

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.

May 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.

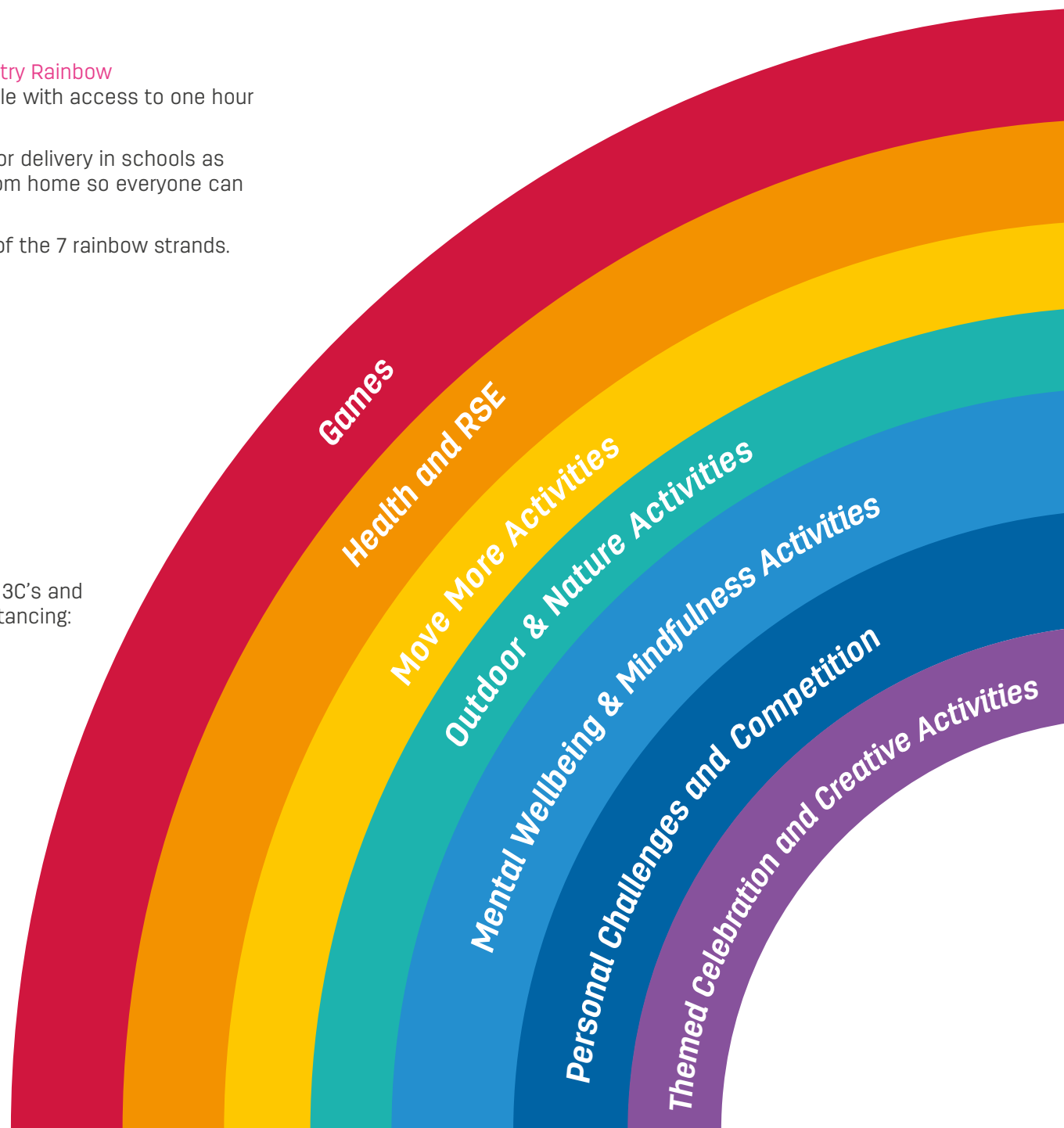
Who is the Rainbow Booklet for?

