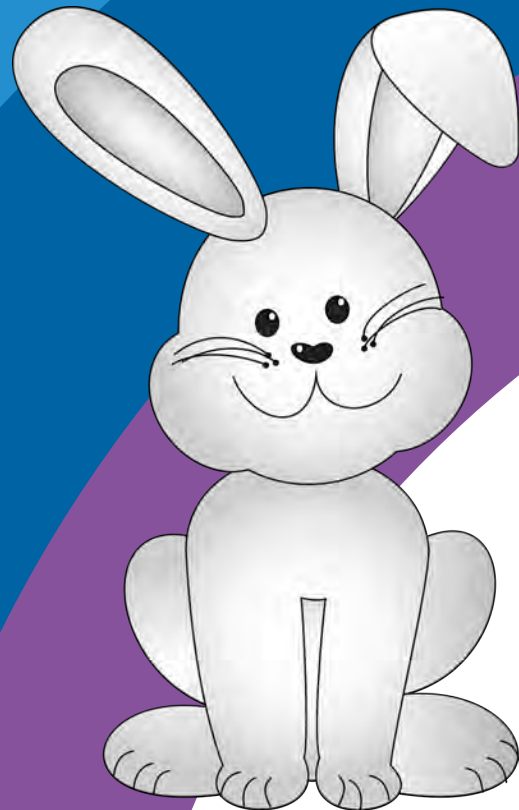


The Rainbow Book

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

Easter 2021



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 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	Games Activities
Orange	Health and RSE Activities
Yellow	Move More Activities
Green	Outdoor and Nature Activities
Blue	Mental Wellbeing and Mindfulness Activities
Indigo	Personal Challenges and Competition Activities
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. Where you see the house symbol, this means activities can easily be done in the home.



For a range of additional activities taking place in your area over the Easter Holidays please visit the below sites to find out more:

Sandwell: www.sandwell.gov.uk/homepage/298/holiday_activities_and_food

Walsall: https://go.walsall.gov.uk/children_and_young_people/haf_signup





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

Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Messi Football



Credit:



Equipment:

- Football
- Goal (two sticks, canes, buckets, jumpers)
- 2 x Tall Cones (sticks, canes)
- 6 x Plant Pots (pile of leaves, hats)
- Kitchen Timer (stopwatch)

Set-up:

See diagram. Place the 2 tall cones in the goal to create three equal sections.

Aim: "Dribble the ball through two sets of plant pots and then score a goal!"

- From the start line, dribble the ball through the first sets of pots and continue to the right set of pots.
- Once through the second set of pots, shoot to score. You can get as close as you want, before shooting.
- On the next round, continue to the left set of pots - alternate sides for each turn.

Scoring:

1 point = Goal scored in the middle section

2 points = Goal scored in either of the two outer sections, as below diagram.

Timed: Total points based on one minute of play. Retrieve your own ball, return to the start line.

High Score: 8 continuous turns. How many points can you score? (16 points being the highest score possible.)

Variations:

- Alternating striking feet.
- Strike with your non-dominant foot.
- Dribble with your left foot only when playing through the left side. Dribble with your right foot only whilst playing to the right side.
- If you are with a friend or family member, involve passing. Pass to the player at the start line, then, have a 1-2 return pass after the cones, before shooting.
- Play Basketball. Dribble, then bounce pass or chest pass into the goal.
- Wheelchair users: May hold the ball in hands and throw the ball at the goal.



Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Air Hockey

Balloon Volleyball



Why not test yourself with these games courtesy of Get Set 4 PE?

Air Hockey



What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.

First to 15 wins.



Balloon volleyball



What you need: 1 balloon

People: 2 or more

Play: Inside or outside

Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.



Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Rally Tennis

Equipment:

- Tennis Soft Ball (small ball)
- Racket
- Wall
- 2 x empty Plant Pots (cones, plastic bottles)
- Kitchen Timer (stopwatch)

Set-up:

Place 2 plant pots two or three steps from each other, next to a flat wall, with no windows above.

Aim: "Rally a ball against a wall"

- Hit the ball against a wall, in an area between two plant pots. Continually move to play the shots.
- The ball can roll on the floor, bounce (once or many times) or be hit on the volley.
- The rally finishes when the ball is not returned to the wall between the two plant pots.
- Initially we recommend player's starting position is approximately three steps from the wall.

Scoring:

- Timed/High Rally: The longest rally recorded within 30 seconds.
- Timed: The number of hits on the wall in 30 seconds (may be across multiple rallies).
- High Rally: The longest rally recorded regardless of time.

Variations:

- Wheelchair users can use their chair to stop the ball, this does not affect rally count (side-on using the big wheel).
- Increase the time to 45 seconds or 1 minute.
- Try different shots - volley only, forehand or backhand only. Restrict yourself to a volley or just one bounce.

Credit:



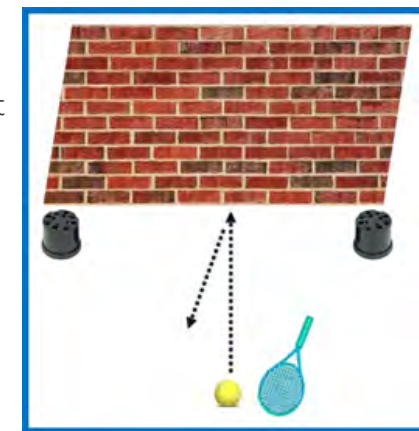
Starter Variations:

If playing with a racket is difficult, start with a catching and throwing game:

- **Solo Catching:** How many catches from one hand to other (continuously alternating hands) can you complete in 30 seconds? To make easier, change the ball to a balloon.
- **Catch with another:** Throw catches to each other. Progress to one bounce & catch. Add a target area for the bounce (hoop or chalked area), and gradually move away from each other.
- **Catch off the wall (no racket):** How many rebound catches in 30 seconds. Using both hands. Using just one hand (to throw and to catch). Or, throw with one hand & catch with the other.

To introduce ball control on a racket:

- **Balance:** Balance the ball on a racket for a set time. Stationary/walking/running.
- **Balance Circles:** Circulate the ball around the racket ridge. How many circles can you complete?
- **Keepy Ups:** Number of bounces on a racket in 30 seconds. If the ball drops to the floor, pick it up and continue.
- **Knock Downs:** Bounce the ball against the floor using the racket.



Cup in the Hand Game:

Additional Equipment: Paper Cup, Small Ball (Table Tennis ball sized)

- Throw a small ball in the air and catch it in a paper cup. Can you do 5 in a row? To make more difficult, add rule: the ball needs to be thrown above your eye line to count.
- Throw the ball against the wall and catch it with the paper cup. Can you do 5 in a row?

Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Dice Frenzy Jumps



Key Stage 2 – Dice Frenzy Jumps (Personal Skills)



How to play

Individual – Roll the dice to show the number of ‘contacts’ you must have with the floor on landing during your/jump sequence. For example, a 5 could simply be 5 hops ($5 \times 1 = 5$), or, it could be 2 feet to 1 foot to 2 feet jump sequence, ($2 + 1 + 2 = 5$). Once performed, tick off the number on your sheet.

Keep rolling, jumping and ticking the numbers off. When you roll a number more than once, you have to perform a jump/jump sequence (can you do a different one?) but you don’t need to tick it off again. See how quickly you can tick all 6 numbers off.

Pair – As above, taking turns to roll and come up with the jump/jump sequence.



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Use the QR code to access more interactive activities!



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Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Supported by:



Brilliant Bowler: Hit the Target

Equipment (per child):

- 1 x ball
- 4 x markers

Equipment (suggested amount for group of 5)

- 1 x set of stumps / target
- 4 x markers / cones (to create safe space and bowling distances)

Keys to Success

1. Get ready to bowl by creating a star shape with your body
2. Follow through towards your target after releasing the ball

Question to promote learning:

- “What type of bowl did you choose to use and why?”
- “What did you focus on to be able to hit the landing target and the stumps?”
- “Can you change the challenge by adjusting the targets?”

How to set up:

- Set up multiple groups of 5 dependent on the class size.
- Each pupil has their own ball.
- 5 cones and 1 target per group.

Credit:



