

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.

January 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.

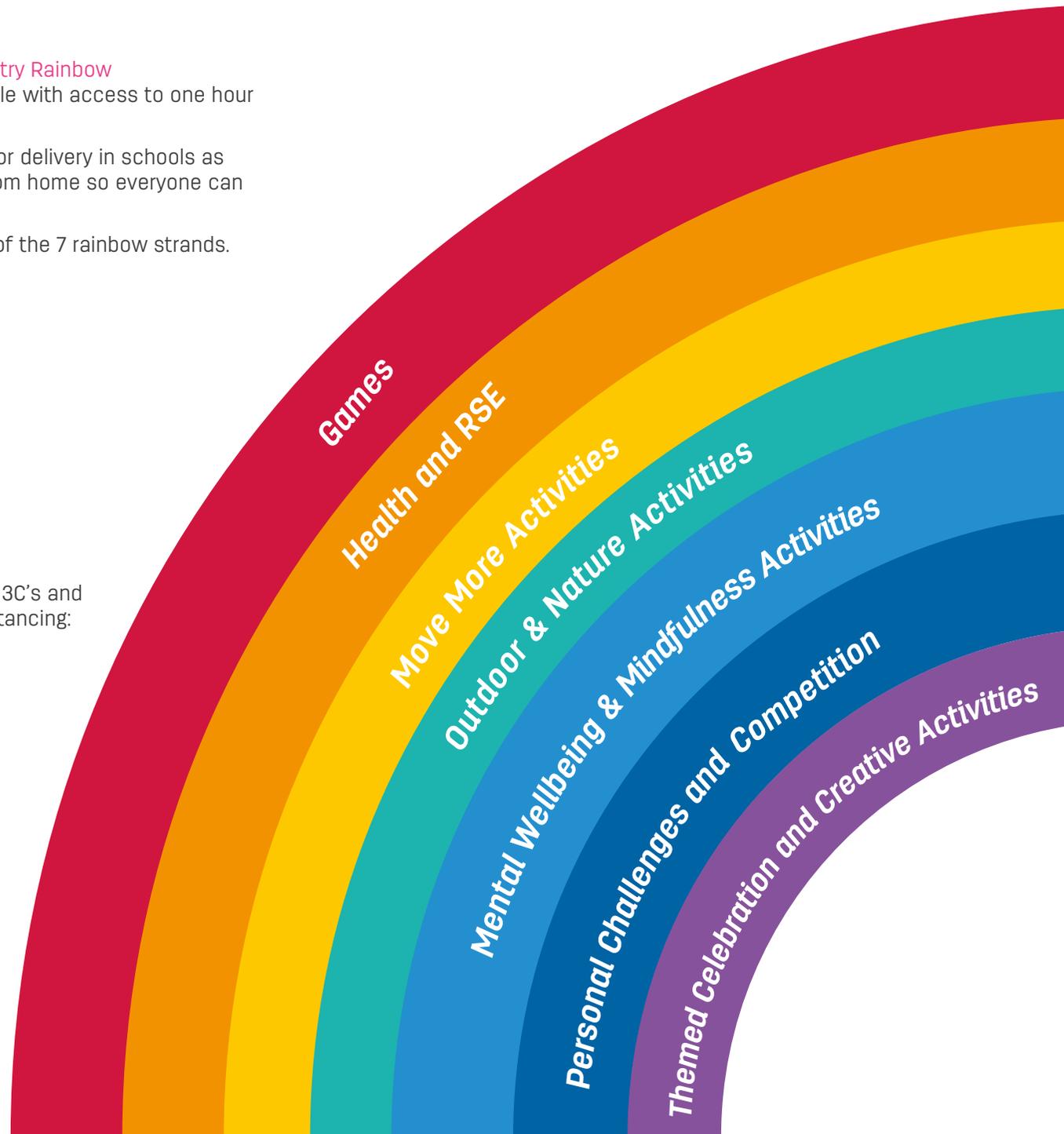
Who is the Rainbow Booklet for?

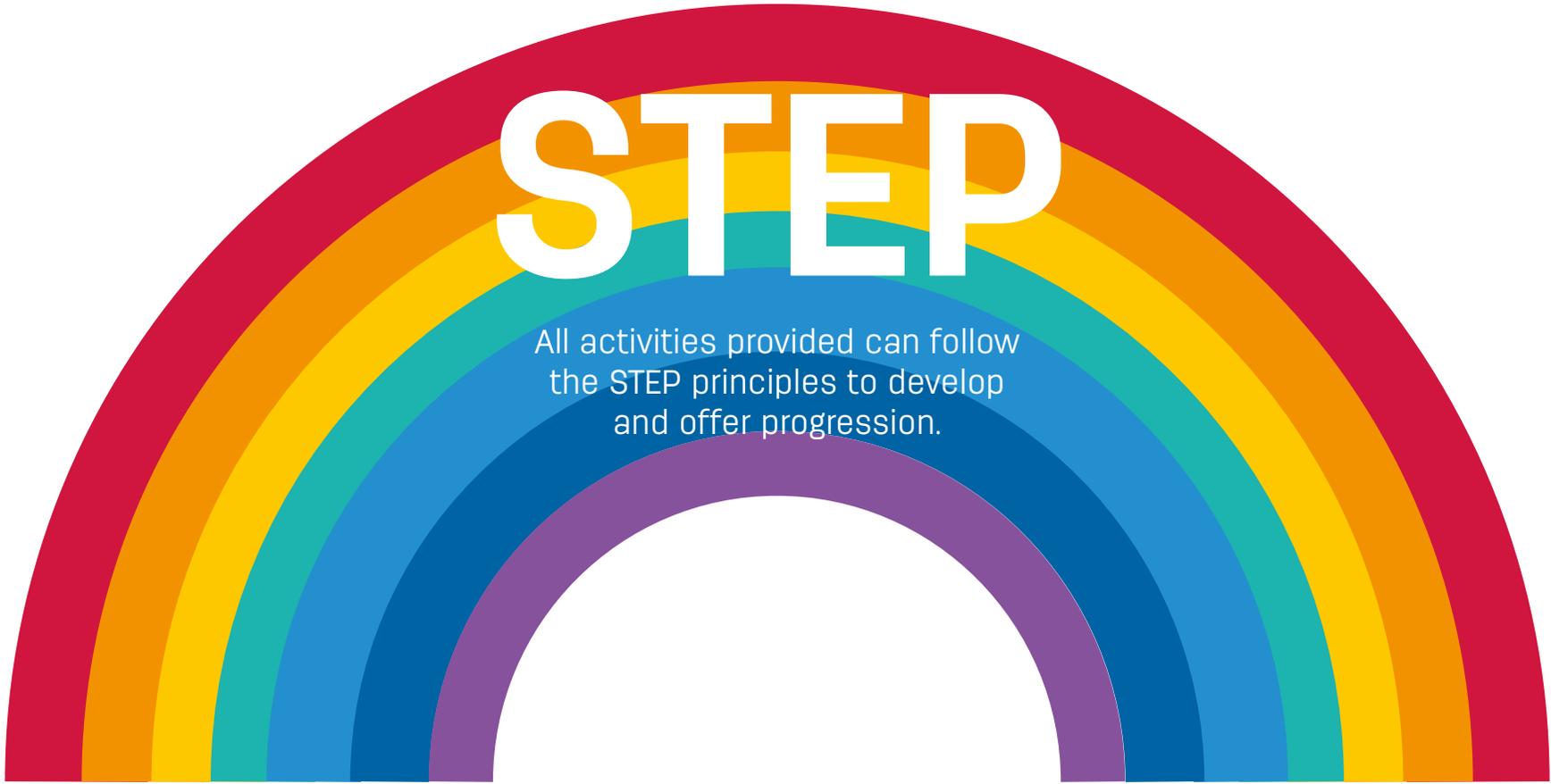
For schools: To help plan your delivery of the Rainbow Hour each day or to share, either electronically or as a printed pack, with parents to share at home.

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.





