

The Rainbow Book

A collection of physical, emotional and creative activities to support all Black Country children, young people and families to experience a Rainbow Hour every day.

Summer Edition 2



Black Country
**Rainbow
Hour**

What is the Rainbow Booklet?

This Rainbow booklet has been designed as part of the [Black Country Rainbow Hour Campaign](#) which seeks to provide all children and young people with access to one hour of wellbeing and physical activity each day.

This booklet provides a range of wellbeing and physical activities for delivery in schools as part of their Rainbow Hour or can be shared with pupils still learning from home so everyone can be involved.

This booklet will be updated regularly with new activities for each of the 7 rainbow strands.

Red	Fielding and Striking Activities
Orange	Cycling Activities
Yellow	Move More Activities
Green	Outdoor Activities
Blue	Mental Wellbeing and Mindfulness activities
Indigo	Personal Challenges/Multi Skills Activity
Violet	Themed Celebration and Creative Activities

All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- Allowing **Communication** (helping with healing and coping).
- **Consistently** applied to support young people's need for routine and consistency.
- Activities that give pupils a sense of **Control** which prevents them from being consumed by emotional reactions.

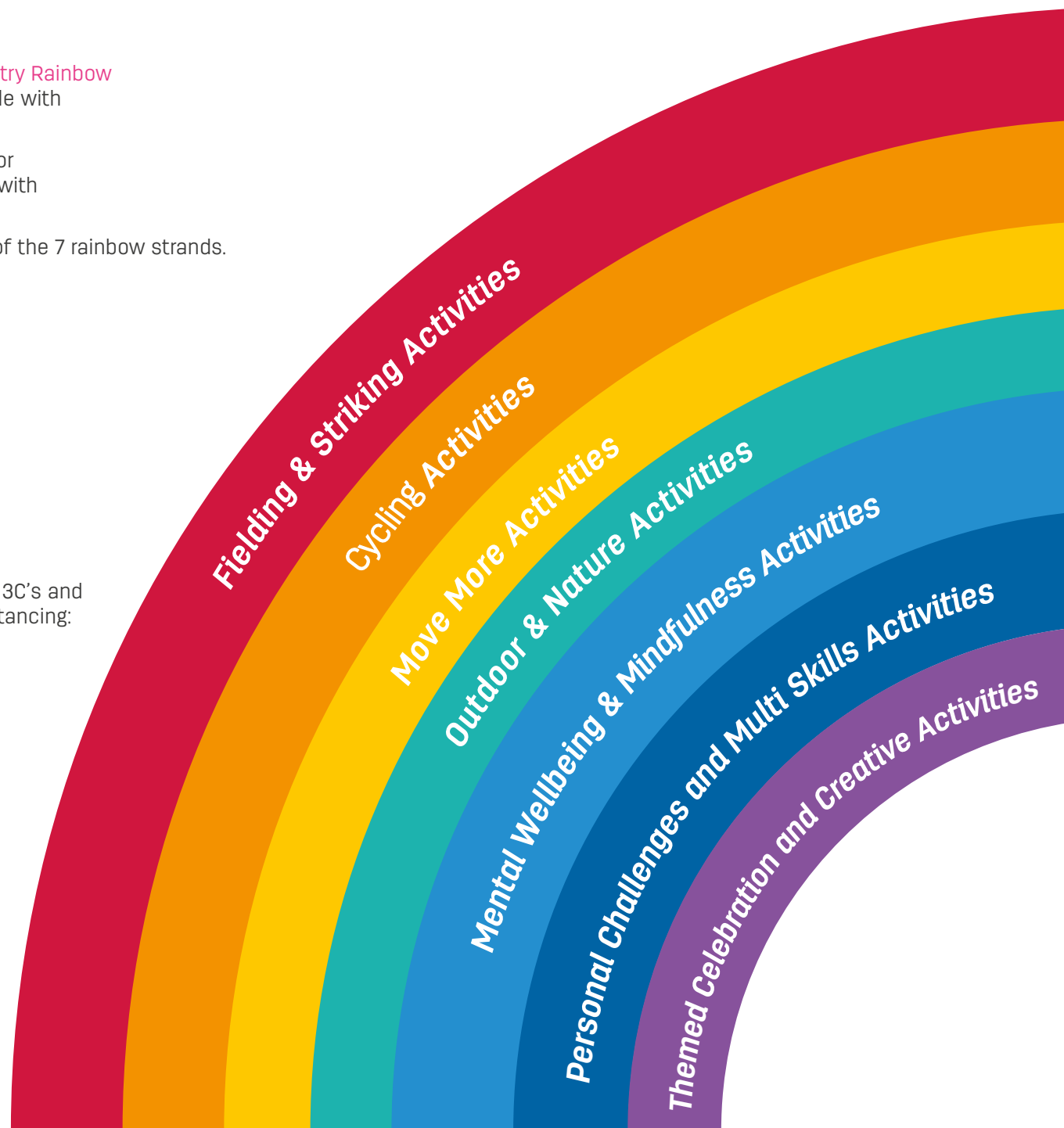
Who is the Rainbow Booklet for?

For schools: To help plan your delivery of the Rainbow Hour each day or to share, either electronically or as a printed pack, with parents to share at home.