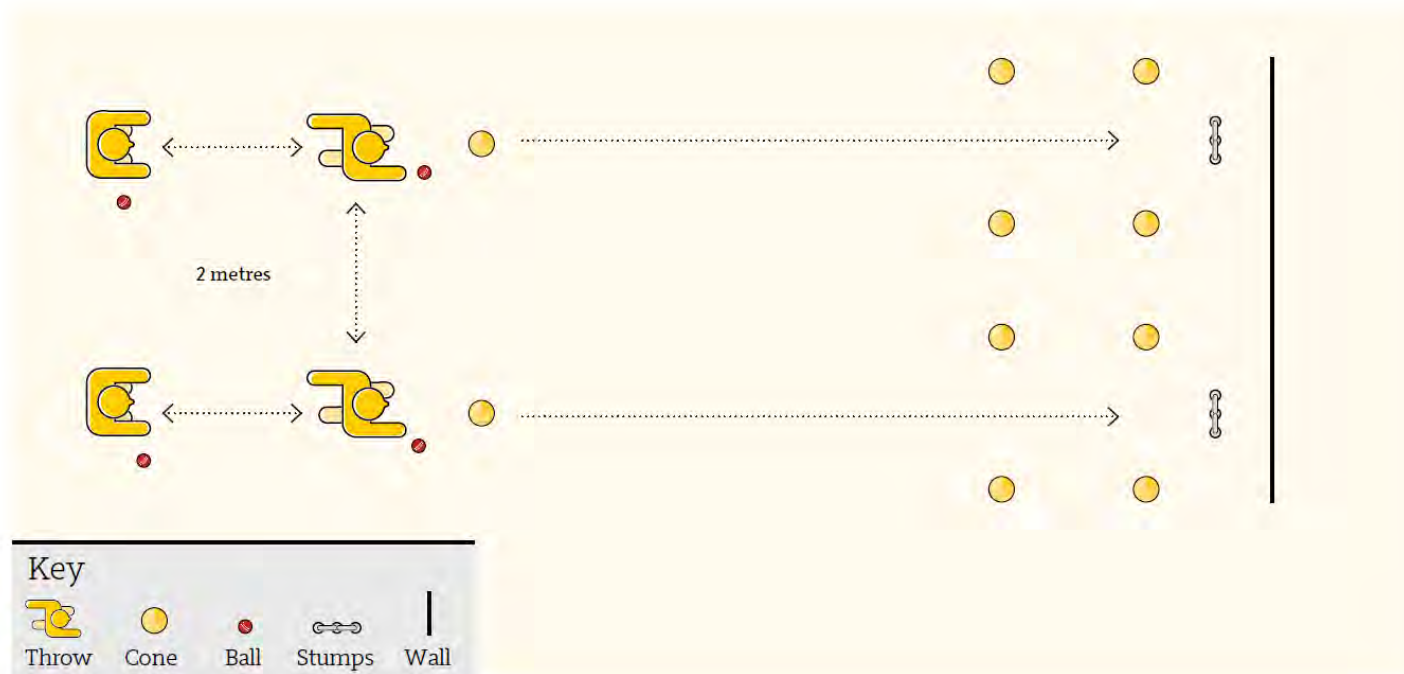
For further details visit:
chancetoshine.org

How to play:

- Using either an under or overarm bowl, the aim is to bowl the ball and hit the landing area (1 points) stumps/target (3 points) or both (4 points).
- To minimise contact with the balls between pupils, consider having a wall behind the target so the ball can be collected after the rebound.
- Return to the back of the queue after bowling.
- Add a competition by seeing how many points can be scored in 2 minutes.

Reflective Questions:

- When using the reflective questions, you may want to allow the group to have a go at the activity for 3-5 minutes and then bring them in to discuss the questions, allowing them chance to have another go to practice their thoughts and ideas.
- You may consider using the questions at the end of each activity, to allow them to try think about applying their ideas in the next part of the session.
- Some example questions are included on each activity page and are designed to link to the Whole Child Development focus.



Health and RSE

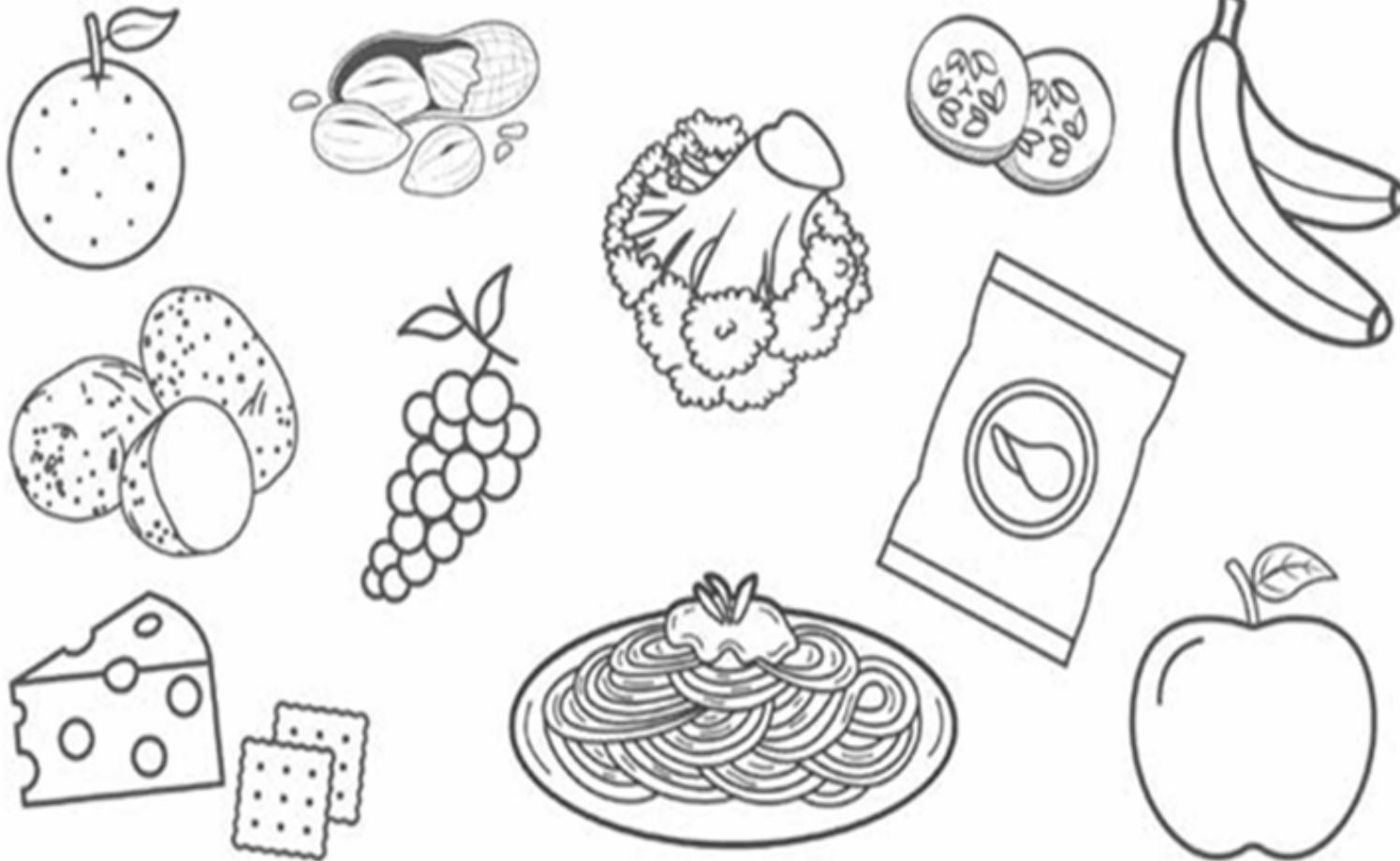
A range of activities to support pupils relationship and health education.

Food for Life: Colour and Guess

Credit:



See if you can work out the names of these items of food and complete the food quiz!



- B _ _ _ n _
- _ h _ _ _ e
- G _ _ p _ _
- B _ _ _ _ _ i
- _ _ _ _ p s
- A _ _ l _
- P _ t _ _ _ _ s
- T _ m a _ _
- _ r _ _ g e
- P _ _ t _
- N _ _ s

Health and RSE

A range of activities to support pupils relationship and health education.

Oat-Tastic Cookies

We want you to craft a deliciously healthy plate of cookies following our base recipe!

Tweak the recipe by adding your own variety of fruits, nuts, chocolate chips, coco or seeds – just remember, it must still remain healthy! Send us photos and make sure to tell us what you've added.

Base Recipe

- 100g whole instant oats
- 90g whole wheat flour
- 1+1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- Pinch of salt
- 30g unsalted butter
- 1 large egg
- 1 tsp vanilla
- 60g Honey
- Sweet Fruit of your choice

Method:

- Preheat your oven to 180C
- Cream together the butter, cinnamon, vanilla and honey until light and fluffy.
- Whisk your large egg in a separate bowl then little at a time beat it into your fluffy mixture.
- Add your flour, oats and a pinch of salt and mix well so everything is evenly combined.
- Chop up your preferred sweet/nut of choice and mix until everything is coated.
- With a spoon, dollop small heaped servings onto a baking tray, leaving space for the cookies to spread.
- Place your baking tray in the middle of your oven for 10-15minuts, remove when they look golden brown.



Credit:



THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk

Rainbow Veggie Stir-Fry



Take a look at this recipe and have a go at making your own veggie stir-fry!

Recipe

- Finely chopped carrots
- Finely chopped red cabbage
- Finely chopped red onion
- Green beans
- Red/Yellow Peppers
- Chopped broccoli
- Egg or Rice noodles
- 1 tbsp olive oil
- Pinch of salt
- Black pepper
- 1/2 lime
- Soy Sauce
- Worcestershire Sauce
- Fresh herbs of choice

Method:

- Add roughly 1 tbsp of olive oil to a wok or frying pan on medium heat and leave until sizzling.
- In a separate pan, add your broccoli to boiling water, again on a medium heat for around 5mins.
- Add the remaining chopped vegetables, salt and pepper to your wok and cook for around 5-7mins
- stirring occasionally for an even cook.
- Add your noodles to your boiling broccoli so they soak up all of the green nutritious juices and leave for around 1-2mins.
- Drain your broccoli and noodles and add them to your mixed vegetables in your wok, with a preferred amount of Soy and Worcester sauce stirring for around 2-4mins.
- Compliment your rainbow with some lovely fresh herbs and a squeeze of lime to give it that extra kick!



Health and RSE

A range of activities to support pupils relationship and health education.

Eat Well Guide



Fruit and vegetables should make up over a third of the food we eat each day.

Aim to eat at least 5 portions of a variety of fruit and veg each day.

Choose from fresh, frozen, tinned, dried or juiced.

Take a look at this guide and see if you can complete all the healthy food that you like to eat.

Eatwell Guide

Fill in this Eatwell Guide with the healthy food that you like to eat.

Fruit and vegetables
Eat at least 5 portions of a variety of fruit and vegetables every day

Potatoes, bread, rice, pasta and other starch
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Eat less often and in small amounts

Acknowledgment:
Crown Copyright
Source: PHE

Credit:

change 4 life

Health and RSE

A range of activities to support pupils relationship and health education.