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

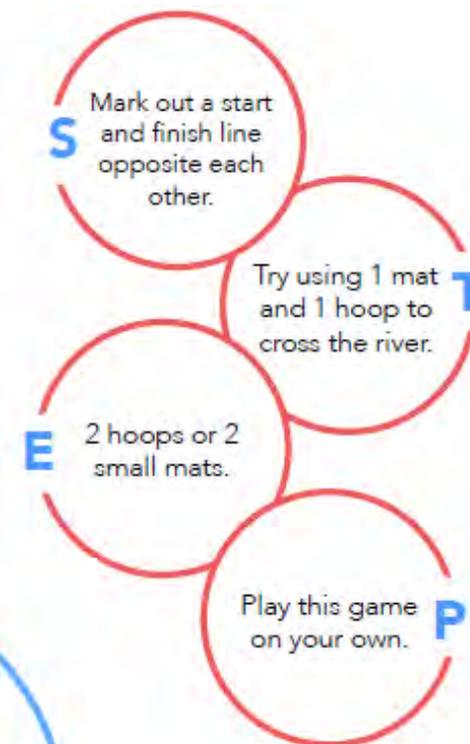
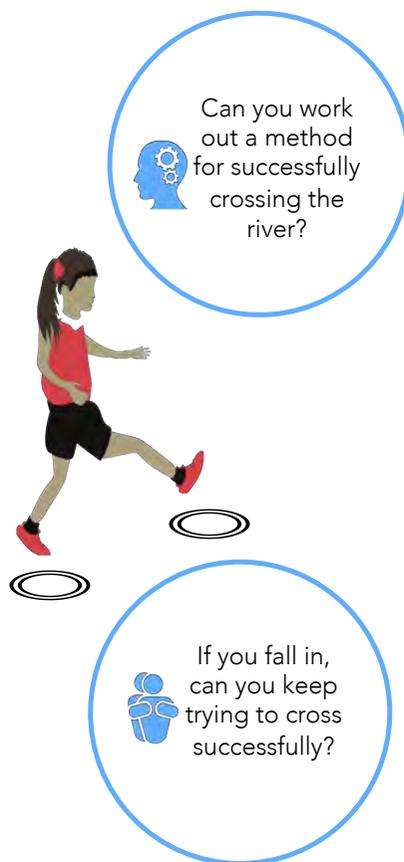
A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

Cross the River



Time to Learn:

- Agree a starting point on one side of the space and a finishing point on the opposite side of the space.
- Using two objects, (hoops or a small mat), can you cross the river without touching the floor?
- You are only allowed two objects to cross the space (river) with.
- Can you complete the challenge and cross the river with out touching the floor!



Credit:



YOUTH
SPORT
TRUST

Games

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



Tri Golf Skills - Bullseye

Instructions

Team of 5 on each tee (white cones). If possible elevate the target by resting it on a chair so that it faces the pupils at an angle. Chip the ball in the air aiming at the centre of the target. Balls should not be collected until all balls have been hit and a command has been given.

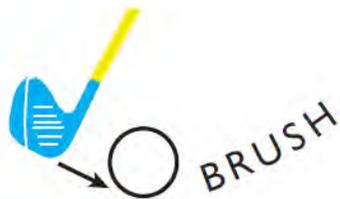
2 minutes practice (if time allows), 5 minutes play.

Skills for Life – staying safe

Leader's prompt to pupils : why should you sit behind the red cones when it is not your turn? Remind the pupils that they will get a rating out of 10 for how well they sit behind the red cones.

Key points for success

1. TickTock brush the ground to get the ball into the air



2. Practise and then play for success



Scoring

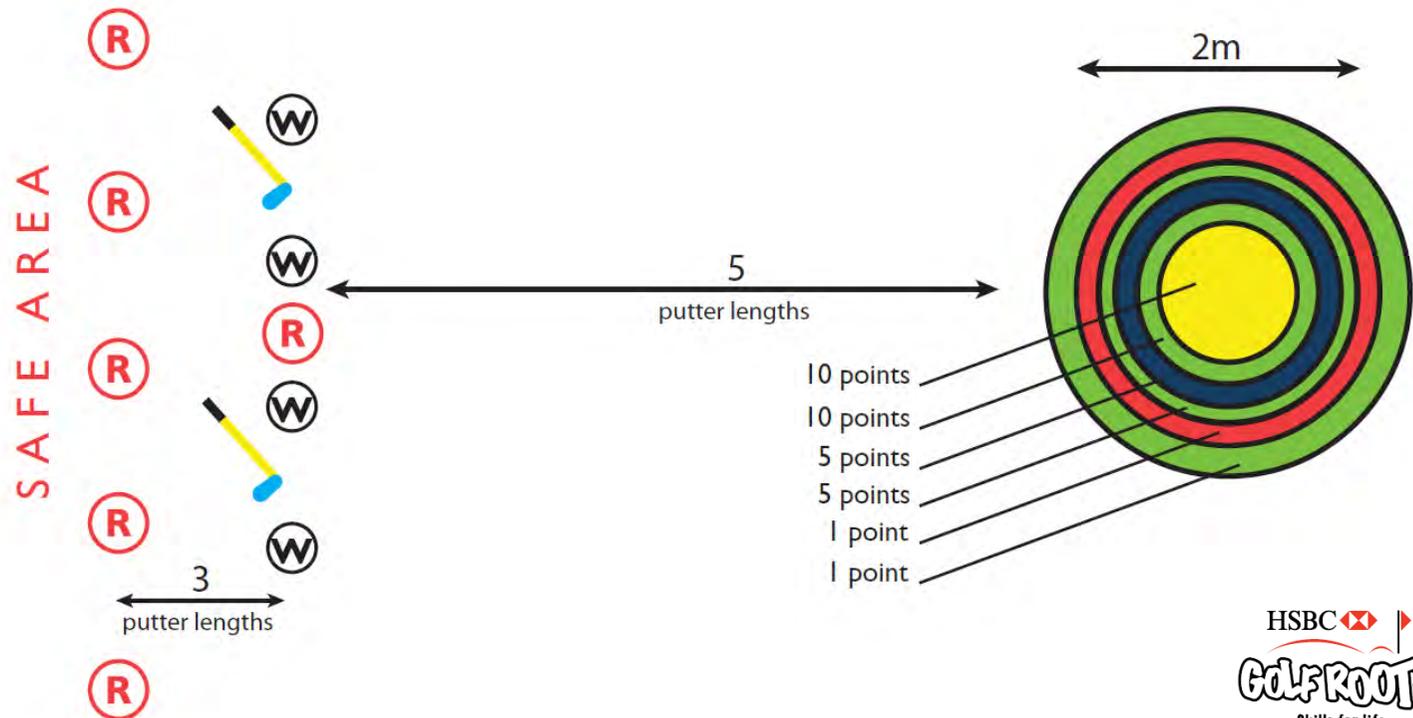
- Yellow inner = 10 points
- Blue circle = 5 points
- Red circle = 1 points
- Inside green = 10 points
- Middle green = 5 points
- Outer green = 1 point

Equipment

- 1 x Tri-Golf chipper per team
- 1 x 2m Tri-Golf pop up target
- 5 x Velcro balls per team

Cones could be used if you do not have a Tri-Golf target.

Score is taken from where the ball finishes, not where it hits.



Games

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



Tri Golf Skills - Dominoes

Instructions

Team of 5 on each tee (white cones). 13 cones are in a straight line from the player. Players try to roll the ball with the putter to hit the cone nearest to them, if the player hits the cone they collect it. The cones must be hit in order.

2 minutes practice (if time allows), 5 minutes play. Don't reset the cones once all collected.

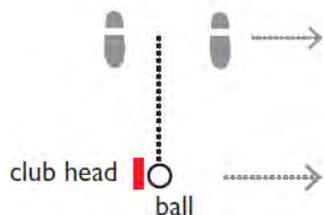
Skills for Life – working together

Leader's prompt to the pupils: how can you help and encourage your team mates?

Remind the pupils that they will get a rating out of 10 for how well they help and encourage each other.