For Parents: The pack is designed to make sure your household can experience your schools' Rainbow Hour everyday too!

Where can Rainbow Hour activities be done?

This booklet has been designed so all activities can be done safely at school or at home.





STEP

All activities provided can follow the STEP principles to develop and offer progression.

When undertaking each activity consider the below changes to make it easier or more difficult:

Space

- Make it bigger/smaller
- Make it wider/thinner
- Change the shape of the space
- Make it closer to the ground
- Make it away from the ground
- Have your own space or area

Task

- Make it easier/harder
- Have more/less time to complete the task
- Have more/less tasks to complete
- Start before/after everyone else
- Get more/less points for completing the task

Equipment

- Make it Smaller/Bigger
- Make it Lighter/Heavier
- Make it predictable/unpredictable
- Increase the range for the task
- Choose your own Equipment

People

- Have someone to help you
- Have more/less people in your team
- Work with/compete with others
- Choose someone to work with/against
- Take on a different role

Fielding/Striking Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of Fielding and Striking sports.

Target Games: Catching Challenge

www.yourschoolgames.com

Achieve the challenge

The aim of the game is to work as a team to make sure the ball/object doesn't bounce in your area.

How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams and spread out around your teams playing area
3. One team starts with a ball/object and throws it into the other team's area
4. The receiving team must try and catch the ball before it bounces
5. If the ball/object is caught, you can then throw it back over into the other team's area

Equipment

Essential

- Space big enough for the game
- A ball/object

Optional

- Cones or a net to mark out the centre line

Safety

- Play in a space away from anything that is breakable
- Always aim for space when throwing the ball/object
- Ensure you communicate with your team when catching so you don't bump into each other

Spirit of The Games



Teamwork:

How are you working as a team to cover the target zone?



Self-Belief:

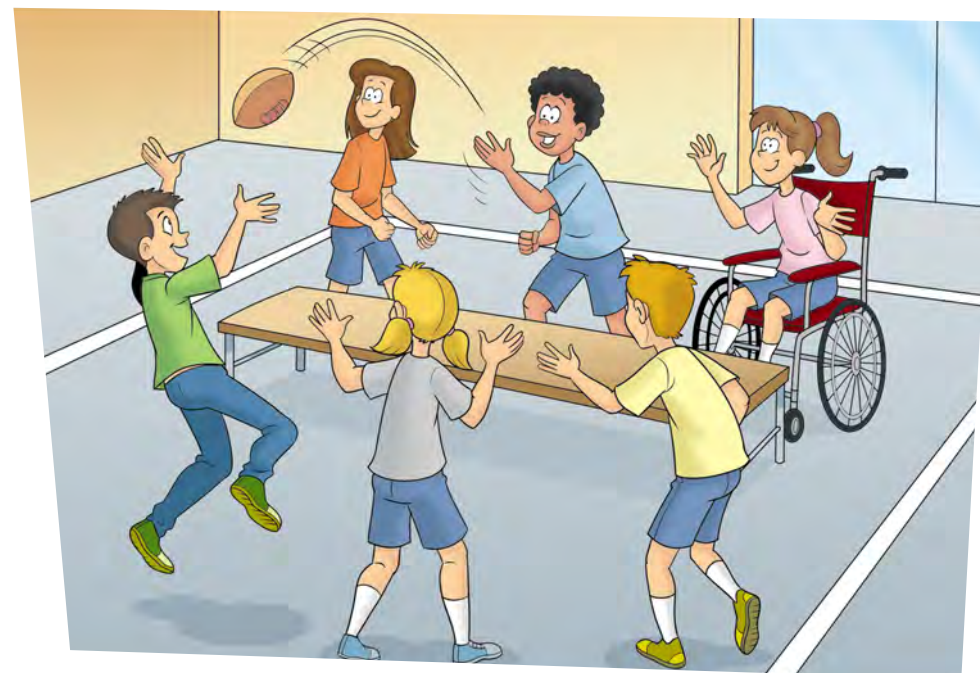
Are you always confident that you will catch the ball/object?
What happens when you are not very confident?

Skill up

- What is the best body position for you to be in to catch the ball/object?

Link it up

- This game helps you get better at games e.g. Cricket, Rounders and Softball.



Fielding/Striking Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of Fielding and Striking sports.

Target Games: Catching Challenge continued

Roles for leaders and officials

- Ensure the playing area is safe
- Make decisions on when the ball/object lands in or out of play
- Keep the score
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- Alter the size and texture of the ball/object to make it easier to control/throw/catch.
- Choose designated throwers and catchers each time

Change it up

- Add in more than one ball/object to play the game
- Create more than two teams to play against each other
- Try different types of throws or even try playing from a seated position
- Play to a time limit and try to have the ball/object out of your area when the time ends
- Choose a player on your team to stand in the other team's target zone. If they catch the ball, then you can award more points.
- There are lots of ways that this game could be played. Be creative and come up with your own versions

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the size of your area
- T** Allow one bounce before catching
- E** Use a bigger sized ball/object
- P** Increase the number of players on your team

HARDER

- S** Increase the size of your area
- T** Try catching one handed or with your weaker hand
- E** Use a smaller sized ball/object
- P** Decrease the number of players on your team

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.



Fielding/Striking Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of Fielding and Striking sports.