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

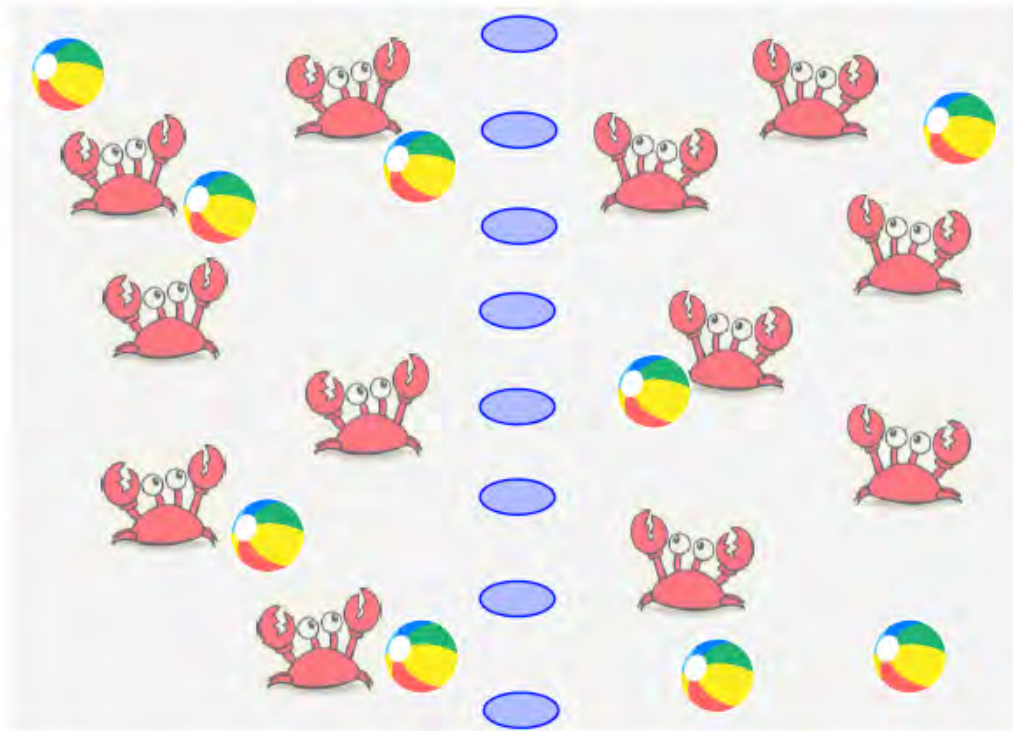
Games

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

Crab Football Clearout



Focus: To coordinate our hands and feet.



Make this task easier

- Students can use hands.
- Make the playing area smaller.

How to do the activity

- Put a line of spots/cones down the middle of the playing area.
- Divide the beach balls equally and put them on each teams beach.
- Divide the students into 2 teams.
- Students move like a crab on their feet and hands (stomach pointing to the sky).
- Each team protects their beach and tries to clear the beach balls into the other teams beach. Students must kick using feet.
- The team with the least beach balls on their beach at the end wins.

Questions to ask

- What ways can we move like a crab?
- Which way is the quickest way of moving?
- How can we work together in this game?

What you'll need

- Beach balls (or large soft balls)
- Spots/cones

Make this task more challenging

- Add different sized balls.
- Students to use their least comfortable foot for kicking.
- Students must pass to a team mate before kicking into the other zone.



Visit www.thepeshed.com for more resources

Games

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



Introduction to Lacrosse - Stuck in the Mud

Equipment:

- Bibs
- Cones
- Ball
- Sticks

Instructions:

- Create a designated area – all 'players' have a ball and stick while 2–3 taggers' wear bibs
- Once tagged, players stand still with their feet apart
- Players are freed when another player rolls the ball between their legs and collects the ball using the scoop technique
- Change taggers every 2–3 minutes

Key Points:

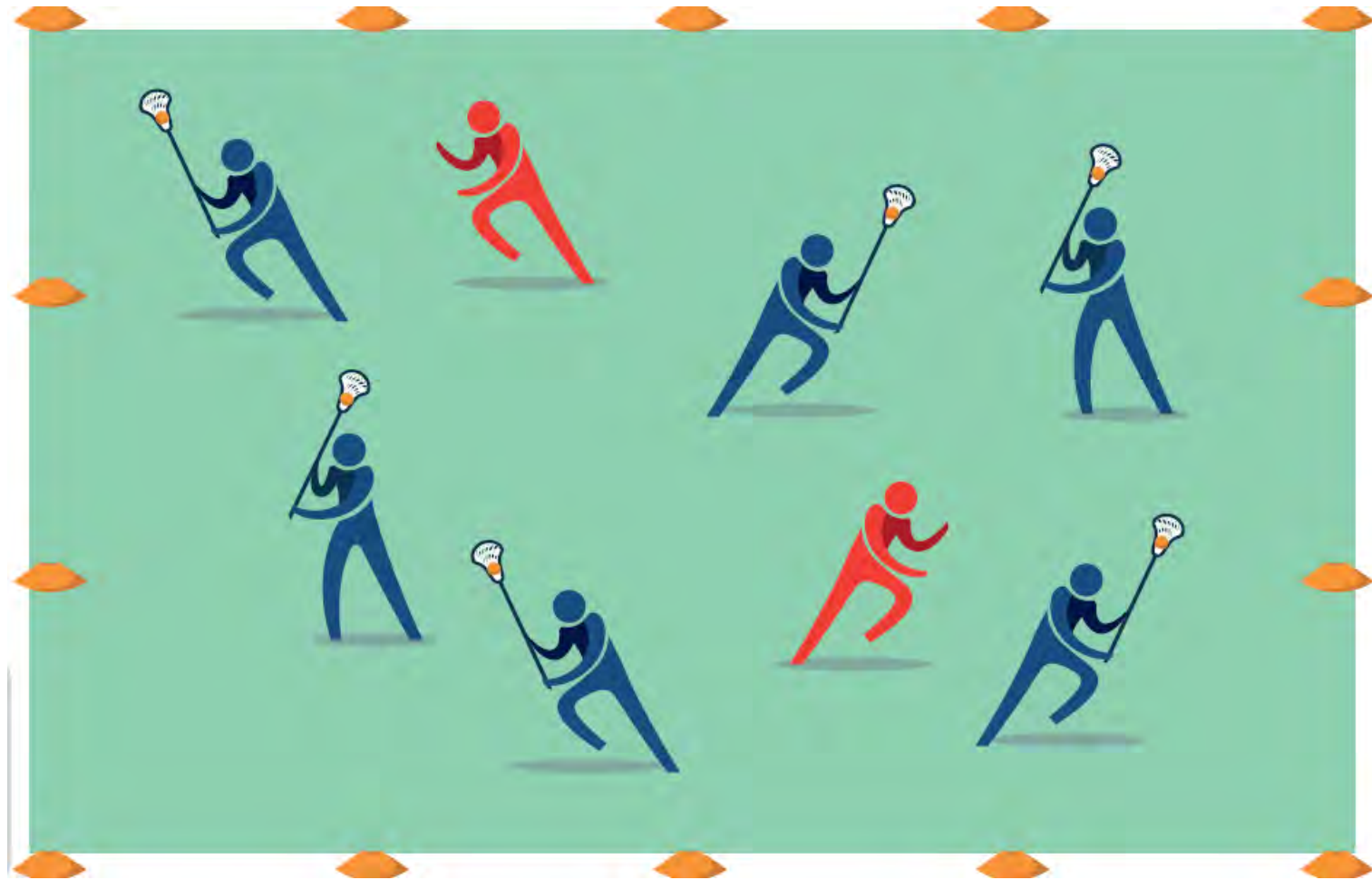
Run with head up, to find space

- Attack
 - evade the taggers
 - scoop by using 3 S (STEP/SQUAT/SCOOP through)
 - carry the ball close to shoulder/head
- Defence
 - channel players to make tags

Easier:

- To practice the scoop, players pick up a static ball and continue to move about the area.
- Players tagged, place their ball at their feet, to be freed a second player places their ball next to the original. The two players scoop the different/swapped balls.

Find out more: www.englishlacrosse.co.uk



Activity Progression:

- To be free, players make a gap with their bodies and stick.
- After scoop, players try to change hands.
- Introduce a 'swap ball pass' whilst moving around the area.

Games

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

Plank Goalie

Balloon Volleyball



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

Plank goalie



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

How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

Who is the first to 10 points?



Squash that balloon



What you need: string, two players minimum and four balloons per player.

How to play:

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

Keep on moving your feet .



Games

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

Protect the Pin

Focus: Movement, coordination, throwing, teamwork, accuracy and power.