Key points for success

1. Club ready and aim using the red part of the club.

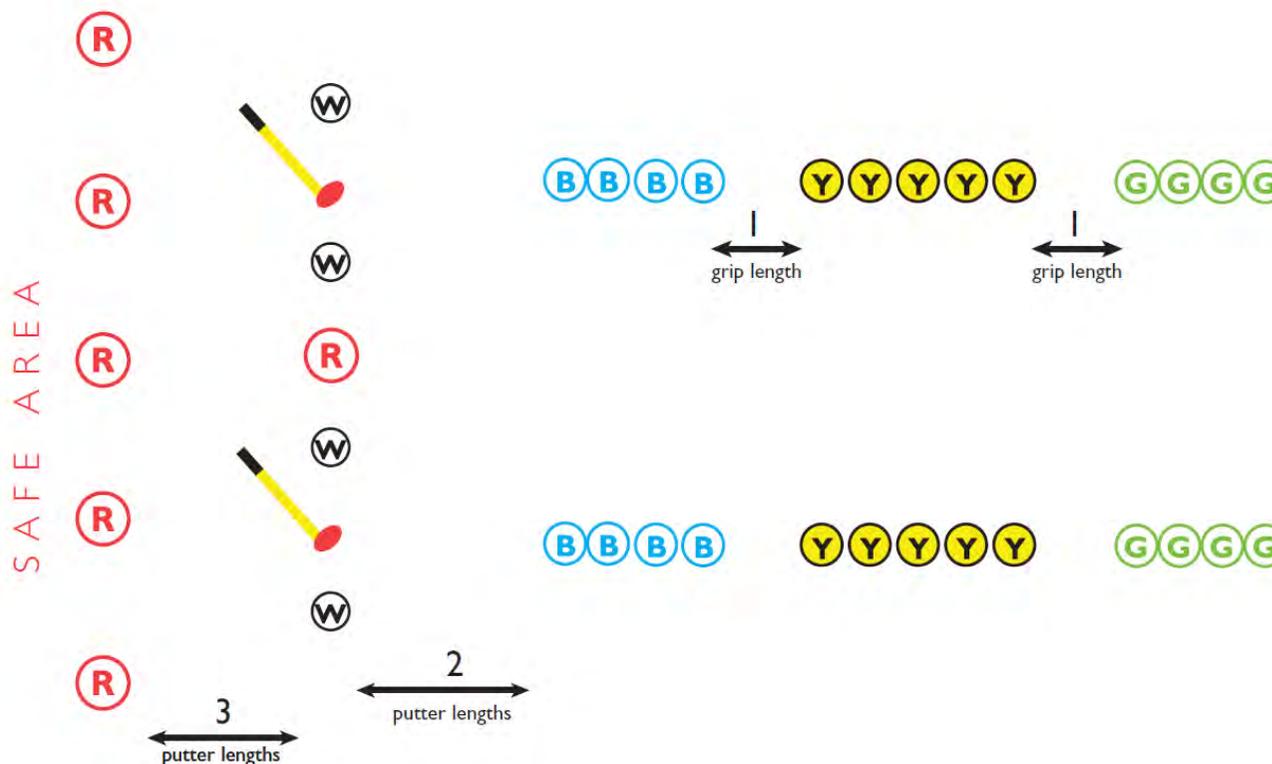


Scoring

- Team continues until all cones are hit
- Score 1 point for blue cones, 5 points for yellow cones, 10 points for green cones.
- 69 points maximum per team of 5

Equipment

- 1 x Tri-Golf putter per team
- 1 ball per team
- Cones as below



Health and RSE

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

Aldi Taste Kitchen Challenge



Aldi and Team GB are challenging young people aged 5–14 from England, Scotland and Wales to get creative and design their own original recipe, inspired by Team GB.

The winners of each age group will submit their recipes to an all-star judging panel of athlete ambassadors for the chance to win exciting prizes for themselves and £200 Aldi vouchers for their school.

The overall winner will be featured in an Aldi leaflet and all winning recipes will be featured and available for download on the Aldi website and the Get Set to Eat Fresh website.

The challenge, which is part of Aldi and Team GB's award-winning school initiative, Get Set to Eat Fresh, is encouraging children to learn about healthy eating and cooking skills through new resources that teach students to create their own healthy recipes.

The competition is open to all students aged 5–14 and will be judged across three categories: ages 5–7, ages 7–11 and ages 11–14. The recipes submitted can be any dish but **must include at least two fruits or vegetables** and be **inspired by Team GB**. This means it could be inspired by their favourite athlete, great British recipes, or the Tokyo 2020 Olympic Games - whatever their focus, students are encouraged to be as creative as possible.

Students should then **submit their recipe, a photo of them with the finished dish and a paragraph explaining how it's inspired by Team GB** to be in with a chance to win.

The winners of each category will receive £50 in Aldi vouchers, an exclusive Team GB goody bag, a certificate, and their recipe will be featured on the Aldi and Get Set to Eat Fresh sites.

The winners' schools will receive £200 in Aldi vouchers and a bag of fresh produce. One overall winner's recipe will also be featured on a full or double-page spread of an Aldi leaflet.

The judging panel for the challenge will include Olympic Gold and Silver medalists Alistair and Jonny Brownlee.



Teachers, parents or students can download their recipe sheets at getseteatfresh.co.uk/tastekitchenchallenge and should send off their completed forms by the **closing date of 12th of February.**

All entries should be sent via email to info@getseteatfresh.co.uk

Health and RSE

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

Facts about Wearing Masks



Should I wear a face mask or face covering for coronavirus protection? *Yes!*

If you are in a public place where you will encounter other people, you should wear a mask. Face masks help contain respiratory droplets that can transmit SARS-CoV-2, the coronavirus that causes COVID-19, from people who do not know they have the virus.

Can wearing a face mask prevent coronavirus from spreading? *Yes!*

Face masks help prevent the spread of the coronavirus that causes COVID-19. If you are infected with the coronavirus and do not know it, a mask is good at keeping your respiratory droplets and particles from infecting others. A mask can also be somewhat effective in preventing germs from getting into your nose and mouth that come from another person's respiratory droplets.

Why is it important to wear the mask? *This is very important!*

Wearing a mask is especially important to protect people around you who have risk factors for severe consequences of COVID-19. These include people over age 65 and those living with heart disease, diabetes, obesity, chronic lung disease, immunity problems or cancer.

What's the right way to wear a face mask? *This is very important!*

Your mask should cover your mouth, nose, and chin.

What are the steps of wearing a face mask? *This is very important!*

- Clean your hands before putting it on.
- Use only fresh/clean masks
- Place the mask over your mouth, nose, and chin
- Adjust the mask to your face leaving no gaps on the sides
- Avoid touching the mask while wearing it Change your mask once it gets dirty or wet
- Take of the mask, clean your hands, remove it by the straps behind ears, without touching the front of the mask
- As you remove the mask pull it away from your face and put it into a bin
- Finally, clean your hands

Why not have a go at designing your own mask on page 33?

What type of mask can you wear? *This is very important!*

There are several masks types and face covering that you can use, for example:

- medical masks (one use only - that doctors wear)
- cloth masks (home-made of cotton or linen fabric)
- bandanas
- gaiters

Remember, the effectiveness of each mask is different.

What if I feel anxious about wearing a mask? *That's absolutely normal!*

Sometimes you might feel a bit worried about coronavirus and anxious to wear a mask because you have heard things on the news, at school, at home and you experience a lot of changes to the routine. That must be so difficult for you and other people, but this is normal.

It's OK to feel worried, nervous and anxious - these are type of emotions that any human being can feel. Other people may worry as well. That's the reason they use strategies to help them to follow the new rules and to keep them and other safe.



Health and RSE

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

Healthy Eating



Plan your sugar swap poster!

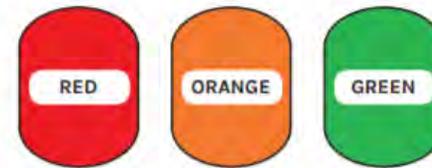
Why shouldn't we have too much sugar?

.....

.....

.....

Which colour on a label means something is low in sugar?
Circle the right colour.



Use this sheet to help you decide what to put on your poster!

Are you passionate about health and reducing sugar in your diet?

Why not create your own poster and share with your teacher explaining your ideas.

Here are some examples to help you.

Draw or write a swap.

Breakfast	Drinks
Yoghurts	Puddings



Shredded wholegrain wheat



Wheat biscuit cereal



Plain natural yoghurt with fruit



Low fat, lower-sugar yoghurt



No added sugar juice drink



Lower-fat milk



Sugar free jelly



Fruit salad in juice

Acknowledgment:
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Source: PHE

Credit:

change 4 life

Health and RSE

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

Healthy Eating



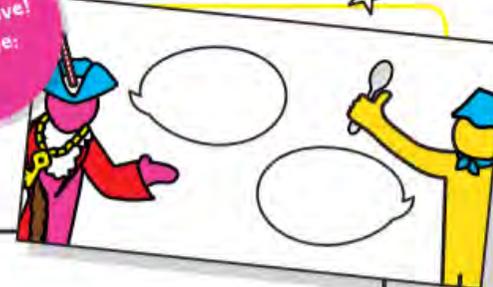
Are you passionate about health and reducing sugar in your diet?