Super Striker: Batting Dodgeball - This is a pairs activity

Learning Outcomes:

Develop techniques for striking the ball away from fielders and into gaps.

Equipment:

- A soft ball or rolled up pair of socks
- A bat (or something to strike with)
- Markers to create a circle with a 3m radius

Cricket Dodgeball Challenge:

- The fielder should stand on the edge of the circle and use an underarm throw to try and hit the batter's body from the waist downwards.
- The batter, standing within the circle, should aim to defend the space with the bat.
- Score = the number of balls the batter is able to defend.
- The batter's go will end if they are hit from the waist down, play and miss the ball 3 times or if they hit the ball outside of the circle without it bouncing first.

Coaching Points

- Aim to make contact with the ball under your eyes.
- Angle your bat slightly down to the floor so the ball goes down to the floor.

[Click here to take a look at the video to support this activity](#)



Confident Cricketer: Rocket Fuel Batting - This is a pairs activity

Learning Outcomes:

Select and apply the appropriate batting, running, bowling, throwing and catching techniques to demonstrate the social skills of fair play.

Equipment:

- A cricket bat (or something to strike with)
- 3 balls (or something to hit)
- Markers to place the ball on and run between
- Something to note down the score on

Rocket Fuel Batting:

- The bowler should bowl 3 balls to the batter who will strike them into the playing area.
- After the 3rd ball is struck, the batter should complete as many runs as possible between the markers, keeping count whilst they do so.
- Meanwhile, the bowler should return the three balls to the starting point, and shout 'Stop' when they are done.

Adapt the Challenge:

- Alternate between bowling underarm and overarm
- Add wickets for the bowler to aim at
- Add in a bonus target zone for the batter

[Click here to take a look at the video to support this activity](#)



Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling - Ready, Set, Ride Activities

Take a look over the pages for some suggestions on where you could do the following activities in your Local Authority. For more cycling activities visit: www.readysetride.co.uk

Before getting started make sure your set up and ready to go

Ask these questions

- ✓ Are they taking great big long strides while scooting on a balance bike, putting their feet up and gliding easily?
- ✓ Are they turning and cornering easily, at speed and with confidence on their balance bike?
- ✓ Can you access a pedal bike small enough to let them have a go?
- ✓ Remember, no stabilisers - they will undo all the great balance work.
- ✓ Do they want to try?

Don't rush the pedal stage. It can take time to learn to pedal, become stable and be confident. Even once they are pedalling it is still great fun to go back to the balance bike again. If they are not quite ready, have a go at some of the **Skills 2 Ride - Balance games and challenges**

If your feeling creative why not design your own bike online at: www.readysetride.co.uk/fun-stuff



Setting up your bike

Setting the seat and handlebar height is important to get your child in the best position for riding. On most bikes you can adjust the height of the seat and handlebars. You may need some tools for this - either an allen key or spanner.

The handlebars should be set at a height that allows your child to be in full control: just above belly button height when sitting on the saddle is a good guide. If the handlebars are too high or too close to the body then it makes turning and balancing much harder to master.

When your child is learning to pedal, they may need the seat a little higher. They should only be able to place the balls of their feet on the ground, not the whole foot.

If the seat is too low there won't be enough room for your child's legs to spin round and it is then really difficult to push hard on the pedals.

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Skills 2 Ride - Pedals - Zig zags

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school:

Thinking Me

When might you need to be able to change direction quickly when cycling?

Social Me

Why is celebrating your (and others') success important?

Healthy Me

Why does your heart rate go up when playing this game?

Physical Me

Why is it important to keep your eyes looking forwards in the direction off travel?

Creative Me

How can you create a challenge for yourself?

Let's Go!

- Create a slalom course
- Weave in and out of the markers
- At the last marker, turn and repeat the course, returning back to the start.



If playing with a group

Set up a number of slalom routes. Stagger the start so more riders can ride behind each other down the same route.

Create a challenge:

Who can slalom the most accurately?



Safety

- Keep heads up and do not look at wheels.



Look ahead

Smooth movements



Things you may need

- Jumpers, beanbags, piles of leaves or similar to use as markers.

Easier

- Increase the distance between markers.
- Increase width of slalom.
- Put their feet down when needed.

Harder

- Reduce distance between markers in the slalom.
- Pedal at the start and then freewheel through as much as possible.
- Create a slalom course on a small incline or decline.

Cycling Activities

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Skills 2 Ride - Pedals - Limbo

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me

What can you do to improve your limbo next time?

Social Me

How does playing this game make you feel, and why?

Healthy Me

How does this game get the blood pumping around your body?

Physical Me

How do you keep your lower body still during this game?

Creative Me

Where might be a good place to play this?

Let's Go!

- Create a barrier for riders to duck under. Stick out an arm and hold a long twig/branch.
- Ride towards the 'limbo barrier', and glide as you get nearer.
- Move the body into a position low enough to glide under the barrier.

Bend elbows when you duck



If playing with a group

Set up more barriers (if enough helpers).
Take turns.

Create a challenge:

Who can travel under the lowest barrier?



Things you may need

- Twig or branch, metre ruler, cane, umbrella.

Easier

- Try the action without a barrier.
- Travel slowly in a straight line to the barrier.
- Raise the barrier higher.