Equipment:

- Hoops
- Bowling Pins (or large cones)
- Soft dodgeballs

Setting up:

- Divide the playing area into 2 with a centre line of cones/spots.
- Choose a number of targets for each team and layout that number of hoops in each team's court.
- Put a bowling pin in each hoop.
- Place a number of soft dodgeballs (4-6) on the centre line

Differentiation

Easier:

- Reduce throwing distance by putting pins closer to the centre line.
- Increase the size of the targets (pins to larger cones)

Harder:

- Increase the throwing distance by putting pins further from the centre line.
- Reduce the size of the targets.
- Further opportunities:
- Play 4 team protect the pin by dividing the court into 4 sections.
- Include a secret button 9 (target on the wall) which saves all of the teams pins

Description:

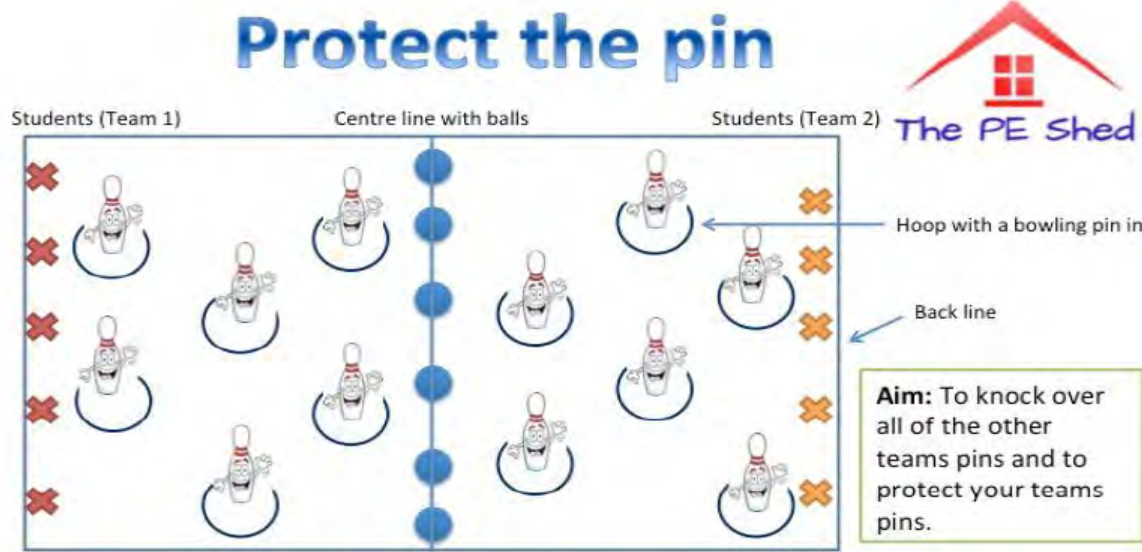
Aim: To knock over all of the other teams pins and to protect your teams pins.

- Divide the group into two teams.
- Each team must start touching the back line/wall.
- On "GO" students run in and collect the balls and can start throwing at the other teams pins.
- If a pin is knocked over by a ball or a student runs into the pin, it is out of the game.
- Students may protect their teams pins by blocking the balls with any parts of their bodies or catching them.
- Students are NOT out if they get hit with a ball.

Penalty time (20-30 seconds) outs are awarded if:

- A player crosses the centre line.
- A player steps into the hoop to protect the pin.
- A player holds more than 1 ball.

Visit www.thepeshed.com for more resources



Games

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

Dodgeball - Primary School Intra - Bubble Competition Guide

Format:

- Complete a group warm up
- Set up your court
- Play round robin games
- Teacher to referee
- Announce the winners



Teams

- Split the bubble into equal teams
- Games are played to a max of 6 v 6
- But 3 v 3, 4 v 4 or 5 v 5 is also ok
- For small school halls 4 v 4 is recommended



Equipment

- 3 x size 1 foam dodgeballs
- Use floor marking tape to mark a central line and neutral lines

Non Participant Roles

- Time Keeper
- Scorer
- Assistant Referee
- Team Manager
- Photographer
- Reporter

Game Schedule

- Play best of 1 set to ensure children are not sat still for long
- Play a round robin format with all teams playing each other once.
- The team with the most points is the winner.

Match timings and scoring

- Games are called sets, which are played to 2 minutes
- Teams are awarded 2 points for a set won, 1 for a set drawn and 0 for a set lost.