Why not create your own comic strip and share with your teacher explaining your ideas.

Here are some questions to help you.

Convince the people of Sugar Smart World to make healthier swaps!
Complete the comic strip. Don't forget to use correct punctuation.

Get creative!
Example:



1. Why shouldn't they have too much sugar?



2. How can they find out how much sugar is in their food and drink?



3. What is one swap they can make?



4. What is another swap they can make?

Swap

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Health and RSE

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

Healthy Eating



Are you passionate about health and reducing sugar in your diet?

Why not write your own letter to your teacher explaining your ideas.

Here are some sentence starters to help you.

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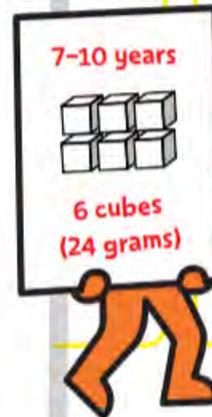
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Sentence starters

Use these starters (or your own ideas) to help you write your persuasive letter.

1. **First of all, ...**
2. **Surely, ...**
3. **Did you know ...**
4. **However, ...**
5. **The time has come to ...**
6. **How can we ...**
7. **I strongly believe ...**
8. **In conclusion ...**



Sugar facts

Use some of these facts to make your persuasive letter stronger.

- A quarter of the sugar children have comes from sugary drinks.
- Too much sugar can cause tooth decay and lead to health problems.
- Children get a lot of their daily sugar from sugary drinks, sweets, biscuits, cakes, sugary cereals and yoghurts.
- Children are having eight sugar cubes too many each day, that's around 2,800 sugar cubes too many a year!
- You can use 'traffic light' labels to help you choose lower-sugar food and drink, or use the Change4Life Food Scanner app.
- Try to go for more greens and ambers on the 'traffic light' labels and cut down on reds!



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.

New Year, New Ideas - Yoga Story

The story below is an active story, including yoga and exercises for you to try.

Oh, happy new year, it's good to be me,
I jump around and shout yippee!

**In your safe space jump around, jump high, jump low, jump fast, jump slow.
Can you jump like a frog, a rabbit, a kangaroo or backwards and forwards or side to side?**

I look all around and there is so much to see,
I look at the skies, gazing at what is above me.

Triangle pose – jump with your feet apart, stretch out your arms and then extend over one side. Next reach down to your ankles.

Discuss what is in the air – birds, sky, clouds, weather, space, satellites etc.

What will I do next, I know! When you have looked up, you need to look down,
What will you find under the ground, a whole new world and it is not all brown!

Plank pose – On all fours, put your hands under your shoulders, then extend your feet back. Lower your hips to make your body flat.

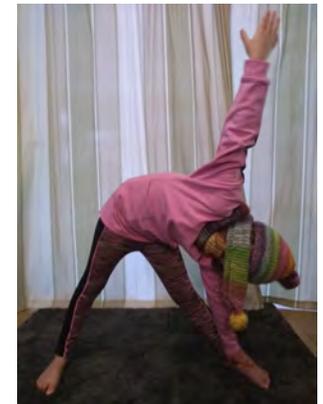
How long can you hold it for, 10, 20, 30 seconds...more! Go for it! What creatures live underground? How do they move? What do they eat?

Continued on the next page.....

Credit: Emma Kilvert



Jump Around



Triangle Pose



Plank 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.

New Year, New Ideas - Yoga Story continued.....

Up and over, around and through,
Is there anything you would like to do?

Down dog pose - As plank pose to start, then push up into an upside down v shape. Can you get your feet flat?

Think about what you want to do this year, what would you like to achieve? How could you be more kind? What makes you a super human? How can you use your skills for good?

Have been outside yet? Have you wandered amongst the trees?
Look around you what nature can you see? Can you feel the breeze?

Tree pose – Find your Balance on one leg. Pick a spot to focus on to help you. Start with your hands in prayer position, then raise them out above your head and rejoin them together.

Remember to do this on both legs and look at one spot to help you balance

Think about the changes in nature and what is about? Have you created a bug hotel? Could you feed the birds?

It's time for rest and reflection. What kind of amazing human will you be?
Will you be kind and help others? Maybe help the environment and plant a tree.

Rock pose - kneel on the ground, then bend forward resting your head on your fists. Then when you are ready put your head on the ground and your arms by your side. Breathe slowly. With your eyes closed, imagine a rainbow. Walk through each of the colours in your mind. With each colour think of something positive about yourself, e.g. I am strong, I am kind, I am clever, I am happy, I am proud, I am a good friend.

Credit: Emma Kilvert



Down Dog Pose



Tree Pose



Rock 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.

Anna's Clapping Dance



Anna's so happy it's her birthday that she can't wait to start celebrating. Can you make up a clapping dance for her?

- 1 In pairs, take it in turns to come up with a clapping routine of 5 claps or dance moves.
- 2 Once you've learnt the routine, the next player adds 5 more claps or dance moves.
- 3 Keep repeating and adding more sets of 5 claps or dance moves until you have an entire routine.
- 4 Try playing it to music, or add jumps to make it harder.



For more details and to watch the video visit:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/anna-s-clapping-dance>

Acknowledgment:
Crown Copyright
Source: PHE

Credit:

change 4 life

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.



Dance / Cheer Diary



See how many of the activities you can complete during the week and colour in the stars. Don't forget to fill out the box when you have reached all of the stars!

DATE:

DANCE/CHEER DIARY

FAVOURITE DANCE STYLE:

DANCE STYLE:

REASON:

CLASSES I TAKE:

WHEN DID I START DANCE/CHEER

MY FRIENDS AT DANCE/CHEER ARE:

HOW I FEEL



HOW DANCE/CHEER MAKES ME FEEL:

MY GOALS THIS YEAR:

MY DANCE / CHEER HERO:

WHY THEY ARE MY HERO:

15 MIN FITNESS

Aim for the stars!

	M	T	W	T	F	S	S
20 x Star Jumps	★	★	★	★	★	★	★
20 x Squats	★	★	★	★	★	★	★
20 x Sit Ups	★	★	★	★	★	★	★
20 Seconds Run on spot	★	★	★	★	★	★	★
20 Seconds Jumping on spot	★	★	★	★	★	★	★
Stretch	★	★	★	★	★	★	★

I reached all the stars on: Date: _____

Fill out your Dance/Cheer Diary during the week. See what answers you can come up with.

Think about what you favourite dance style is and why? How does Dance make you feel? Who are your friends at Dance/Cheer?

Share your diary with your friends!

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 - January and February - 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 January and February, 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 **28th February 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.

[#BlackCountryRainbowHour](https://www.instagram.com/activeblackcountry)

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.

blackcountryrainbowhour.co.uk

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.

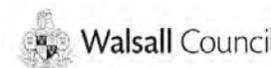


Download the app here

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



#BlackCountryRainbowHour



blackcountryrainbowhour.co.uk

Outdoor & Nature Activities



Wild Tribe Outdoor Learning

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.

Parts of a Leaf



Learning Objective:

Understanding of the world

Children make observations of animals and plants and explain why some things occur, and talk about changes.

Activity

Use magnifying devices to identify features of a found leaf. Capture a leaf impression in plaster of Paris.

HOW TO

Hessian fabric square

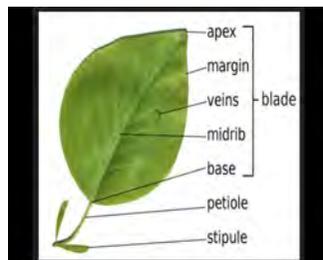
Name tag *Scribe initials onto a tiny rock*

Plaster of Paris mix *Pour onto the fabric*

Leaf press *Midrib side down*

Name tag *Press tiny rock into the plaster*

Once dry, peel off the leaf to reveal the cast impression and identify the leaf features



Nest Building



Learning Objective:

To identify that most living things live in habitats to which they are suited and describe how different habitats provide for the basic needs of different kinds of animals and plants, and how they depend on each other.