Meet the Veggies



Credit:



www.childfun.com/themes/people/health-and-hygiene/

Why not create a tune to go with these words and sing it to your family?

Tomato: I'm round and red
And juicy too.
Chop me for a salad,
Or dump me in your stew!

Lettuce: Hey, wait a minute!
If a salad you're fixin'
I can stand alone.
No need for the mixin'!

Onion: Chop me and slice me
But keep water near.
I sometimes get juicy
And can bring on a tear!

Carrot: Orange is my color;
I stand long and lean.
In the garden you'll see
Just my bright leaves of green.

Pea: I live in a pod
With so many others.
I think I was born
With one hundred brothers!

Green Bean: Look in the garden;
You'll see my sign.
Then bring out your basket
When it's pickin' time!

Potato: I've an eye for perfection
To give you the best.
Baked, mashed or fried—
I'll pass the test!

Cabbage: My head is quite thick
So people tell me.
I guess that's the reason
Grocery stores sell me!

Celery: Cut and rinse my stalks,
Then spread on cream cheese.
A refreshing hors d'oeuvre
To make parties a breeze!

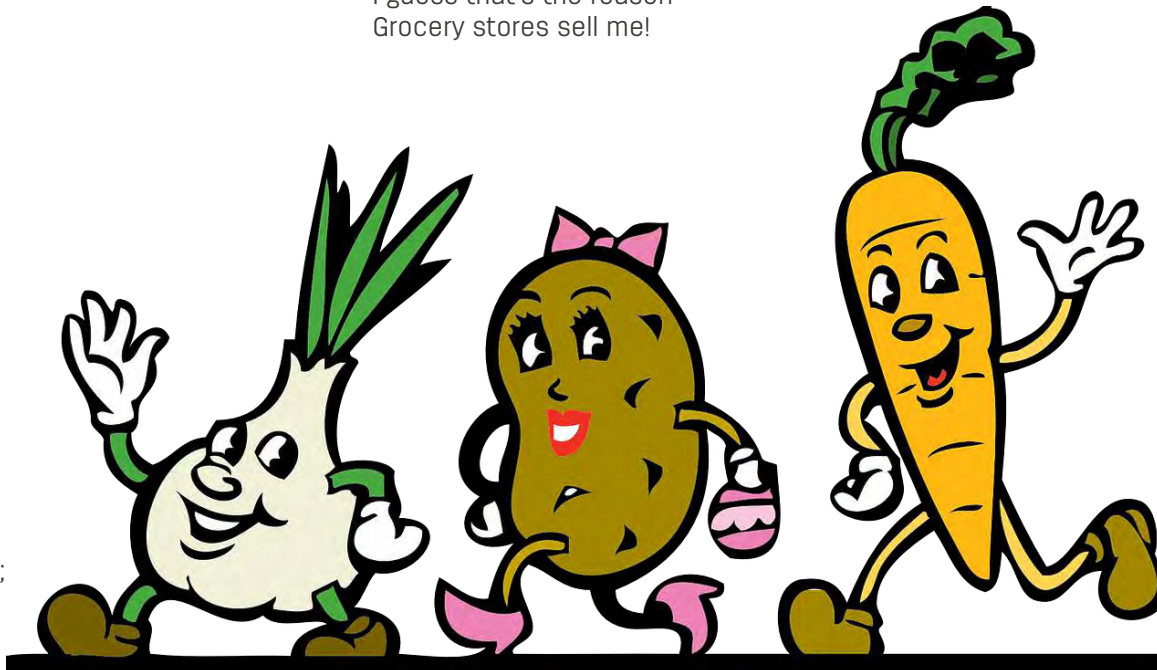
Squash: Some call me a game,
A game of good sport,
but I'm really to eat
As a side dish of sorts!

Brussel Sprout: I'm kinda cute
When I'm served on a plate
I'm just a little mouthful.
You can eat six or eight!

Cauliflower: I carry white flowers
To break off and eat.
I'm sometimes served raw,
A nutritious snack treat!

Broccoli: My friends call me trees:
Now that's a funny name.
Though I am a dark green
With stalks just the same.

We're the veggies
You should eat every day!
Now don't make a face.
We're as good as we say!



Health and RSE

A range of activities to support pupils relationship and health education.

Cycling and the Body



TOOLS for SCHOOLS



www.bikeability.org.uk

Take a look at the image and read the questions, draw a circle around the right answers. There may be more than one.

What action are the fingers doing?

gripping patting
 squeezing tapping

The ankle joints and feet make the pedals go around, what do the feet do?

jump press
 push down slide

What might the head do when cycling?

look forwards look right
 look left look down



What does the knee joint do when cycling?

keeps the leg straight
 bends

Which parts of the body move up and down when cycling?

head feet
 legs elbows

List all the action words you have circled (the verbs)

Many parts of our bodies are very active when we cycle!
This helps to keep us fit and healthy.

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.

Spring into Spring



What does Spring mean to you? The waking up of sleeping plants. They start off slow. Then with the rain and sun, just grow and grow and grow!

Start in child (a seed) pose and grow into tree pose.

Which flowers start to bloom? Slowly silky snowdrops grow,
Then careful curious crocus, daring, dancing daffodils and tall, tender tulips that simply glow.

Flower pose- sitting on your bottom, balance and stretch out your legs. Then bend at the knees and put your hands though near you ankles.

What creatures start to emerge from their sleepy days?
Bees start buzzing and birds chirp away.

Move like bees – buzzing, move like birds, flapping wings, silently. What other creatures can you find?

What festivals happen in the Spring? Easter and the start of new life, it brings.
Or maybe Holi, a festival of colour and love.

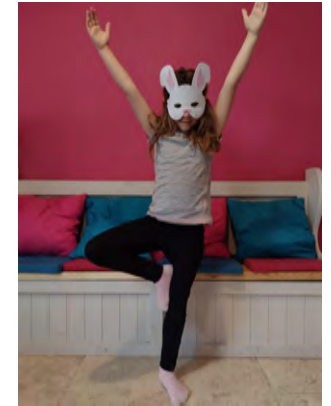
Watch out for colour falling from above.

Credit: Emma Kilvert

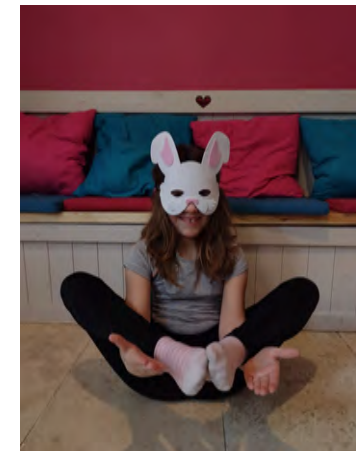
Seed Pose



Tree Pose



Flower Pose



Holi Painting



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.

Spring into Spring continued....

Move around the space, if you hear the word Easter, find a space curl up into an egg then explode in 3, 2, 1!

If you hear the word Holi, move around the room, making sure you don't bump into others, but when you pass each other jump up high like you are throwing the colours to your friends.

New life bursts out all around, lamb's jump, frogs swim and caterpillar's crawl on the ground.

Birds fly by, high up in the sky. Could you go on a walk and see how many can be found?

Walk around in a space and listen for what animals you see!

Lamb- jump and kick your legs out

Frog – squat and jump like a frog

Caterpillar- feet and hands on the floor, walk your hands out, until your body is in plank position, then walk your feet up to your hands. Repeat.

Bird- arms flapping and on their tip toes.

Activities: - Easter egg decoration and rolling (down a hill if you can)

Which had the best decoration? Whose goes the furthest?

Holi – paint throwing activities.

Making Spring flowers

Credit: Emma Kilvert



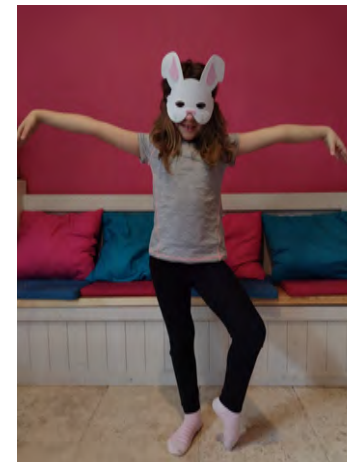
Frog Pose



Caterpillar Pose



Bird Pose



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.

Newspaper Dance



What's that Word



Why not test yourself with these move more activities courtesy of Get Set 4 PE?

Newspaper dance



What you need: 1 or more players, a sheet of newspaper per player, a music track and someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays children move off their newspaper and dance around the space.
- When the music stops children stand on their newspaper. They are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until they cannot stand without going out of the boundary.



How will you balance?

What's that word!



What you need: Your house members.

How to play:

- As a household choose three words that are going to be your 'what's that' words for the day e.g. can, you and TV. Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises. Don't forget to remind them by saying:
- Make this harder by increasing the exercises to 15.



Stay alert!

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.

Move to the Beat Extravaganza

Time to Learn:

- Play some music and on the spot can you start by clapping in time to the music?
Clap for eight counts.
- After eight claps, can you jump on the spot for eight counts? Then can you jog around the space for eight counts?
- Challenge yourself to add a final movement for eight counts, then repeat.
- To make it harder, can you perform movements that take eight counts to complete but do not require eight individual counts e.g. a slide left (four counts) a slide right (four counts).



Use slower pieces of music.
As you get more confident try faster pieces of music.



Use faster pieces of music.
You will have to really focus so you can still move to the beat.



Create your own sequence of movements and share them with another family member.



Can you keep focused on the beat, even if you find it difficult?