Harder

- Travel faster towards the barrier.
- Approach from an angle.
- Lower the barrier.

Safety

- Make sure the barrier is not fixed in place.

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Stourbridge Arm Cycle Route - Kingswinford to Stourbridge

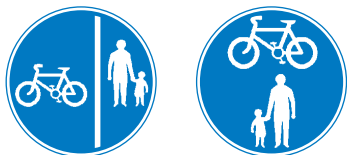
Cycle Routes

All recommended cycle routes will be signed, these may use dedicated cycle routes or quieter roads. The routes will be signed as shown below and will show a major destination.



Shared Use

In certain places cycle paths are provided where cyclists and pedestrians can mix safely. Most will be segregated by a continuous white line. Cyclists should keep to their lane at all times. There will also be short distances where there is no segregation, cyclists are reminded to give way to pedestrians at all times on these sections.



Download the full
leaflet here



Introduction

Dudley MBC is committed to promoting cycling, not just for leisure, but also as an alternative, healthier form of transport.

This commitment includes:

- Identifying key strategic and local cycle routes, serving residential areas, industrial estates, schools and shopping centres.
- Provision of cycle parking
- Infrastructure to assist cyclists where appropriate and practicable (for example toucan crossing, advanced stop lines)
- Signing of cycle routes
- Delivering cycle training for all ages

Hints and Tips for an enjoyable journey

- Plan your route carefully. Use this map and others in the same series, to find the safest route.
- When using canal towpaths, remember you need a free permit, available from British Waterways.
- Ensure your bike is safe for you to ride
- Carry lights and use them when it is dark and when visibility is poor in the daytime.
- Make sure your tyres are inflated to the correct pressure. This makes cycling easier, and reduces the risk of punctures.
- Wear light, bright clothing (fluorescent is ideal) and add reflective clothing for after dark.
- Carry tools and a puncture repair kit
- Never cycle on the pavement unless signs clearly show it is allowed.
- Follow the Highway Code – it has a special section for cyclists.
- Wear a cycle helmet too minimise the risk of head injuries
- On marked shared routes, keep to the side marked with a cycle symbol.
- Be considerate. Always slow down to pass pedestrians and other cyclists. Don't try to squeeze past.
- Be especially cautious at blind spots such as junctions, bends, and entrances.
- Fit a bell to warn pedestrians or call out a friendly "hello" – but don't forget that some people have impaired hearing or sight.

Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling at Sandwell Valley

If you're looking for somewhere to go for a family bike ride, **Sandwell Valley Country Park** is a great place to visit. As well as a range of surfaced and unsurfaced tracks, there is a fantastic mountain bike trail and also a pump track.

Part of the **Sustrans** National Cycle Network (Route No.5) runs through Sandwell Valley Country Park - providing an ideal route for families with young children to ride on surfaced tracks through pleasant surroundings.

Bike hire and shop

If you'd like to cycle around Sandwell Valley but don't have a bike, you can hire one from **Valley Cycles** which you can find opposite our High Ropes Course. If you decide to bring your own bike and you need some help fixing it, Valley Cycles also do repairs.