Start of Play

- The dodgeballs are placed along the centre line
- The ball on a teams left is their designated ball.
- The centre ball is the only contested ball.



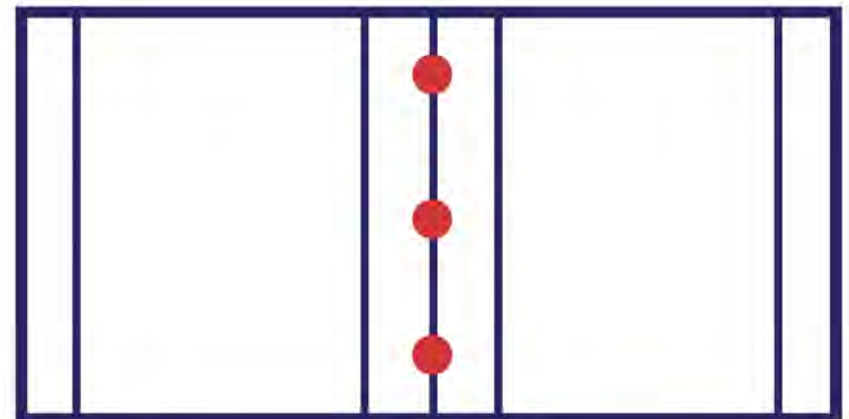
Hits

- Any player that is struck by the opposing team with a ball that hasn't bounced or hit another surface first is out.
- Face shots do not count.



Court Layout

Outside court lines are badminton court size



For more information playing
dodgeball visit:
www.britishdodgeball.org/



Games

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

Dodgeball - Primary School Intra - Bubble Competition Guide continued.....

For more information playing dodgeball visit: www.britishdodgeball.org/



Catches

- Any catches on a live ball will be valid
- The player who threw the caught ball will be out and the catching team will gain one player from the outbox.



Blocking

- Players are able to use a ball in their possession to block an incoming ball.
- If the ball they are holding is knocked from their possession they will be out.



Lines

- Players are encouraged to stay inside the court markings
- Players may leave the court to collect balls by putting their hands up and asking the referee.
- No players are allowed to step into the other teams side of the court

Play Ball

- Players should be encouraged to not stall the game.
- When a referee calls 'Play Ball' a team will have 5 seconds to throw.



Live Balls

- A ball is live until it hits a floor, wall or any other surrounding surface.
- Multiple play is possible with a live ball.



Multiple Play

- You can get more than one player out if your throw deflects off one player and hits another.
- Likewise if your throw is caught by an opposing player after it has hit another player you will still be called out.

Health and RSE

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

Design a Lorry Competition

To celebrate the forthcoming Tokyo Olympics, Aldi and Team GB are challenging young people aged 5–14 to get creative and design an Aldi lorry that celebrates fresh, healthy food.

By taking part in the competition, students have the chance to see their designs come to life – with the two winning designs each used on their own Aldi lorry.

The winning student will also receive a Team GB goody bag and £50 of Aldi vouchers to spend on fresh produce or kitchen equipment, and their school will win £1,000 of Aldi vouchers for kitchen equipment or ingredients.

Students can enter now via the **Get Set to Eat Fresh** website

Entries must be received by Friday 25 June 2021



DESIGN A LORRY COMPETITION

www.getseteatfresh.co.uk/designalorry



Health and RSE

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

Sweetcorn Fritters

Recipe:

- 200g pre-cooked sweetcorn
- 2 spring onions
- 50g grated courgette
- 1 tsp smoked paprika
- Pinch of salt/pepper
- 50g wholegrain flour
- 2 eggs
- 40ml milk

Method:

1. In a large mixing bowl beat together the eggs and the milk until well combined.
2. Add the drained cooked sweetcorn, chopped spring onions, grated courgette, paprika, salt and pepper and mix well until everything is coated equally.
3. Finally, add the wholegrain flour and mix into a light batter.
4. In a non-stick pan add a splash of olive oil and ladle some batter to your preferred fritter size. Cook for 2mins on either side until golden brown.

We've featured some great recipes in the Rainbow Books so far.

Why not have a go at these two tasty new ones?