Credit:

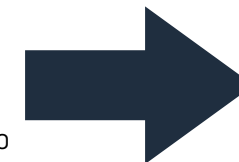


YOUTH
SPORT
TRUST

Top Tips

Listen for a beat

- When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.



Let's Reflect

Did you keep trying to improve your routine?

How did you challenge yourself to create harder movements?

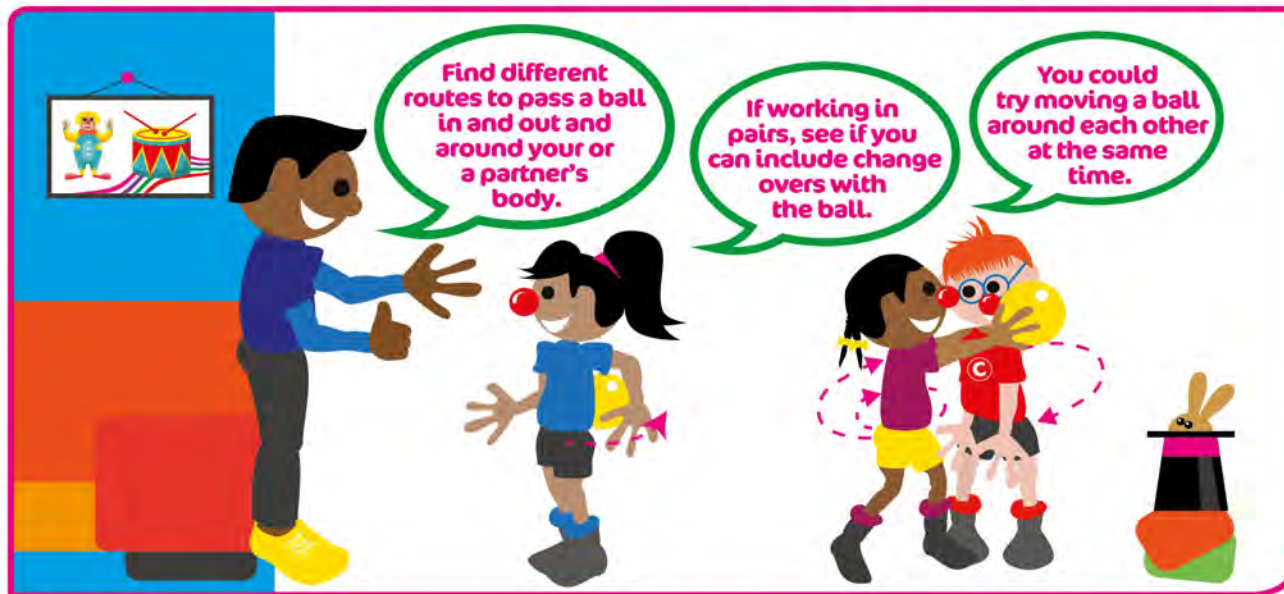
Move More Activities

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.

Clown Around (Brave)



EYFS/Key Stage 1 – Clown Around (Brave)



Use the QR code to access more interactive activities!

How to play

Start by moving a ball in, out and around your body, focusing on staying in control of the ball. When ready, take turns with your partner to move the ball in, out and around both your bodies. For an even trickier challenge, both move a ball around the other at the same time. This will require good communication skills!



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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.

Photography Competition



The Competition

Active Black Country are running a photography competition looking to capture Black Country people being active.

Your photographs might be used to promote the Rainbow Hour campaign or other campaigns run by Active Black Country. They might feature on our website, social media, in print documents or on a YouTube video. Please ensure you are happy for your photos to be used in this way before you submit them.

The Top Prize

There will be 2 monthly winners - March and April - each winning a **£50 One4All gift voucher**.

Random Prize Draw

All photographs shared with Active Black Country through social media will be entered into a random prize draw.

In March and April, 5 photographs will be selected at random to each win a **£20 One4All gift voucher**.

Deadline

Photographs must be shared on social media by the closing date of **30th April 2021**.

To share your pictures simply use the hashtag **#BlackCountryRainbowHour** and make sure you tag in either **@bcbeactive** on twitter, **@ActiveBlackCountry** on facebook or **@activeblackcountry** on Instagram.

Please make sure you have permission from all participants in the photograph before sharing.

Photography Tips

The woodland trust have some useful Photography Tips and ideas

Equipment: You don't need a fancy camera, use whatever you have including your phone!

Light: plan ahead, as the time of day and the time of year will have a big impact on how your images turn out.

Be Snap Happy! Try lots of different angles and compositions and don't be afraid to take as many pictures as you want.

Enjoy IT! photography should be fun, so don't stress too much about getting the perfect shot and instead enjoy being active and capturing it



Be creative!

Your photograph can be any form of exercise anywhere. Here are some ideas to get your thinking:

- A family walk in your local park or nature reserve
- A family exercise class taking place at home
- Dance/Zumba or aerobics classes!
- An individual workout you have created

Please always remember to follow Covid Guidelines whilst taking part in this competition.

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.

Love Exploring Walking App



The Love Exploring app is now available at many of our Black Country parks and open spaces.

FREE to download, Love Exploring puts the power of discovery in your hands by providing a range of discovery games and guided tours that are fun to do and free to use.

With the current Covid-19 pandemic, getting outside and being active has ever been more important. The Love Exploring app can give you ideas for family activities and suggestions on exploring on your own if you fancy a bit of 'me' time.

The Black Country parks currently available on the app are:

- Silver Jubilee Park, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Brunswick Park, Sandwell
- Victoria Park, Sandwell
- Barnford Park, Sandwell
- Lightwoods Park, Sandwell
- Warrens Hall Nature Reserve



The app include maps, guided tours and discovery games.

Download the app at:
[www.loveexploring.co.uk/
#download](http://www.loveexploring.co.uk/#download)

Please don't visit these spaces if you're suffering with symptoms of coronavirus



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.

Egg Shell Gardens



Reusing your egg shells to create a small herb garden is a fantastic way to recycle.

Eggshells make good seed starters, and when transplanted into soil, they break down naturally and nourish your herbs!

How to make your herb garden:

1. Slice the top of some egg shells with a sharp knife and pour the yolks and whites out, saving them for another use.
2. Rinse eggshells thoroughly, then air-dry in the carton.
3. Use a needle to puncture a small drainage hole in the base of each shell.
4. Mist the shells with cold tap water.
5. Scoop potting soil into shells with a small spoon.
6. Plant your herb seeds according to package instructions, and then gently mist with water.
7. Place carton on a sunny windowsill, and water according to package instructions while you wait for herbs to sprout.
8. Transplant them into a pot or your garden when your seedlings develop leaves.
9. Gently crush the shells in the soil to speed the decomposition process.



#BlackCountryRainbowHour

Credit:

www.lpessn.org.uk



Bee a Garden Wildlife Hero



Have you been thinking about doing more for the wildlife in your back garden?

The Wildlife Trust for Birmingham and the Black Country have created a Garden Wildlife Hero Guide full of ideas to help you create a wildlife-friendly garden.

Simply sign up at www.bbcwildlife.org.uk/GardenWildlifeHero to get your free guide, along with more inspiration on how to be a garden wildlife hero and loads of information about the wildlife to look out for around you by email.



From something simple like letting a corner of your lawn grow long, through to building a pond or creating a container garden if you're short on space, we've got the perfect ideas for how you can welcome a little more wildness into your life this year!

Credit:



blackcountryrainbowhour.co.uk

Outdoor & Nature Activities

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Wildlife Watch



Wildlife Watch

Minibeasts

Can you spot all the different wildlife?

See what you can see in your garden and when you go for a walk!



Garden Tiger Moth



Common Blue Butterfly



Bumblebee



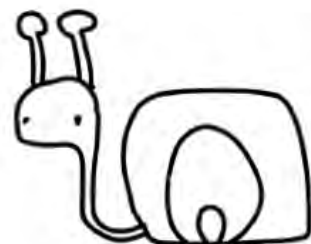
Dragonfly



Brimstone Butterfly



Garden Spider



Snail



Red Admiral Butterfly



Shieldbug



Ladybird



Caterpillar

Credit:



Wildlife Watch

www.wildlifewatch.org.uk/

www.wildlifewatch.org.uk

NAME:.....AGE:.....



Outdoor & Nature Activities

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Spring Nature Treasure Hunt











Spring nature treasure hunt



Why not go on a Spring treasure hunt over Easter?

See how many of these items you can find!

Go on a nature treasure hunt! How many of these things can you find on the ground?

				
Leaf <input type="checkbox"/>	Pebbles <input type="checkbox"/>	Grass <input type="checkbox"/>	Feather <input type="checkbox"/>	Hazel catkin <input type="checkbox"/>
				
Moss <input type="checkbox"/>	Twig <input type="checkbox"/>	Blossom <input type="checkbox"/>	Bark <input type="checkbox"/>	Empty shell <input type="checkbox"/>

Credit:



www.wildlifewatch.org.uk/

www.wildlifewatch.org.uk

Pictures: Leaf (c) Philip Precey / Pebbles & grass (c) Chris Maguire / Brent goose (c) Amy Lewis / Feather (c) Zsuzsanna Bird / Hazel catkin (c) Philip Precey / Moss (c) Matthew Roberts / Twig (c) Brian Eversham / Blossom (c) Amy Lewis / Bark (c) Matthew Roberts / Empty shell (c) Lara Howe

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.

Headstart's 5 Ways to Wellbeing



Connect:

Write a letter

Write a letter to your family members and friends and if given permission by parents/carers to do so, post the letters. If not, wait until you can see the person again and then you can give them all the letters you wrote them.

Board games

Play a board game with people that you live with or why not create your own for example snakes and ladders

Write a poem about being happy for friends and family/ you may want to read it out loud for them or turn into a poster to give to your family.