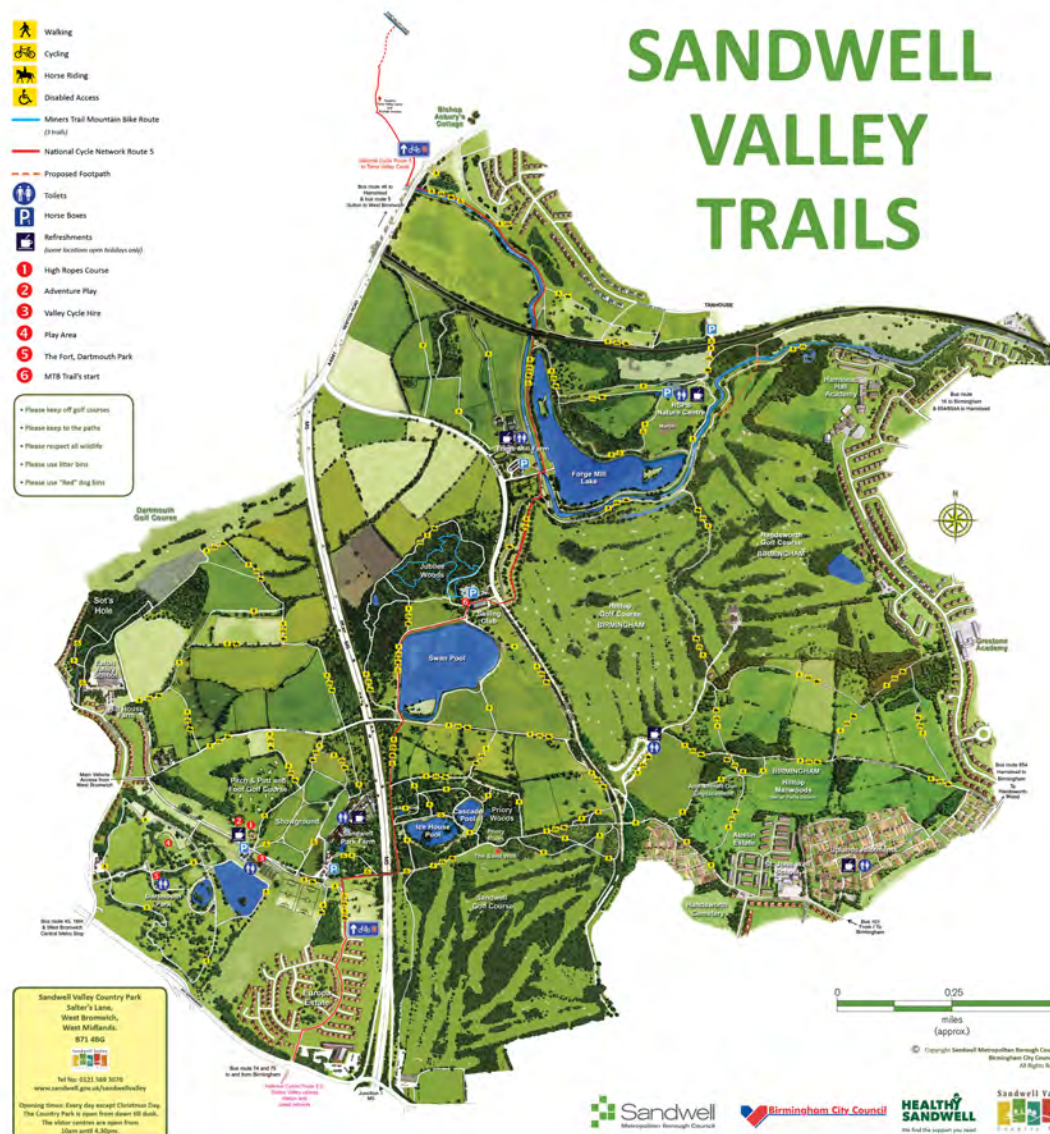
The Miner's Trail

The Miner's Trail is a dedicated mountain bike trail which includes three kilometres of trails for all abilities, with some exciting and challenging technical features. It's located in Jubilee Woods next to Swan Pool car park just off Park Lane (B71 3SX).

The trail is free to use. For visitors with roof-mounted bikes, we recommend parking either at Sandwell Park Farm or at Forge Mill Farm.

Take a look at this video of someone riding the Miner's Trail at Sandwell Valley

HEALTHY SANDWELL
We find the support you need



Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling Activities in Walsall

Wheel We Make It - Saturday Family Cycling Group - easy cycling; good company; all welcome (new starters, or those returning to cycling, grandparents, parents, children, single males and females); friendly and social. Mostly "off road" and traffic free, safe cycling. Short 12 mile rides. We also run camping weekends. Cycle rides at various venues on Saturdays at 9.30am, and social evenings at local pubs on the second Thursday of the month at 7.30pm. Also on the third Sunday of the month, a short family ride for all in the Walsall Arboretum, 10am. Visit: www.chasecycling.co.uk for more details.

Walsall Area Cycling is affiliated to Cycling UK the cyclists champion, which offers a range of easy to middle paced leisure bike rides, starting from Aldridge, Pelsall and Bloxwich. Rides head out into rural Staffordshire, Shropshire, South Derbyshire, Leicestershire and Warwickshire with the occasional unusual ride using towpaths and easy off-road routes. Visit: www.walsall-cycling.co.uk for more details.

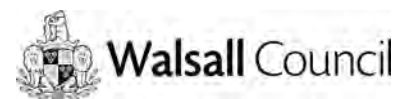
Pelsall Social Cycling Club (PSCC), offer Saturday and Sunday mornings rides starting at 9am. Visit: www.pelsallsocialcyclingclub.uk

Parks cycling opportunities at various sites across the borough. (Reedwood Park, Leighswood Park, Walsall Arboretum, Leamore Park, King George Vth Memorial Park, Rushall playing fields, Holland Park, Doe Bank Park, Oak Park open space, Willenhall Memorial Park, George Rose Park).

National Cycle Network 5 - takes users from Brownhills down to Pelsall, through Walsall Town Centre and then out towards the Broadway West and the University of Wolverhampton Walsall Campus.



Existing Walsall cycling routes, cycle parking, groups and useful information can be seen on the **Walsall Cycling Map (download)**



Cycling Activities

A range of activities and challenges to try with suggestions of locations across the Black Country for you to go to.

Cycling in Wolverhampton

Wolverhampton City Council recognises the important role cycling and walking can play in providing people with attractive alternatives to the car for some of their journeys.

Wolverhampton is a great city for cyclists; no where is to far; steep hills are rare and their are few fast roads to bar your way.

There are many interesting and attractive places within a 10 mile radius of the city that can be reached easily by bike.

Wolverhampton Bike Shed takes donated bikes of all ages and tries to return them to serviceable condition. The bikes are then offered to the public for a donation to Bike Shed funds. Donations of both bikes and funds are essential to keeping the project in a position to purchase consumable parts, like tyres, brake pads and cables which are then used to bring bikes back to life.

Every other Saturday morning you can drop in to the Wolverhampton Bike Shed for their bike repair service at Bradmore recreation ground on Church Road.

If someone wants to watch and learn while the repair is carried out, then the Wolverhampton Bike Shed volunteers are more than happy to show how it is done. All of our volunteers work under the guidance of trained bike mechanics.