Raspberry & Basil Frozen Yoghurt



Ingredients:

- 350g greek yogurt
- 300g raspberries
- 100g honey
- fresh basil leaves
- pinch of salt

You can make different flavours by using a variety of fruits!

Method:

1. Make a purée by blending your raspberries, honey & pinch of salt together until a liquid formation.
2. In a large bowl, mix together your purée & greek yogurt until well combined.
3. Finely chop 3-4 fresh leaves of basil & add them to your mixture, gently stirring until well combined.
4. Place in a freezer-proof container & freeze for at least 2-hours.



Credit:

THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk

Health and RSE

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

Kitchen Equipment and Cooking Skills


Food Choice



We have two great activities here from Food a Fact of Life. Click on the images below to download these and lot's of other exciting activities.

Kitchen equipment and cooking skills

Fill in the blanks with the correct kitchen equipment and cooking skills. Use the word bank to help.

Name	Class			
	I use ...	a _____	to	cook a stir-fry.
	a grater	_____ cheese.		
	a _____	roll out pastry.		
	_____	pick up hot foods.		
	a saucepan	_____ potatoes.		
	a _____	serve soup.		
Word bank: boil rolling pin ladle wok grate tongs				

Food choice

Name some foods that people may not eat for the reasons below.

Allergy	Religion	Culture



Credit:
www.foodafactoflife.org.uk

Health and RSE

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

Create your own Fruit Rainbow



In order to make your own fruit rainbow you may want to think about the following equipment:

- Paper
- Pens
- Images of your chosen fruits – you could have a go at drawing them or printing them off!

1. Start by drawing out your rainbow. Leave enough room to draw or stick down your chosen fruits.
2. Now you have created your rainbow. Choose which fruits you would like to include on it.
3. Choose which colour of the rainbow you would like to start with.
4. Complete all of the rainbow with your chosen fruits – making it look nice and bright!

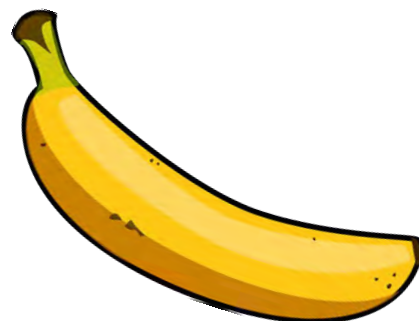
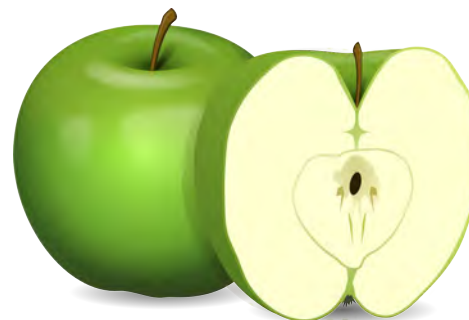
What would be your favourite fruit if you could choose one?



Extension

Could you make your own real life fruit rainbow using real fruit? And display the fruit in the shape of a rainbow?

Ask an adult to help you if you need help cutting any pieces of fruit.



Health and RSE

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

Get your Sports Day Sun Sorted



The Sun-Sorted! Quiz

For ALL cricket loving kids!

SUN-SORTED!

ADDING SUN PROTECTION TO THE GAME

Understanding sun protection is important.

Is your child a 'solar starter' or a 'solar superpower'?

Brought to you by:

melanoma fund



To access the quiz visit the Outdoor Kids Sun Safety Code at www.melanoma-fund.co.uk

The Outdoor Kids Sun Safety Code is a free accreditation resource, offering a downloadable toolkit to keep sun protection effective in every outdoor session.

The campaign is partnered by the Association for Physical Education (afPE), Child Protection in Sport Unit (NSPCC), UK Coaching and the Youth Sport Trust and supported by 100's of sport and outdoor activity organisations.

The campaign was re-launched this year with a new website and resources, including the Sun-Sorted! quiz, designed for KS2. It offers children the opportunity to understand why sun protection is important, encouraging them to develop good sun habits, making your task easier.

As well as being educational and fun, all those completing the quiz receive a free personalised certificate, featuring their score, from 'Solar novice' to 'Solar superpower', ideal for incentivising, displaying and sharing.