Be Active

Stair Stepping is a great exercise to do in your home, even if you don't have a set of stairs available. Find the biggest book you own put it in front of the TV and step up and down while watching your favourite show.

The Plank

Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended. Start off holding the position for 30 seconds and add an additional 10 seconds every day.

Dancing

Dancing is an excellent way to keep fit and get your heart rate going whilst having fun. If you are in the privacy of your own home, there is no need to look like a pro or impress anyone!

The Five Ways to Wellbeing are things you can do each day which are good for your sense of overall mental health, happiness and wellbeing.



Give Kindness

Write a letter to your local care home or hospital. With permission from parents/carers, you can post these. If not keep them and take them when you can.

Make someone a cup of tea

Draw somebody a picture

Give a compliment

Compliments are a great way to help your wellbeing as well as others'. Create a compliment card and tell somebody they look good today or remind them of what they are good at.

Credit:



Learn

As home schooling is continuing why not try and learn something that you did not know before:

Examples are:

Learn a new word each day that relates to wellbeing

Try out a musical instrument

Try a new food

Learn to cook a new recipe

Study an animal or bug

Write a story or song

Take Notice (Mindfulness

Colour finding: Without talking, sit calmly and find one thing around the room for each of the following colours: Purple, Blue, Green, Yellow, Orange, Red, Pink, Brown, White, Black. Don't rush and really focus on each colour as you find it.

Collage: go out into your garden and collect any twigs, leaves, petals etc. and see what picture you can create by sticking these items on to a piece of paper or use newspapers/magazines or other bits and pieces from around the house to create a picture.

Mindfulness Bell: Can you focus on listening to the bell? You do not need to do anything other than close your eyes and listen and concentrate on the bell. You can find this on YouTube by searching for: Mindfulness Bell- a 5-minute mindfulness meditation or by following this link:

<https://www.youtube.com/watch?v=wGFog-OuFDM>

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.

What makes me Smile?



Credit:



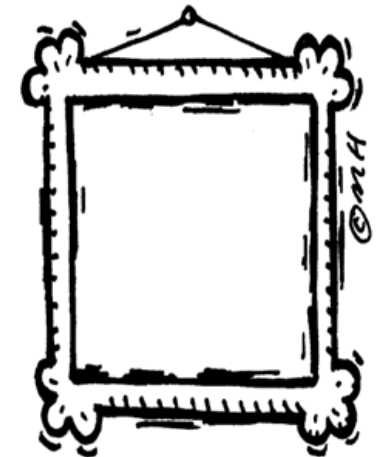
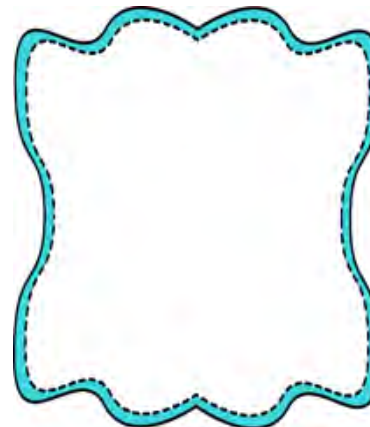
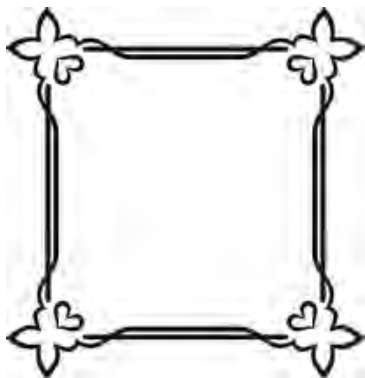
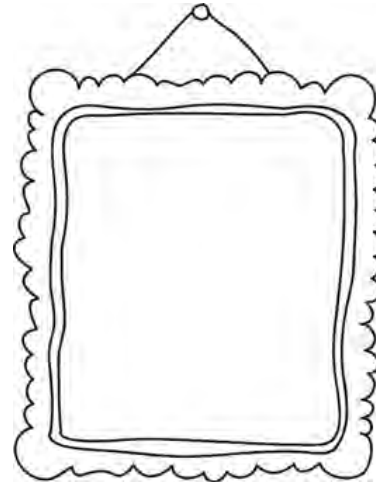
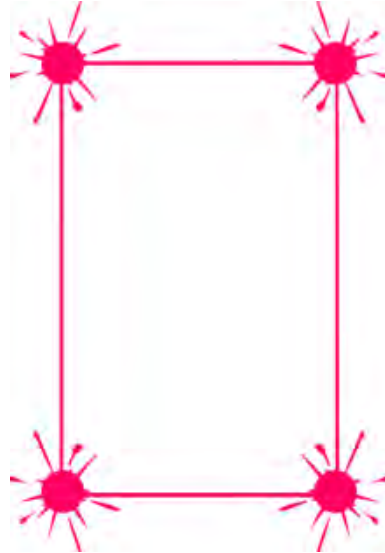
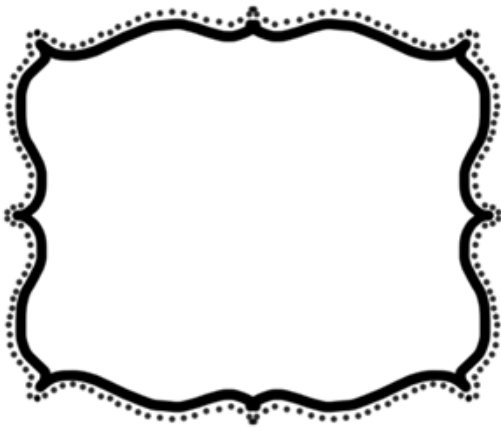
connectEd
partnership



It's OK to feel down but what can you do to improve your mood? Think about your happy places!

Create yourself a picture wall or make a montage of different pictures with all the things that may put a smile on your face or make you feel happier.

THINK OF: A PERSON; PLACES; FILMS; TV PROGRAMMES; FOOD; COMPUTER GAMES; SPORT; A CHARACTER; MUSIC; ANYTHING ELSE THAT MAKES YOU HAPPIER AND DRAW THEM IN THE PICTURE FRAMES BELOW.



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.

Create a Gratitude Jar



Required Resources

- A jar/container
- Paper
- Coloured felts/pencils/crayons



DID YOU KNOW...

Creating a gratitude jar will open your mind to positive experiences and interactions through focusing on the good things in life.

A gratitude jar is a jar full of reasons to be grateful.

- Start your jar off by writing out 10 things you're grateful for and popping them in the gratitude jar.
- Each day, try to add something new to the gratitude jar, even if it's something small.
- Then, once a month you can open your jar and see all the reasons to be grateful.



...Let's go!



Credit:

Funded and Supported by



Make your Own Stress Ball



Required Resources

- Balloon
- Empty bottle
- Flour



Stress balls are a way of relaxing, reducing stress and developing your fine motor skills

- Start by rolling a piece of paper into a cone, (making sure there's a hole at the tip) and add a bit of tape to make a paper funnel.
- Then, fill a bottle with flour - The easiest (and less messy) way to do this is by using the paper funnel.
- Now, blow up the balloon and place it over the opening of the bottle.
- Tip all the flour into the balloon.
- Carefully remove the balloon from the bottle, whilst holding the neck to make sure the air and flour don't push out.
- Still holding the neck, slowly let out the air until you're left with a balloon filled with flour.
- Tie the end of the balloon and you've created your own stress ball!



...Let's go!



Powered by



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.

Positive Petals



Draw a lovely big flower with as many petals as possible. In the centre of your flower write 'me' and in each individual petal write down something you love, or perhaps you'd prefer to draw a little picture.

Example:

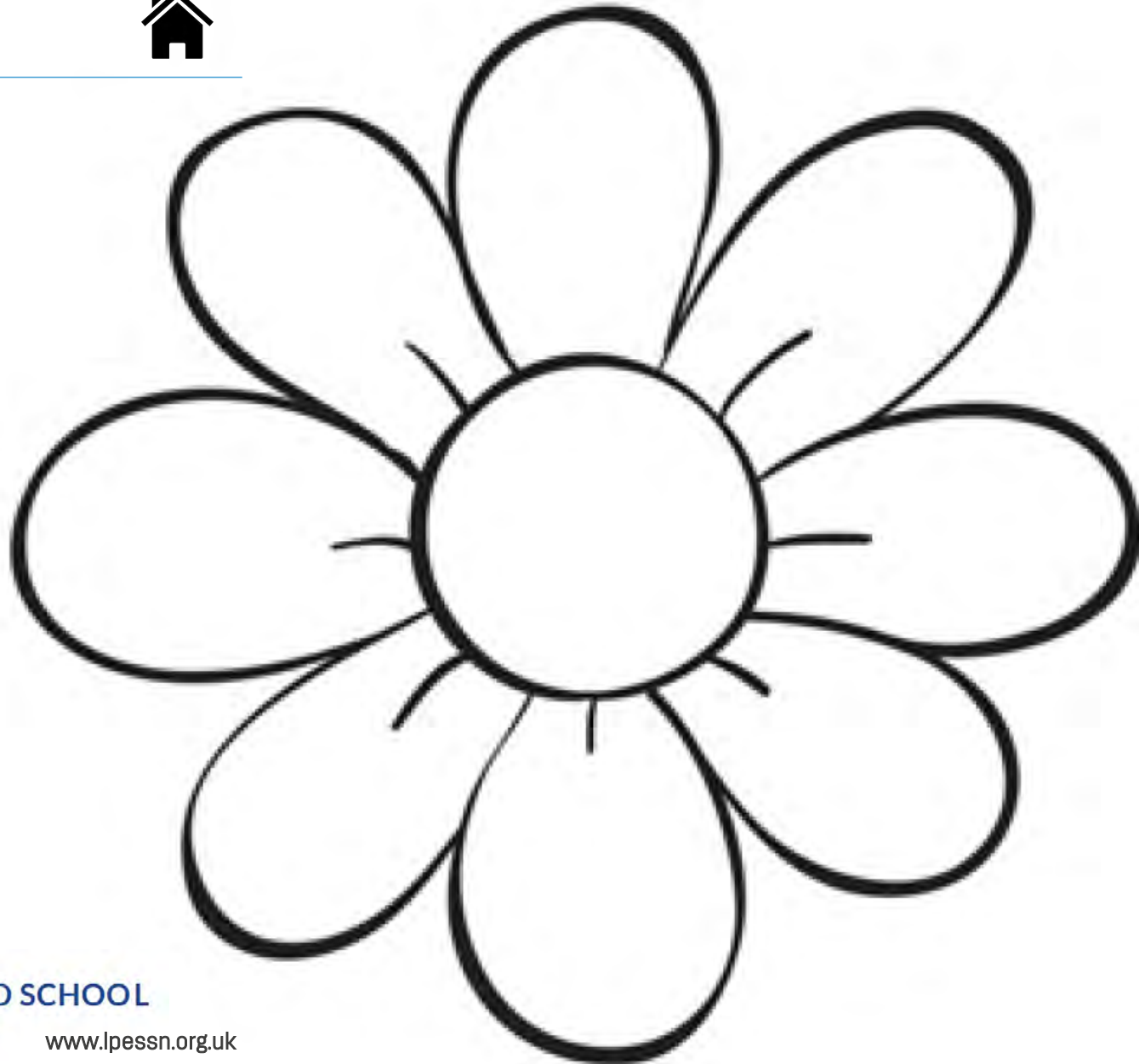
- I have a beautiful home
- I love sunny holidays
- I have an amazing mummy
- Football is my best hobby
- I really enjoy baking for my family and friends