Notice that animals, including humans, have offspring which grow into adults.

Activity

- Can you identify birds in your locality?
- What is the lifecycle of a bird?
- Why do birds build nests in spring?
- What materials do they use? (Twigs to build the outside and moss and animal fur and feathers to line the nest to help keep the eggs warm.)

Gather different materials from hedgerows, fields, the woodland floor or school grounds, as birds would scavenge in this way.

Make a circular frame, weaving small, green twigs or twisted lengths of long grasses. Possibly add mud or clay to the frame to help bond leaves etc to the frame.

Build up the inside of the nest with softer material (feathers/ down/ mosses).

You can alter the scale to suit the project, up to giant 'child sized' nests!



Produced by Wild Tribe part of ARENA schools
For more information visit www.arena-schools.co.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.

How Animals can help our Mental Wellbeing



Worzel: Our Animal Assisted Therapy Dog - how animals help our mental health and keep us active

At Breathing Space Therapeutic Services CIC, we're lucky enough to have our own registered therapy dog who helps us keep active and encourages positive mental health.

Worzel (pictured) is a registered therapy dog and has been working with children and young people in a therapeutic capacity for the last 3 years.

He is a fully insured working dog and never fails to bring a smile to those he meets. It is well researched that the companionship a pet offers can help reduce stress and anxiety and help us live mentally healthier lives.

During the current pandemic and subsequent lockdown restrictions there is no better reason to reconnect with your pet, help your mental health and get active.

Dogs especially encourage physical activity as they require regular walking, and this daily exercise can decrease symptoms of anxiety and depression and help maintain socialising and interaction with the world outside.

However, even if you don't have access to a dog, interacting with your indoor pet can support your mental health in various ways: just by stroking, sitting next to, grooming, feeding or playing with a pet can help you relax and calm your mind.

Caring for a pet also teaches responsibility and provides structure, routine, and a sense of purpose each day.

Pets are great companions and during a time when many people are isolated, they can provide the interaction and company that many people crave.

A pet is a great listener and provides unconditional love, which can boost a child's self-esteem, confidence, and sense of worth.

So, whether you have a bouncy energised labradoodle like Worzel who requires lots of exercise, or a slow-paced tortoise, getting connected with your animal can really help support your mental and physical health during these difficult times and if you have no pet at all then why not borrow someone else's – many older people would welcome support caring for their animals whilst isolating, so perhaps you could help yourself whilst helping others too.



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.

Issues with Self Esteem?



Self-esteem can generally be defined as the opinion we have of ourselves, our evaluation of our worth and the value we consider ourselves to have as people. This includes the thoughts we have about ourselves and our abilities, the kind of person we think we are and our expectations.

We all have an opinion of ourselves, therefore we all have self esteem.

STOP & THINK

Take a few moments to write a short description of yourself. Consider how you think and feel about yourself. You might want to start with 'I am...'

Now reflect on what you have written about yourself. What words did you use to describe yourself? Would you say that your description of yourself is positive, negative, or balanced? What value did you place on yourself? Would you say that it is positive, negative, or balanced?

WHAT IS LOW SELF-ESTEEM?

When people have low self-esteem, they tend to have deep rooted negative beliefs about themselves and the type of person they are. These beliefs are often accepted as absolute facts about their identity. They tend to place little value, if any, on themselves as a person of worth. They are likely to be overly critical of themselves, their actions, and their abilities. People with low self-esteem tend to put themselves down, consider themselves to be inferior to others, doubt themselves, and blame themselves when things go wrong. People with low self-esteem may label themselves as 'stupid', 'worthless', 'useless', 'unattractive', 'unlovable' or 'a failure' to name a few.

HOW DOES SELF-ESTEEM DEVELOP?

Early life experiences play a significant role in the development of self-esteem. The experiences that you had and how you were treated in your childhood and adolescent years, will affect how you think of yourself as an adult. The boxes below summarise some of the early life experiences which are associated with healthy self-esteem and low self-esteem.

HEALTHY SELF-ESTEEM

- Listened to
- Praised
- Given attention
- Treated with respect
- Getting along with others
- Success at school or sports
- Given opportunities
- Having mistakes & failures recognised & accepted
- Feeling loved
- Unconditional love

LOW SELF-ESTEEM

- Ignored
- Constantly criticised
- Lack of Praise or affection
- Neglected
- Abused
- Different to others
- Not doing well at school or in sports
- Living in a bad area
- Made to feel that not being perfect was a weakness
- Made to feel unworthy of being loved
- Conditional love – 'I will love you if...'

For more information you can visit our website at www.wellbeing-glasgow.org.uk or call 0141 232 2555.

A BETTER YOU, FOR A
**BRIGHTER
TOMORROW**


wellbeing
services south glasgow

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.

I Gotta Feeling - Top Tips for Feeling Good



We are all different. The important thing to find out is what works for you!



If you feel upset or stressed, it might be helpful to talk to someone you know and trust.

- ✓ parents
- ✓ grandparents
- ✓ brothers
- ✓ sisters
- ✓ friends
- ✓ teachers
- ✓ other family members
e.g. cousins, aunt

Telling someone close to you how you feel and what is going on for you can really help

- ✓ If you cannot talk to anyone close to you, you could call Childline on 0800 1111.
- ✓ They will not tell anyone you have called.
- ✓ The call will be free from most house phones and most mobiles.
- ✓ The call will not be listed on the telephone numbers dialled from your phone line.
- ✓ If for some reason you can't get through then try again or you can call Samaritans 08457 90 90 90.

Do something you enjoy

Make a list of things you enjoy

- ✓ doing something by yourself
- ✓ having a bubble bath
- ✓ watching a film or your favourite TV programme
- ✓ playing on the computer
- ✓ playing a sport
e.g. basketball, football
- ✓ taking a nap
- ✓ talking to a good friend



Exercise

MUSIC

Try to do something you enjoy every day

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](#).

Virtual School Games - Primary Boccia

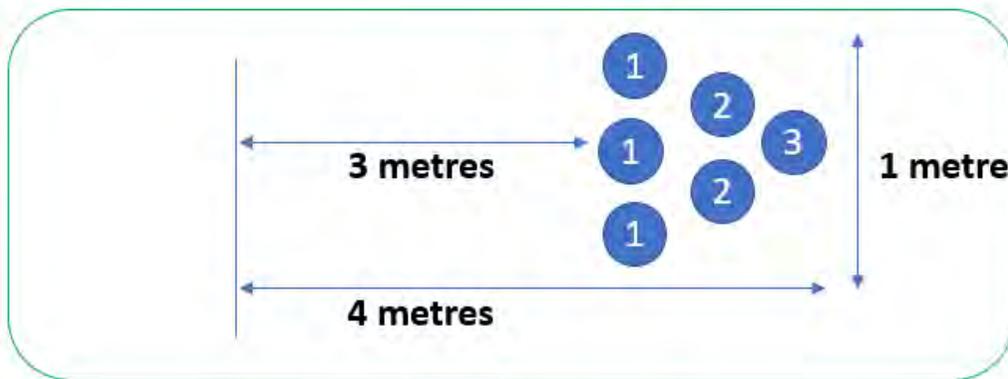


Boccia (pronounced bot-cha) is a game of attack and defence. The game is similar to that of bowls – the aim is to get as many of your coloured balls as close to the white ball (also known as the jack). The game is played on a flat, smooth surface, usually indoors, with a court the size of a badminton court.

Activity

3 Pupils per Team

- Pupils stand 3 metres from the target area.
- You have two balls each to score as many points as possible (number of points are awarded for the target you land on).



Equipment Needed

- Boccia Balls
- Standard flat markers (approx. 25 cm)

OR

- Draw the markers with chalk
- Use rolled up socks or other balls you may have around the house!

This Virtual School Games challenge runs from 4th January to 22nd January 2021.

Why not challenge yourself against others across the Black Country by submitting your score!



Make it Inclusive:

Use a ramp to propel the ball

Scoring:

- You have two throws each to score as many points as possible
- Add your scores together for a total score

This challenge runs from 4th January 2021 to 22nd January 2021.

Even if the deadline for submitting your score has passed, you can still have a go at the activities, and try and beat your personal best.

All the details of all activities and how to submit your scores will be available on the [Active Black Country website](#).