[Click here to download the full leaflet](#)

[Click here for the latest Doctor Bike Sessions in Wolverhampton](#)



A few contacts below but more can be found on the leaflet:

Wildside Activity Centre

An opportunity to learn how to repair and maintain your own bike - all ages welcome. Also recycles old bikes free of charge.

www.wildsideac.co.uk

Wolverhampton Wheelers Cycling Club

The club exists to promote all forms of racing and social cycling in the local area. Meet at Aldersley Stadium

www.wolverhamptonwheelers.co.uk

CITY OF
WOLVERHAMPTON
COUNCIL

Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

Social Distancing Games

Credit: Lydia Power

What did you change?

Sit in a socially distanced circle. The adult puts on lots of different clothing and then the children close their eyes. The adult will take something off e.g., a hat or a scarf and swap it for something else. Then the children open their eyes. What has been changed?



Bean Game

The children will move around like different beans.

Runner bean - Run around

Sprouting bean - Walk on tiptoes with arms high above

Jelly bean - Wobble like jelly

Baked bean - Sit down

Beans on toast - Lie down

Chilli bean - Shiver!

Broad bean - Arms out wide

French bean - Say 'Bonjour!'



Musical statues on a spot

Space out some rubber spots 2 metres apart. Put some music on and children will move and dance in that one space. When the music stops they freeze! If you see them move, they have to sit down. This is a classic party game that is good for simple listening skills!



Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Bug Bingo

With the warm weather why not get out and about and explore your local greenspaces. Whilst you're on your walks see if you can find any of these bugs in bug bingo. On the next few pages we have some suggestions of where you could go hunting for these!



Bug Bingo

Why not create a template to see how many bugs you can find? Who can find the most?



Wild Tribe Outdoor Learning



Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Walking in your Area - Dudley

Saltwells Local Nature Reserve

Saltwells Nature Reserve is one of the largest urban nature reserves in the UK. It is home to ancient bluebell woods, dragonfly filled wetlands and orchid covered grasslands making it well worth exploring.

However at about 100ha (250 acres) and two and a half miles long where do you start?

We suggest you first try out one of the three self guided trails. These are marked out along their route with posts and signs. [This map shows you](#) these routes and has some of the other main paths, for when you want to strike off and explore the rest of the nature reserve.

The reserve has many meadows and woodland seating areas, ideal for picnicking.

Saltwells Local Nature Reserve is a superb scientific and educational geosite. It contains three geological Sites of Special Scientific Interest. [Click here to download the geosite information.](#)

Walks around the woods and along the Dudley No2 Canal (which runs through the site) reveal a wealth of geological and mining features.



The Sculpture Trail

1km (2/3 mile)

0 stiles/steps/road crossings.

Gentle gradients, good surfaced paths.

The Doulton Trail

1.6km (1 mile)

2 step flights, (1 long and steep).

Generally good surfaced paths and gentle gradients.

The Murray Grey Trail

4km (2.5 miles)

4 stiles. 1 small step flight. 2 road crossings, several ascents and descents (1 steep)

Generally good surfaced paths but Netherton Hill can be muddy.

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Walking in your Area - Sandwell

Why not try your family nature hunt at [Sandwell Valley](#)

Or [click here for other walks](#) and more information on all Sandwell's parks and green spaces.

Or you can find and upload your very own route with Go Jauntly.

The FREE Go Jauntly app available on Android and IOS allows you to:

- Discover an online collection of walks with easy to follow pictures and directions.
- Create your own walks. What's your favourite walk? Don't keep it to yourself, share it with us all.
- Enjoy outdoor adventures and nature right here in Sandwell.

Visit www.gojauntly.com to download the FREE app now and take your first steps to walking more in Sandwell.



**HEALTHY
SANDWELL**
We find the support you need



How will you #MoveMore?

Call 0800 011 4656 or visit www.MoveMoreSandwell.co.uk

#MoveMoreSandwell

Twitter Facebook @HealthySandwell

Outdoor & Nature Activities

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Identifying Nature in your Area - Walsall

Why not try your hunt in one of the 11 **nature reserves** in the Borough?

Or even one of the **local parks**?



Walsall health walks (due to restart in August 2020)

Several of Walsall parks have information boards with planned walking routes on (Willenhall, Palfrey, Reedswood, Kings Hill, Holland Park, Arboretum)

Several of Walsall Nature reserves have information boards with walk routes on (Shire Oak, Moorcroft wood, Fibbersley, Rough Wood Chase)

Nordic walking is also available in Walsall

The **Love Exploring App** puts the power of discovery in your hands this summer, by providing a range of active family games and guided tours that are fun to do and free to use.

Mr Scots circular walk is a popular route walked within Walsall and surrounding areas.

Walsall walk on has a map my walk page with several short mapped walks. Why not sign up and search Walsall walk on for ideas?

For those looking to walk further a field you could join the Walsall group of the ramblers.

Walking in your Area - Wolverhampton



Why not try your hunt in one of the **nature reserves** or **parks** in the City?



Bantock Park is one of Wolverhampton's parks and has a rich history.

The west of the park is mostly open space, which still retains its 'rural' character, with gently undulating ground, hedgerows and a variety of trees with a nature trail. The eastern side of the park changes near the house, becoming more formal, consisting of a series of recently restored gardens, reminiscent of the detail emerging around the late nineteenth/twentieth century.