Credit:

THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk



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.

H.A.P.P.Y Challenge



- H – Help.** Help someone in your family with a small task, it could be washing up/h Hoovering/unpacking the shopping, to let them know you're thankful.
- A – Appreciate.** Write down one thing you really appreciate and take a few minutes to become aware of how grateful you are for it. It could be your lovely dinner, a favourite toy, a friend, family member or pet, or even the fact you live close to a park! If it involves someone else – try to tell them, you are grateful and express your appreciation towards them.
- P – Practice.** Take a minimum of 10-15 minutes to practice something you think you can improve on. It could be your maths, an exercise, some cooking, a musical instrument.
- P – Planet Plan.** Make a plan of at least 3 things you can do this week to help our Planet. These could include, recycling and reusing in your home, picking up rubbish in the street or park, saving/reusing your water or planting in your garden.
- Y – Yourself.** Write down at least 3 things you love about yourself. It's very important we learn to love who we are inside and out. This could be a physical or mental feature, a goal you have achieved, something you're proud of or anything that makes you feel proud to be you!

HAPPY



Credit:

www.lpessn.org.uk



THE PE AND SCHOOL
SPORTS NETWORK

Footsteps

Give two blank pieces of paper to each child. Ask each child to draw an outline of their foot on each piece of paper. Explain that one of these footprints will represent the past and the other will represent the present. Ask the children to decorate and fill with words and/or drawings of their thoughts and feelings. Encourage children to refer to their thought-clouds to reflect on what emotions have already been shared.



Credit:



Optional: Colours of the rainbow could also be used to represent particular emotions. Ask the children what each colour means to them and why: Red, Orange, Yellow, Green, Blue, Indigo, Violet.

Once the group have finished their designs, move to an open space so each child can place their footprints from the past safely in a cluster and then place their footprints from the present in a cluster. Discuss and explore any similarities or differences among their peers.

Mental Wellbeing & Mindfulness Activities

Better Health every mind matters

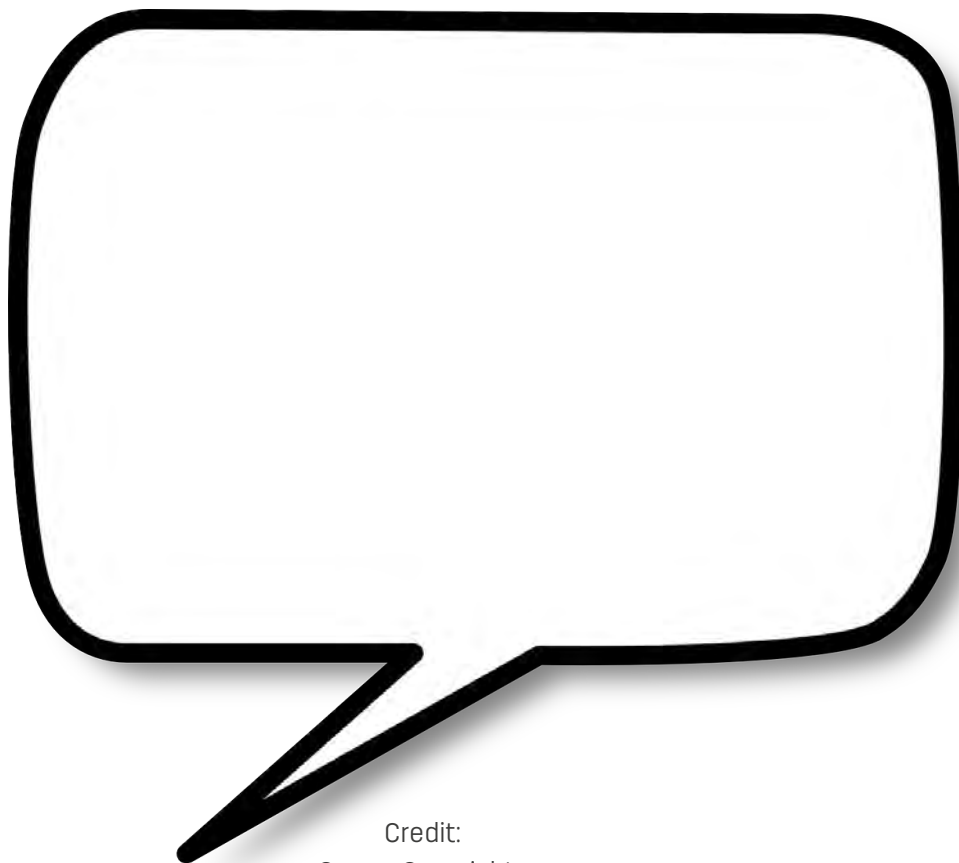
A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

The Worry Tree



Work your way through the worry tree by following the arrows.

You could write, think or say your answer.

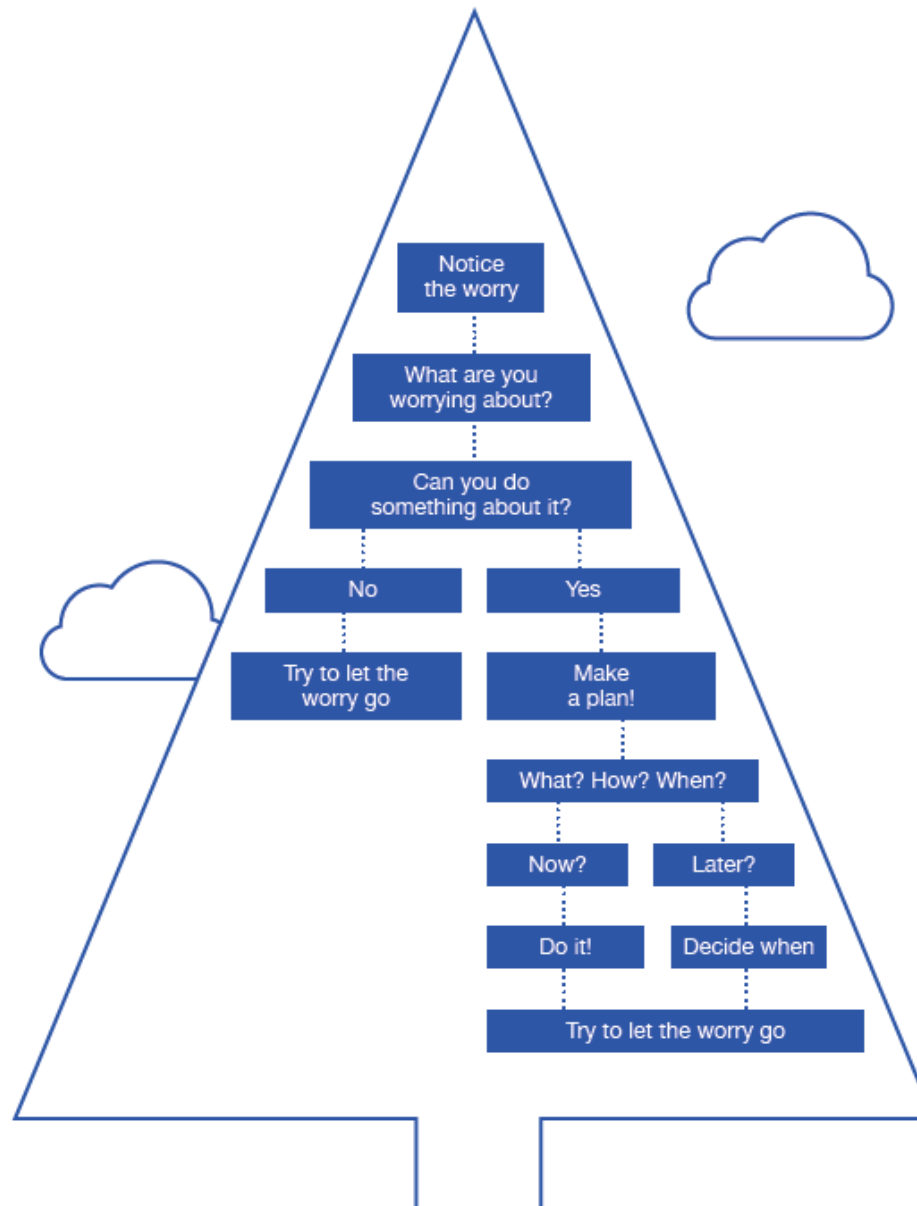


Credit:

Crown Copyright:



Public Health England



Personal Challenges & Competition

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](#).