If you have any other questions, get in touch with your local School Games Organiser.

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](#).

Virtual School Games - Secondary Boccia

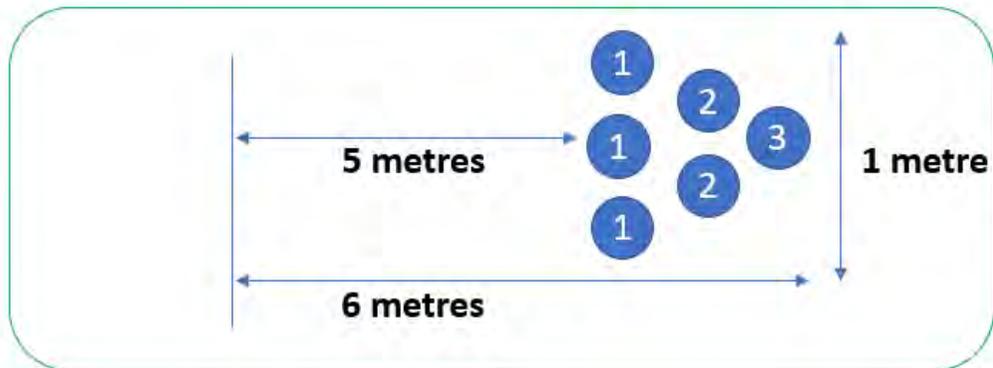


Boccia (pronounced bot-cha) is a game of attack and defence. The game is similar to that of bowls – the aim is to get as many of your coloured balls as close to the white ball (also known as the jack). The game is played on a flat, smooth surface, usually indoors, with a court the size of a badminton court.

Activity:

3 Pupils per Team

- Pupils stand 5 metres from the target area.
- You have two balls each to score as many points as possible (number of points are awarded for the target you land on).



Equipment Needed

- Boccia Balls
- Standard flat markers (approx. 25 cm)

OR

- Draw the markers with chalk
- Use rolled up socks or other balls you may have around the house!

This Virtual School Games challenge runs from 4th January to 22nd January 2021.

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Use a ramp to propel the ball

Scoring:

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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](#).

Virtual School Games - Primary and Secondary Dodgeball



Follow the steps below to get involved:

1. Set up the activities
2. Think about teamwork and the best strategy to use to be successful
3. Communicate all ideas to the team
4. Concentrate and keep going

Challenge 1: Knock them Down

Equipment:

- Bench
- 5 cones on bench
- Balls – playballs (1 per person)
- Cones to mark throwing line
- Stopwatch / timer

Inclusive alternative:

- Cones on the floor the ball can be rolled, and distance made shorter to what best fits the child

Key steps/actions:

- Teams of 4 taking turns to throw
- Throwing action
- Step onto opposite leg to throwing arm
- Sideways stance
- Aim for accuracy
- Set plan in place for retrieval of balls

Recording your Score:

- Time how long it takes your team to knock down all 5 cones

Tips:

- Make sure the last person has cleared the target area before you throw
- Teamwork

This Virtual School Games challenge runs from 25th January to 12th February 2021.

Why not challenge yourself against others across the Black Country by submitting your score!



Yr 1 & 2 = 2 metres

Yr 3 & 4 = 4 metres

Yr 5 & 6 = 6 metres

Secondary = 6 metres

This challenge runs from 25th January to 12th February.

Even if the deadline for submitting your score has passed, you can still have a go at the activities, and try and beat your personal best.

All the details of each of the 5 activities and how to submit your scores will be available on the [Active Black Country website](#).

If you have any other questions, get in touch with your local School Games Organiser.

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](#).

Virtual School Games - Primary and Secondary Dodgeball



This Virtual School Games challenge runs from 25th January to 12th February 2021.

Why not challenge yourself against others across the Black Country by submitting your score!



Follow the steps below to get involved:

1. Set up the activities
2. Think about teamwork and the best strategy to use to be successful
3. Communicate all ideas to the team
4. Concentrate and keep going

Challenge 2: Between the Cones

Equipment:

- Bench
- 2 cones on bench 1m apart
- Balls – playballs (1 per person)
- Stopwatch / timer

Key steps/actions:

- Teams of 4 taking turns to throw
- Underarm bowling action
- Step onto opposite foot to throwing arm
- Take aim
- Think about how hard to throw the ball to be successful

Recording your Score:

- How many balls go between the cones in 60 seconds?

Tips:

- Aim for accuracy not throwing ball hard and fast
- Try and keep ball close to bench

Inclusive alternative:

- Have a low target so the ball can be rolled and distance can be adapted to best fit the child



This challenge runs from 25th January to 12th February.

Even if the deadline for submitting your score has passed, you can still have a go at the activities, and try and beat your personal best.

All the details of each of the 5 activities and how to submit your scores will be available on the [Active Black Country website](#).

If you have any other questions, get in touch with your local School Games Organiser.

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](#).

Virtual School Games - Primary and Secondary Dodgeball



This Virtual School Games challenge runs from 25th January to 12th February 2021. Why not challenge yourself against others across the Black Country by submitting your score!



Follow the steps below to get involved:

1. Set up the activities
2. Think about teamwork and the best strategy to use to be successful
3. Communicate all ideas to team
4. Concentrate and keep going

Challenge 3: Shuttle Target

Equipment:

- Bench – with 2 cones 3 metres apart
- 2 cones – used to mark out shuttle run
- 3 cones – used as markers
- Stopwatch / timer
- 3 Balls

Key steps/actions:

- Teams of 4 take it in turns to complete circuit
- This is a timed activity
- Speed of shuttle runs and accuracy of throws
- Regain balance and composure for the targets

Recording your Score:

- Each person will be timed.
- All times then added together for an overall **team score**

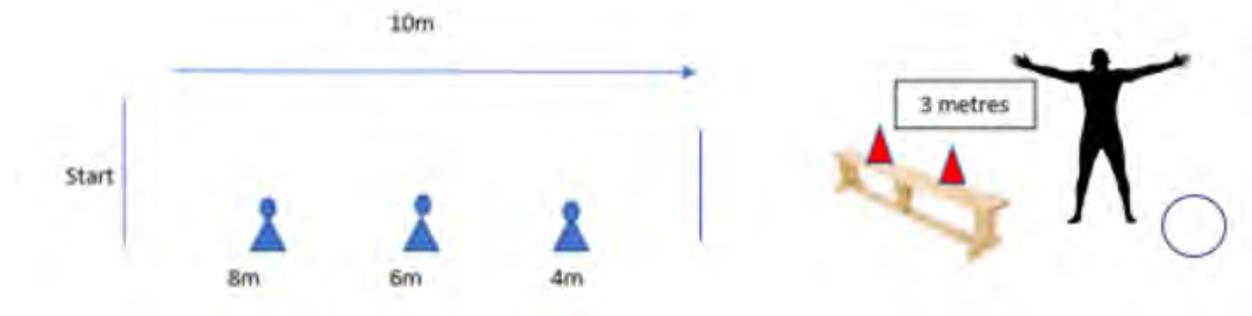
Tips:

- Speed of shuttles
- Regain balance before throwing at the target

Instructions:

- Player A runs one shuttle (10m)
- Comes back to collect 8m ball
- Throw the ball to player B (between the targets) who catches the ball and places it safely in a hoop
- Player A then runs back to the start line, then collects 6m ball and throws this through the target to player B
- Repeat to retrieve 4m ball
- Run back to the start line where the timer stops.

PRIMARY ONLY DO 6M AND 4M, REMOVE BENCH AND ROLL



This challenge runs from **25th January to 12th February**.

Even if the deadline for submitting your score has passed, you can still have a go at the activities, and try and beat your personal best.

All the details of each of the 5 activities and how to submit your scores will be available on the **Active Black Country website**.

If you have any other questions, get in touch with your local School Games Organiser.

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](#).

Health Related Fitness Tests



Shuttle runs

- This tests your **'SPEED'**
- Run as fast as you can from one cone to another
- Cones are separated with a distance of 10 metres
- Record the time it takes to travel the distance. It is ok to have a run and start the timing on passing the start line.

Sergeant Jump Test

- This tests **'POWER'**
- Stand side on to the wall, keeping both feet remaining on the ground, reaches up as high as possible with one hand and marks the wall with the tips of the fingers.
- From a static position jump as high as possible and mark the wall with the chalk / MARKER PEN.
- Distance between the two marks is measured.