East Park is one of Wolverhampton's district parks and has a proud history, going back to 1896. The park is approximately 18 hectares in size. East Park is a focus of great pride for the people living nearby.

Hickman Park is located half a mile from Bilston Town Centre. The park is currently undergoing restoration, in a project funded by the Heritage Lottery and will be returned to its original splendour, with the benefits of modern facilities.

There is now a new building to house the park rangers; a meeting room, toilet and baby changing facilities. There is also an open-air theatre which has been restored, alongside the Park Shelter, after funding from the Heritage Lottery Fund. The theatre has, in the past, held many events and once again is starting to gain attention by being used regularly.

Mental Wellbeing & Mindfulness Activities

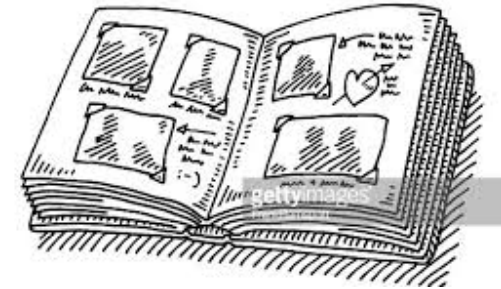


A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

The Next Big Adventure

Overview of the Activity:

These activities are designed to help children talk to you about changes that are happening and feelings that go with them. They include thinking about and sharing happy, positive times and events, as well as dealing with things that are coming up.



What adventures have we already had?

Reminisce: *Start by talking with your child(ren) about when they were a baby/toddler.* Share the joy, the fun, the excitement, the changes that took place.

- What did they look like? How did you feel about them?
- What did they do in the first weeks, months, year? How did you celebrate and make memories of some of the events that happened?
- What things changed? Think and talk about the positive things that happened.

Happy memories: *Now talk about what they are like today.*

- How are they the same and how are they different?
- Use photo albums, scrap books, baby books or photos on your phone etc. Talk about what they mean to you.
- How do you celebrate and make memories of special occasions now? Talk to your child(ren) about how these things make them feel?

Involve different members of your family. Talk about how each person felt/feels and what they remember. You could do this about lots of different events and talk about how things have changed. You could also look at your family history and the people in it.

For example, different birthdays we have had, people that are important to us, holidays that we remember, events that mean a lot to us, festivals we celebrate, other special occasions as well as thinking about the day today. Follow your child's interests and the things they want to talk about. What do they remember? What do they show interest in?

Quick activity:

Draw three pictures of yourself. As a baby, as you see yourself now and what you think you will be like in the future. Encourage other family members to get involved.

Bigger project:

Create a poster/picture frame/scrapbook/memory board about now and then. Display this with all the positive words and happy memories you have talked about. You can keep on adding to this and encourage others in the family to get involved.

Mental Wellbeing & Mindfulness Activities



A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

The Next Big Adventure

Talking about our feelings.

Think about different ways we can show and discuss our feelings:

- Talking. Sometimes we find it hard to talk about how we feel. It is important that we learn to listen when someone is trying to talk about how they feel.
- Our face and body show our different feelings. *Try pulling different faces for how you feel.* Happy. Sad. Excited.
- We can use digital expressions. Emojis for example. *Have a look at some different emojis and decide what they mean.*
- We can link things like colours, songs, stories to our feelings and emotions.



Can you think of a colour, a song or a story that makes you feel happy?

- Talk about the feelings of different characters in favourite stories. Why do they feel like they do? How do they deal with it? What happened/changed?

Take it outside: Changes in nature and the things that are all around us.

The world around us constantly changes. Have we noticed it? What things have we seen recently?

Talk about the fact that things are constantly changing around us. How we notice them and how we react to them is important.

You could encourage children to look at, talk, draw or write about:

- Seasons. How do the changes in seasons make us feel?
- Night/Day. How do we feel at different times of day and night?
- Flowers/insects/animals we might see. Dandelions or Caterpillars/butterflies are a great example. How do these changes make us feel?



Going on our next adventure.

What is your next adventure? It might be moving to a new school, a new classroom and teacher, a new friend you have made, a new house or a new place you are going to. Things might be different and it is ok to be happy, excited, nervous, worried or a mixture of lots of different emotions. Talking about how you feel is important.

Talk to someone, draw or write about:

- Something that is changing that is happening to you soon.
- What are you looking forward to? How does it make you feel?
- What are you nervous or worried about? How does that make you feel? Why do you feel like that?

Talk about our positive thoughts and what makes us feel safe and happy. How can you keep them in your head? We can use things as reminders:

- A favourite toy or any other item that makes us feel happy and safe
- A photo/drawing of someone you love
- A special saying (or you could make one up)
- A special song (or think about one that makes us feel good)
- A wonderful memory/story/event

Remember make this a fun time to remember and share the adventures you have already had and a way to think about how things continue to change. You could use this time to think about, talk and plan the next adventure, however big or small it might be.

Personal Challenges & Multi Skills Activities

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

For further video challenges [click here](#).

Keepie Uppie

Keepie uppies, not as you know it. Do you have the control? Do not drop the ball, it will cost you!

Space Needed:

Clear indoor or outdoor space.

Equipment:

A racket and ball, cones or some kind of markers.

Aims / Targets:

The aim is to keep the ball up on your racket while taking part in the different challenges.