England Does the Daily Mile



England Does The Daily Mile is a national event day in schools and across social media to celebrate active schools and good mental health.

NEW DATE: Please note that due to national lockdown at the start of 2021, we have moved England does The Daily Mile™ from February to Friday 30 April.

The Daily Mile™ are hosting their first national event day in schools and across social media, because we want pupils across England to get active together, and start talking about their mental health.

In light of the covid-19 pandemic, mental health awareness, especially in children and young people, and its relation to physical activity, is incredibly important.

We're encouraging every school to get involved and bring the nation together. Can you help us get to 1 Million Moving?

Once you complete the quick & free sign-up, your school will have access to a whole host of fun resources.

If you any questions about the event, please contact Molly (info@londonsport.org).

This event is hosted by London Sport on behalf of the wider Active Partnership network.



To register your school, [click here](#).

Or visit: www.thedailymile.co.uk/school-signup/



Personal Challenges & Competition

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](#).

High Jump

Cereal Box Challenge



Why not test yourself with these challenges courtesy of Get Set 4 PE?

High jump



What you need: Lots of cushions

How to play:

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the pile gets higher.



How many cushions can you jump?

Cereal box challenge



What you need: an empty cereal box, one or more players.

How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.
- Top tip: hold onto your leg/s to help you to balance



How low can you go?

Personal Challenges & Competition

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](#).

Cross the Swamp

Roller Ball



Why not test yourself with these challenges courtesy of Get Set 4 PE?

Cross the swamp



What you need: Some toys and two pillows

How to play:

- Players place their toys 8m away from a start line. This could be in another room if playing indoors.
- Players imagine that the space between the start line and their toys is a swamp.
- To rescue their toys they must use the two pillows to cross the swap and retrieve one toy at a time.
- They cannot touch the swamp. How many toys can they rescue in 4 mins?

Watch out for the crocs!



Roller ball



What you need: 2 or more players, two objects for markers and a ball or pair of rolled up socks.

How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- 4 turns then change over.



Who has the highest score?

Personal Challenges & Competition

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](#).

Sustrans Big Pedal



Sustrans Big Pedal will run for 10 days from **19 – 30 April** and is open to all primary and secondary schools in the UK, including SEN schools.

Join in for one, five or ten days between 19 and 30 April 2021 to be in with a chance of winning fabulous prizes every day.

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling, walking, scooting or using a wheelchair to school.

Whether schools are open or not, your pupils can participate. Pupils learning remotely can take an active journey from home or complete a physical challenge.

What is the challenge?

Sustrans Big Pedal inspires pupils, staff and parents to be amazing and take active journeys to school.

On each day of the challenge, schools compete to see who can get the highest percentage of their pupils, staff and parents cycling, walking, wheeling or scooting to school. Your school's best five days will determine your final position, but you can log journeys on all ten days if you wish.

How many active journeys will your pupils and their parents and guardians make?



Register your school now for the UK's biggest inter-school cycling, walking, wheeling and scooting competition.

Find out more: www.bigpedal.org.uk



Personal Challenges & Competition

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](#).

Agility - Zig Zag

Co-ordination Wall Target



Why not test yourself with these challenge cards courtesy of The PE Hub?


CHALLENGE CARD

AGILITY: *Zig Zag*

Create a zig zag course in your house or outside using rolled up socks as markers.

- How fast can you complete your zig zag course?
- How fast can you hop through your zig zag course?
- How fast can you complete your course touching each cone with your hand?
- How fast can you complete the course with something balanced on your head?

Extension: Can you think of any other ways you can zig zag through the course? Could you set up a longer zig zag course?



THE PE HUB

CHALLENGE CARD

COORDINATION: *Wall Target*

Cut out 5 pieces of paper and colour them in different colours. Stick the circles to the wall and get a small soft ball, or balled up socks, to complete the following challenges.

- 1 As quickly as possible hit each target throwing with your right hand / then left hand (if using a balled sock, you will need to run and collect and get back behind your line).
- 2 Throw to each colour e.g. blue with the right hand and then the left hand

Easier: Stand closer to the wall. **Harder:** Stand further away from the wall. Now without the ball..

- 1 Standing arm's length from the wall ask someone to call colours that you must then touch with your hands as quickly as possible.
- 2 The caller calls a string of colours for player to hand tap e.g. "red, blue, blue, yellow, green, red" and so on.



THE PE HUB

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.

DIY Glitter Globes

What you'll need:

- Recycled glass jar
- Super glue
- Spoon
- Water
- Eco-Friendly glitter
- Plastic or metal figurine (lego)

Method:

- Put glue on the inside of the jar's lid. Place and stick your plastic/metal figurine on it.
- Fill the clean, recycled jar with clear cold tap water.
- Add 1-2 teaspoons of glitter and stir.
- Screw the lid on the jar (you can glue it to make it more secure if preferred).
- shake the jar and watch the magic happen.



Bubble Mountains



What you'll need:

- Bowl
- Eco - Friendly Straw
- Washing Up Liquid
- Water

Method:

- In a bowl mix together 1 tbsp of washing up liquid and 300ml of water (to make your mountains colourful add 1 tsp of food colouring).
- Using an eco-friendly straw (because we don't like plastic!) gently blow into the bowl of liquid to create bubbles.
- Keep blowing and create a mighty mountain!



Credit:



THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk

Celebration and Creative Activities

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Tea Bag Treasure Maps

How to make your maps:

- Used tea-bags can be amazing tools for art! make sure your tea-bag has been soaked & strained.
- Once your tea-bag is cool enough to touch, press it gently onto a clean, bright, thick sheet of paper.
- Lightly dip the tea-bag in water & repeat the pressing process until your whole sheet is covered.
- Once your sheet is covered, leave it to dry completely before drawing your personalised treasure map.



Credit:



THE PE AND SCHOOL
SPORTS NETWORK

www.lpeasn.org.uk

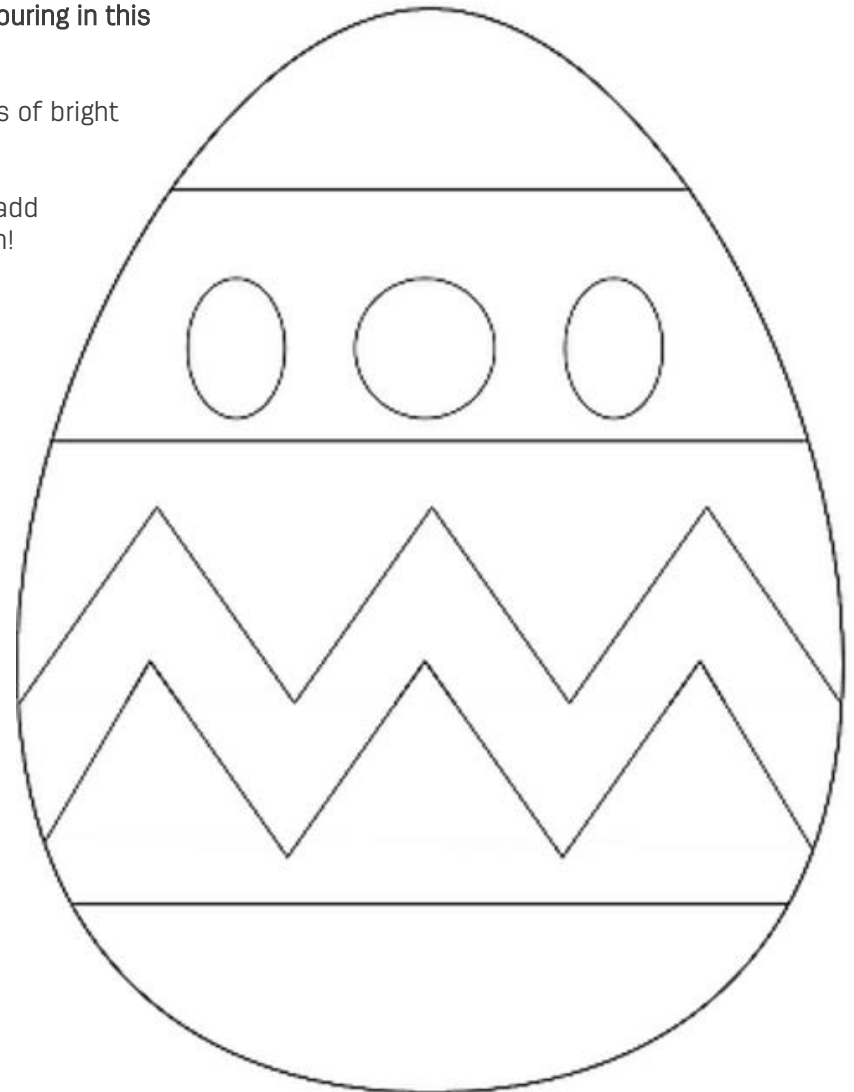
Colour in an Easter Egg



Have a go at colouring in this Easter Egg.

Why not use lot's of bright colours?

You could even add your own pattern!



