you dip PURPLE? Or do you spike RED?
- When are you green?
- Two thumbs up? Two thumbs down? Or somewhere in between?
- What helps? What does not?
- What do you feel?
- How will you behave?

Matt Hyde
Elephant Counselling



"Having the ability to accurately know how we are can be incredibly helpful, having the ability to share how we feel can be life changing."



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Rainbow Tracking Packages

Package 1 EVERYTHING	Package 1 EVERYTHING & ME	Package 1 EVERYTHING, ME & MORE	Package 1 EVERYTHING FLEXI
On Line Support Only 3 x 1 hour Training Zooms Access to members page Access to tutorials and supporting animations. Digital Rainbow tracking Sheets Discount on resource Packs Lanyard Cards x (1 box)	On Line Support 3 x 1 hour Training Zooms Access to members page Access to tutorials and supporting animations. Digital Rainbow tracking Sheets Discount on resource Packs Lanyard Cards x (1 box) In Person Support 1 x full day site visit 1 x Wellephant Away Day	On Line Support 3 x 1 hour Training Zooms Access to members page Access to tutorials and supporting animations. Digital Rainbow tracking Sheets Discount on resource Packs Lanyard Cards x (1 box) In Person Support 2 x full day site visits 2 x Wellephant Away Days	Everything Package PLUS... Your own preferences of additional support Contact Matt to discuss your bespoke support bundle
£125 Per month subscription 3 Year initial sign up	£250 Per month subscription 3 Year initial sign up	£450 Per month subscription 3 Year initial sign up	£POA 3 Year initial sign up

Workshop Information

Feel free to contact Matt at Elephant Counselling to chat about how 'RAINBOW TRACKING' can positively impact on your community well-being.