Each of these activities are designed as personal challenges.

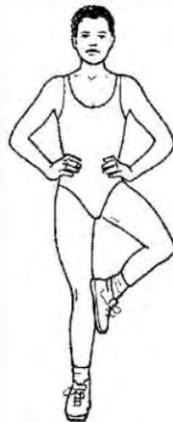
Test yourself and try and improve your score or time.

How successful will you be with each exercise?

Why not keep a record of your scores and timings, see if you can beat them!

Standing Stork Test

- This tests **'BALANCE'**
- The athlete will stand on one leg, the other leg will rest on the standing leg.
- Athletes will then be timed on how long they can stand without putting their foot down.



Tennis ball test

- This tests your **'COORDINATION'**
- Bounce 2 tennis balls (1 in each hand) as many times as you can without dropping them.

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](#).

Healthy Hearts

How to Learn:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.

- How many times can you repeat the circuit?

S An open and safe space.

T Perform 15 repetitions of each activity.

E A skipping rope and 5 markers i.e. cones.

P Perform these activities on your own.



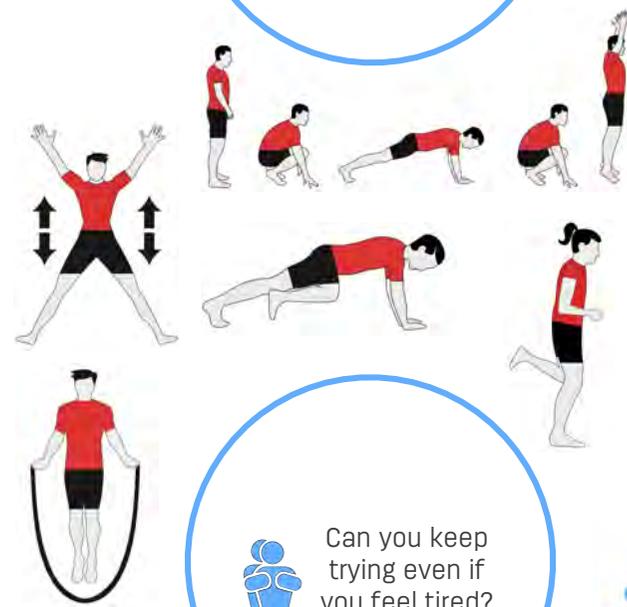
Can you complete the circuit more than once and continue to apply maximum effort?



Reflection

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise your heart rate and keep active?



Can you keep trying even if you feel tired?

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](#).

Illinois Agility Test

What you'll need: 8 cones, measuring tape, stopwatch, partner

Mark out a rectangle on the ground with four cones. The length should be 10 metres, and the width should be 5 metres. Place a further 4 cones evenly spaced down the length of the centre. You should have a course that looks something like this (on the right):

Now lie on your front with your head touching the start cone and your hands by your shoulders. When your partner shouts 'Go' you should get up as quickly as possible and follow the course as seen on the image above, without knocking the cones over. Your partner should time how long it takes you to complete the course once.

A good time is around 15 seconds for a male and 17 seconds for a female. Work towards this time as you practice week after week.

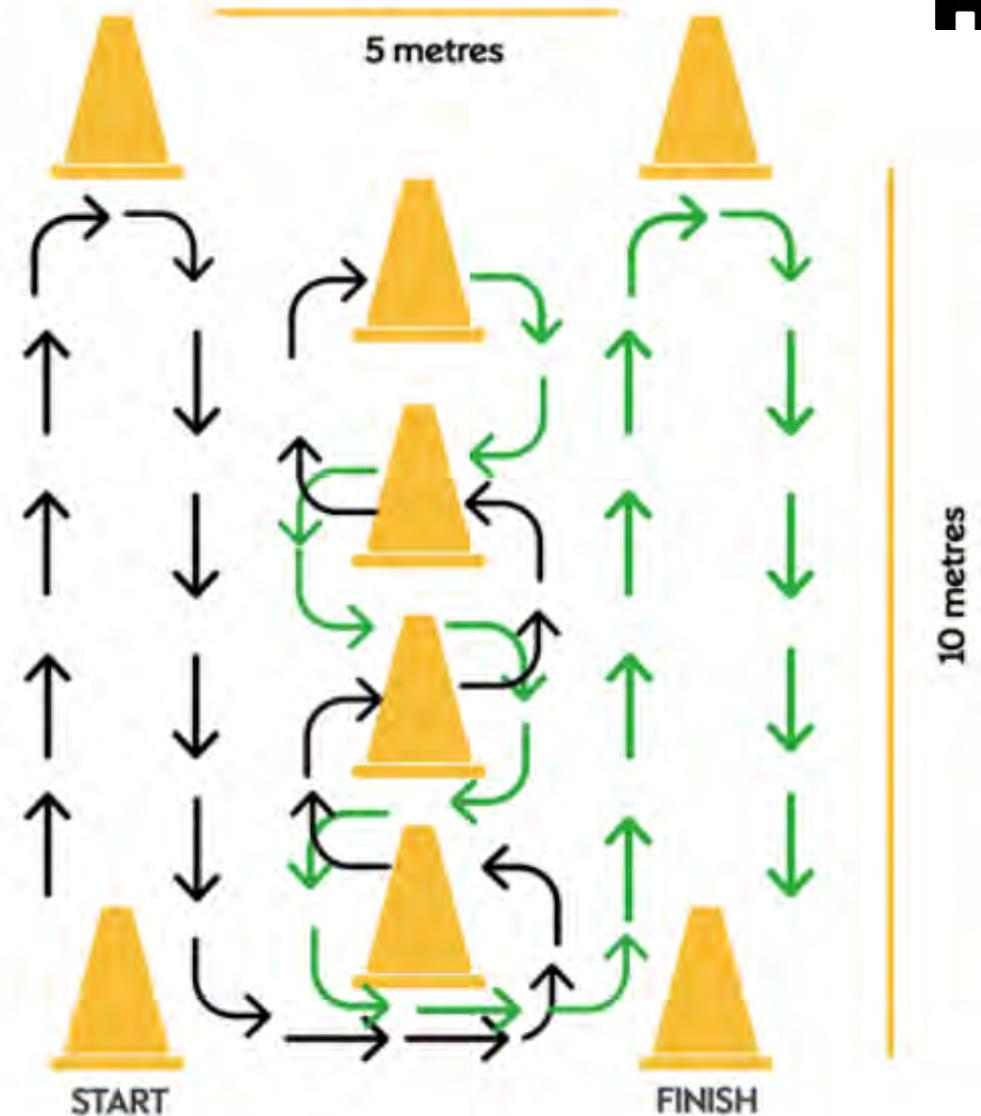
Remember: if you don't have cones you can always use items from around your house. Adapt the course to the space you have available in your house/garden.

Remember to clear the course of any dangerous objects and items.

Credit:



<https://www.nuffieldhealth.com/article/7-ways-to-challenge-your-fitness>



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.

Create a Jar of Joy for Fun Time all Year!



Each person in your family thinks of one or more activity. You then put them in a jar. Each time you want to do something together, you randomly pick an activity out of the jar.

Ideas:

- Disco at home – 80's music, cheesy pop, everyone's favourite tunes.
- Play a board game
- Go for a walk
- Make something together
- Bake together
- Cook together
- Movie night
- Make up some fitness fun, put on your favourite tunes and take it in turns to copy each other's dance moves
- Visit a place you all like
- Read a story together – act it out
- Spend time in the garden/park/outdoors together
- Learn a new skill – there are so many to choose, origami, drawing, sewing, knitting,
- Write a family poem, moto or story
- Family fitness session – skipping, zumba, jogging, dancing – what do you like? Could you do 3/5/10 minutes of each one?



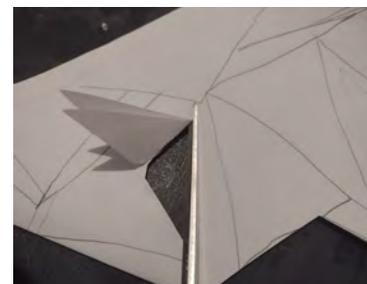
Making a Heart for Valentines



You will need: glue, scissors, paper, tissue paper or cracker hats

1. Find a sheet of paper or card, fold in half and draw a heart.
2. Cut out spaces but ensure they are all joined together.
3. Open out and cover with bits of tissue paper – from the cracker hats.
4. Display.
5. Using the paper left over from the heart, cut out a smaller one.
6. Cover with crushed up bits of tissue paper

Then you have 2 different hearts to brighten up your day.