Celebration and Creative Activities

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Design and make an Easter Bonnet

Easter bonnets are a Springtime tradition that mark the start of all the Easter fun.

You might need to make an Easter bonnet for a school parade or just want to make one for fun!

Little bunnies, chicks, bright colours, Easter eggs and a little imagination is all you need!

How creative can you get with your Easter bonnet?

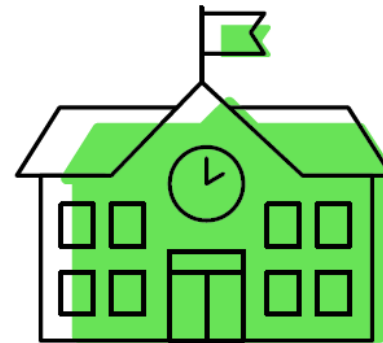
You could create a garden and use lollipop sticks for fencing and ribbon to decorate. Add some finishing touches such as plastic eggs, tiny flowers, green felt for grass, and a little toy bunny.

Turn your hat into an egg-cellent nest. Use straw or twigs to cover the hat and create a nest, then add lots of little chicks or eggs to finish your Easter bonnet.



Be Creative!

Plan and Draw your Route to School



Credit:



TOOLS for SCHOOLS

www.bikeability.org.uk/tools-for-schools/

Draw a route or map showing the journey between home and school or create an imaginary route. What might you see along the way?

1. What checks do you need to make on your bike before you start your journey?
2. What hazards might you see on your journey to school?
Then draw them on your map.
3. Share your route plan to school with a partner and explain what you will have to do to avoid the hazard safely.
4. What do you need to remember to do with your bike and equipment when you arrive at school?



Celebration and Creative Activities

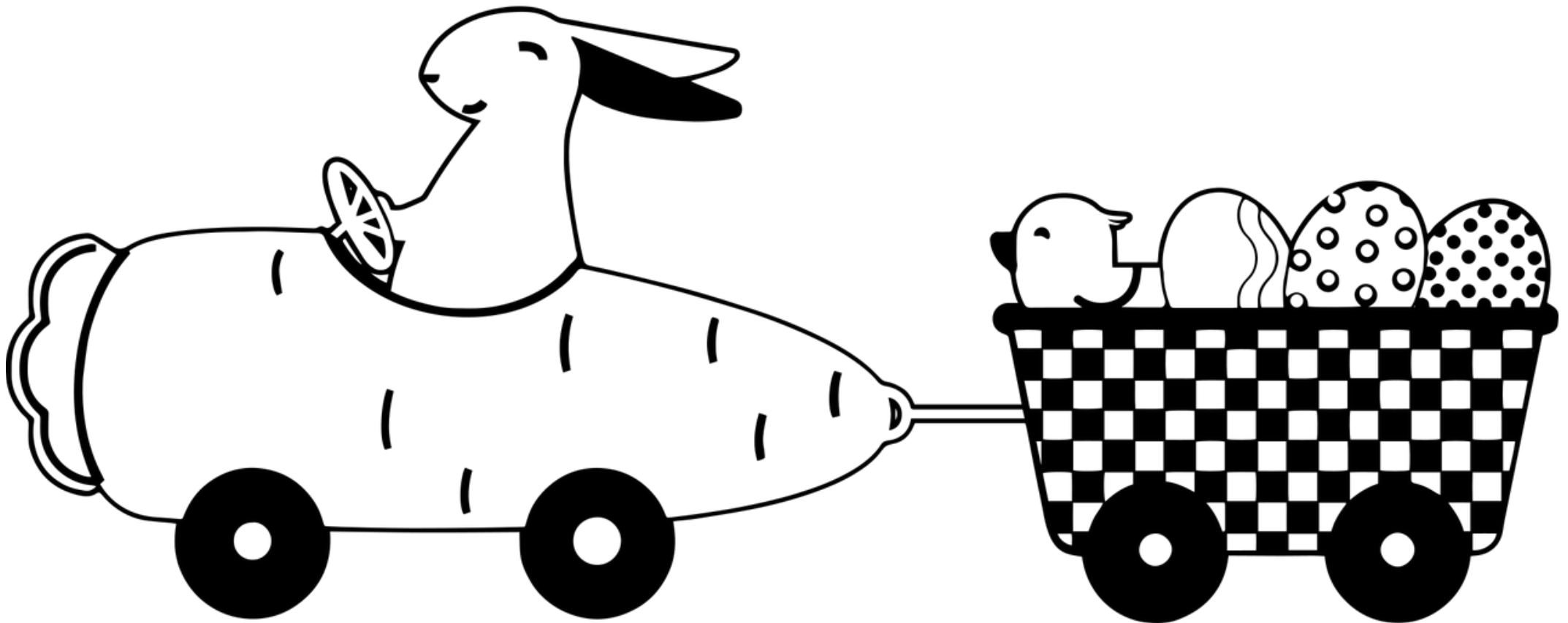
Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

Colour in an Easter Scene



Have a go at colouring in this lovely Easter picture.

Use your brightest crayons to make it really stand out!



Celebration and Creative Activities

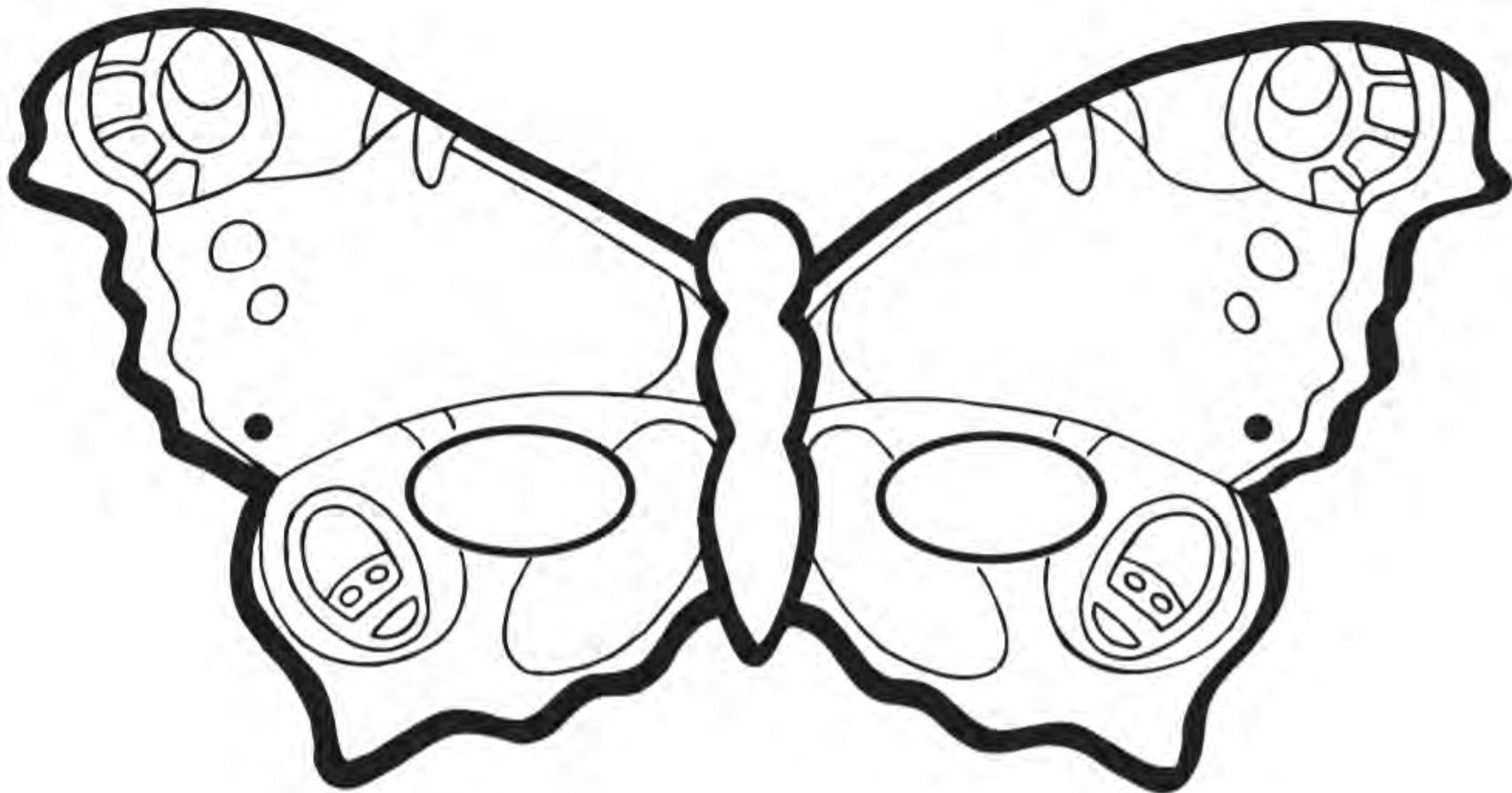
Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

Peacock Butterfly Mask



Why not get a bit creative this Easter?

Colour in and cut out this butterfly mask, courtesy of the Wildlife Trust!



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 which can be accessed below alongside other resources:

[afPE Curriculum and Extra Physical Education Covid-19 statement](#) | [AfPE's Reactivating learning poster](#) | [YST's Safe planning and framework tool](#) | [Primary PE suggested activities in response to Covid 19](#) | [Secondary PE Response suggested activities in response to Covid 19](#) | [SEN PE Response suggested activities in response to Covid 19](#)

- 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

Please view the latest joint statement on what extra-curricular sport is permitted under government's new lockdown guidance.

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 slippy 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.

afPE Statement for Schools Jan 2021

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

CITY OF WOLVERHAMPTON COUNCIL