Instructions:

How many times can you bounce the ball in the air with your racket, without it dropping on the ground.

Challenges:

1. Using a forehand grip?
2. Using a backhand grip?
3. Alternating between a forehand and backhand grip?
4. While walking in a straight line to a cone 4m away, then back?
5. While walking around obstacles to a cone 4m away, then back?



Pass the Hoop

Instructions:

1. You need to all stand in a big circle holding hands with the person next to you. Ensure that you spread out.
2. You then need to put the hoop into the circle on someone's arm and then reconnect.
3. You now need to pass the hoop around the whole circle without letting go of one another's hands.

- What did you find was the best method?
- How long did it take you?
- What did you learn about your team?
- What could you improve as a team?



Key words: Team work, communication, problem solving.

Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

Theme: Water Safety and Activities

Guide to Water Safety

In the garden:

- Never leave your child unattended around water. Babies can drown in as little as 2cm of water.
- Watch kids when they are in or around water, without being distracted.
- Keep young children within arm's reach of an adult.
- Securely cover all water storage tanks and drains.
- Empty paddling pools, containers, buckets and watering cans, as soon as they have been used.
- Always turn paddling pools and containers upside down once empty, so they do not collect water.
- Securely cover all hot tubs and home spas as soon as possible after use.
- Make sure older children are accompanied every time when they swim or use hot tubs.
- Always install self-closing and self-latching gates, fences of at least four feet tall surrounding all sides of any pool, and locks to prevent children from gaining access to home pools or pools of water.
- Install secure fencing around garden ponds (at least four feet high) to act as a barrier or add mesh or a grill on top of the pond (strong enough to support a child's weight without dropping below the surface of the pond water).
- Always turn hosepipes off at the tap, so children cannot fill vessels themselves.



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Indoors:

- Always supervise bath time (never leave children unattended).
- Empty the bath as soon as possible after use.
- Close toilet lids and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and utility rooms closed.
- Vulnerable adults and people who suffer from sudden seizures should consider using showers rather than baths.



Dangers of Open Water Swimming

Do not risk swimming in open water! However tempted you are during hot weather to swim in open water, local lakes or reservoirs – do not put yourself at risk. On average 40-50 children and young people drown every year in the UK because they do not understand the dangers of swimming in open water.

You may think you swim well in a warm indoor pool, but that does not mean that you will be able to swim in open cold water. It may look safe to you and your friends, but open water is deceptive and can be very dangerous.

What you won't see from the surface :

- It is very cold
- There may be hidden currents
- You can't judge the depth
- It can be difficult to get out (steep slimy banks)
- All the hidden rubbish, e.g. broken glass, or dumped metals.
- It may be polluted and make you ill.



Please think of these dangers and stop yourself!

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Theme: Water Safety and Activities

Paddling Pool Games for the Garden



Dress Up, Dress Down

Place a set of old clothes in the paddling pool. Run to the paddling pool to collect one item of clothing at a time and back to a marker to put it on. You are finished when you are wearing all the wet clothes! Race against the clock or against an opponent. Race again but this time take off one item at a time until you have finished.

Triathlon

Crawl around the inside of the paddling pool 10 times, Cycle or scoot up and down the garden 10 times and run up and down the garden or round the paddling pool 10 times. How long did it take you? Challenge an opponent to beat your time.



Dodge Sponge

Try to run from one marker to another without getting hit by the soaked sponges being thrown by your friends / family. Score a point for every clear run.!

Sink or Float

Take a range of objects from the house or garden and guess whether they will float or sink. Why is this? Challenge an opponent to beat your score. Ask your parent/carer to have a go.!

Fill / Empty a Bucket

Using a plastic bottle/jug/cup, run to the paddling pool and fill it and then bring it back to the bucket and empty it. Race for a set time or until you fill the bucket. Repeat the game but empty the bucket instead.!



Health and Safety

We want everyone who takes part in the **#BlackCountryRainbowHour** to be safe as well as enjoy it. afPE have produced the following guidance, and self review tool for risk assessment, to support the Physical Education, School Sport and Physical Activity education workforce during this period which can be accessed **here**. Key considerations and principles for schools include:

- Clean frequently touched surfaces.
- Wash hands frequently as part of a clear hygiene regime.
- Minimise contact.
- Ensure good respiratory hygiene.

Further to the above guidance when undertaking any activities either within the Rainbow Book or as part of the campaign the below should also be adhered to:

- Make sure that there is enough space around you (including overhead) for the activity you are doing.
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot.
- Make sure any equipment used is not too heavy or too large for children.
- Ask children to wear appropriate clothing and footwear for the activity.
- Tie back long hair.
- Remove any jewellery.
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do.

We will ensure all elements of the Rainbow Hour campaign will continuously follow all national and local guidance to ensure compliance and be deliverable in accordance with current social distancing legislation.

For more information please refer to **DFE Guidance for schools**.

For further details regarding the Rainbow Hour campaign please visit **blackcountryrainbowhour.co.uk**.

For further ideas on activities to have a go at, visit: **activeblackcountry.co.uk/what-we-do/education/school-games**.

#BlackCountryRainbowHour
blackcountryrainbowhour.co.uk

Co-ordinated, developed and supported by:



Walsall Council



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