Celebration and Creative Activities

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No Salt Dough Tree Faces



This is a simple activity that not only encourages creativity it gets kids outside and helps keep wildlife fed through the winter months.

It has been a firm favourite with the kids attending our holiday clubs because once made, and applied to a nearby tree, they can take a walk out into the woodland each day and see whether the animals have enjoyed their feast!

To make the faces you will need:

- 2 Cups Plain Flour
- 3 Tablespoons of Oil (15ml TBSP)
- 1/2 cup of Water
- A mixing bowl and food bag, or clingfilm, to wrap the dough in whilst carrying outside



Method:

1. Combine the flour, water and 3 TBSP oil in a large bowl.
2. Stir well until combined and begin to knead hard with your hands, if you find it is still too dry add a little more water - only a tiny bit at a time.
3. Knead well for at least a few minutes until the mixture is no longer sticky.
4. Once all ingredients are combined your dough is ready to go!
5. Find a suitable tree and slap the dough onto the bark so that it sticks. Then use twigs, leaves and other woodland items to decorate your face.
6. Watch as your dough face is eaten away by woodland critters!



Credit: Breathing Space Therapeutic Services CIC

Celebration and Creative Activities

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Mixed Bag Challenge



Choose a number 1 – 26 and complete the challenge!

How many can you complete? Have fun!

- 1 Write secret challenges on cards and ask friends and family to have a go!
- 2 Make up a game using the following:
empty food or shoe boxes; small containers (clean)
- 3 With a partner write or tell a story. One person starts then taking turns complete the story
- 4 Who can make the tallest free standing tower out of newspaper?
- 5 Make a family tree. Can you add photos, date and place of birth?
- 6 Memory game: Close eyes, partner moves objects. Can you spot the changes?
- 7 Using phone, iPad, tablet create a short animation
- 8 Make a lockdown capsule – what will you put in to show this strange event in time?
- 9 On a plate put small amount of washing up liquid and water. Using a straw who can blow the biggest bubble?
- 10 Using Christmas cards make some jigsaws. Test them on someone
- 11 Make a bowling set out of plastic milk cartons, soft ball or socks rolled into a ball
- 12 Make a mosaic picture out of old magazines. Choose a topic for your picture
- 13 Create a family podcast – remember to get permission off those people in the podcast
- 14 Make a sculpture out of the contents of your recycling bag or empty containers
- 15 Take 10 photos of household objects at close range or from strange angles. Have a competition to see who can correctly identify them
- 16 Create a wildlife picnic table in your outdoor space. What birds or creatures will visit it?
- 17 How high can you build a tower out of playing cards? What is the most successful structure to use?
- 18 Make an indoor or outdoor obstacle course
- 19 Create a 'spot the difference' picture game. Try it out!
- 20 Create a dance. Get inspiration from EMK FIT on YouTube
- 21 How many clothes pegs can you pick up with one hand?
- 22 Make up a target game with any suitable box or bowl. Devise the rules and how you can make it harder to challenge yourself
- 23 How many times to complete 200m by doing laps of your garden or up and down the stairs? Try it out
- 24 Create characters by drawing legs, heads, arms & bodies and mismatching them
- 25 Create a 'touch & feel' box. Cut an opening in a box and place an item inside for someone to guess what it is. Find different textured objects – nothing too horrible
- 26 Set up a photo booth. What props can you find to use on your photos?

Celebration and Creative Activities

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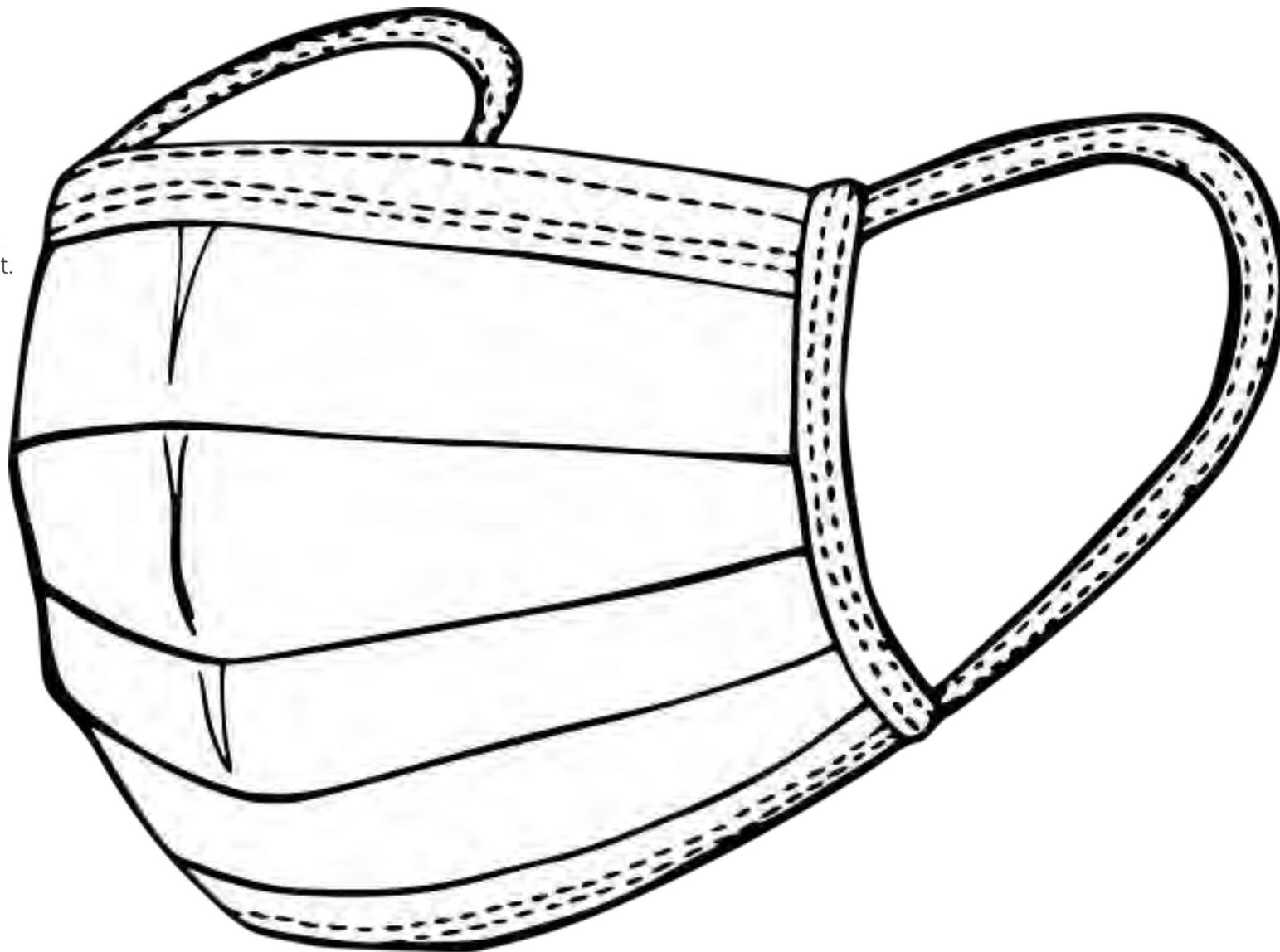
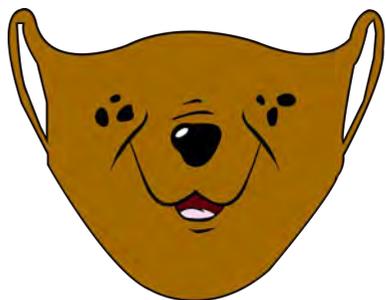
Design a Mask



If you've had a read of the **Facts about Wearing Masks** in our health section - why not have a go at designing your own.

Some examples can be found below to give you a few ideas.

We would love to see your designs. So why not tag us in on social media, or get your grown ups to do it. Use the hashtag **#BlackCountyRainbowHour**



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 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.

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