THE BIG GIVEAWAY

The Melanoma Fund is offering **20 Rainbow Book schools in the Black Country a FREE Sun-Sorted! kit** containing 30 x bottles of SunSense Kids SPF50 and Sun-Sorted! wristbands. Items can be used to recognise/reward those taking Sun-Sorted! quiz or to encourage participation – your choice!

To find out more and to grab your kit click [HERE](#) and scroll down to the Big Giveaway! and use [#BlackCountryRainbowHour](#) in your application.

SUN-SORTED!
ADDING SUN PROTECTION TO THE GAME



Health and RSE

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

Tortilla Pizza



Ingredients:

- Tortilla Wraps
- Garlic
- Olive Oil
- Baby Tomatoes
- Ricotta Cheese
- Toppings of choice
- Rocket Leaves

Method:

1. Very lightly brush a tortilla wrap with olive oil and set to one side.
2. Blend together a handful of tomatoes, 1/4 garlic clove & 1 teaspoon of olive oil.
3. Spread your tomato paste on your tortilla.
4. Add a few generous dollops of ricotta.
5. Add your toppings of choice.
6. Bake on a tray at 180c for 7-15mins.
7. Garnish with rocket leaves.



Mindful Eating



Mindful eating refers to paying attention to our food, on purpose, moment by moment, without judgment. It is an approach to food that focuses on sensual awareness and experience. It can help us build a better relationship with food and create positive eating habits

- Only eat when you feel physical hunger cues (rumbling tummy)
- Eat without disturbances
- Prepare a healthy meal
- Understand the difference between wants and needs
- Enjoy your food
- Notice the colours of your foods
- Bring your awareness to each individual flavour
- Notice the aromas of your foods
- Notice the textures of your foods
- Notice the temperature of your foods



Credit:
THE PE AND SCHOOL
SPORTS NETWORK

www.lpressn.org.uk

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.

Red, Amber, Green Roundabout



Each pupil starts in a space, they pretend to put on their helmets and then pick up their pretend handle bars by holding a tube of paper (or similar) in each hand as if holding bicycle handle bars. Ask them to climb onto their imaginary bicycle and set off slowly around the play space. Encourage them to weave in and out of others without bumping, by looking for a space to move into. When ready introduce instructions.

Speeds can be introduced when the group are ready!

"Red"

Pupils stop

"Amber"

Pupils jog on the spot ready to set off

"Green"

Pupils start to travel

"1st gear"

Tiptoe very slowly

"2nd gear"

Walk fast, but not run

"3rd gear"

Slow jog

"4th gear"

Speed up the jog

"Roundabout!"

Travel around on the spot in a small circle before setting off in 1st gear again.

For more information visit: www.bikeability.org.uk



Department
for Transport

You can also introduce different directions as and when the children are able; forwards, reverse, sideways.

Improving the quality of movement:

- Prompt pupils to keep their heads up and backs straight while travelling.
- When tiptoeing, travel lightly on the balls of the feet.
- Look ahead to find a space to move into.

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.

Creating an Animal Motif



Structure

- Pupils select two movements that represents their big or small animal.
- Ask pupils to move around the space, repeating these two movements.
- Do pupils' facial expressions show the audience (other pupils) how their animal is feeling and what their animal is doing?
- Once pupils have mastered and can consistently perform these two movements, can they add a third movement?



Pupils will create a motif that represents an animal.

Key Questions



- Who can create a motif?
- Can we perform with big clear actions?
- Who is moving with control?
- Who is moving like a champion?
- Who can show expression when they are moving?



Do pupils successfully copy the motif?



Do pupils have appropriate ideas for moving as their animal?



Can pupils listen to others' ideas?



Can pupils add movements together?



Pupils create and repeat one movement.



Pupils create a motif with a partner.



A motif is a pattern of movements that repeats.

Courtesy of:



blackcountryrainbowhour.co.uk

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.

Magic Carpet



Soaky Sponges



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

Magic carpet

What you need: Ten socks, one towel per player, one or more players.

How to play:

- Mark a distance of 5m – 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else?
Who can transport the most socks?



How else can you make the carpet move?

Soaky sponges

What you need: two buckets, water and one sponge per player.

How to play:

- Fill one bucket up with water, place the other bucket 7m away.
- Measure the amount of water you start with.
- Playing by yourself? How much water can you transport to the empty bucket using just your sponge?
- More than one player? Have a bucket each, who can transport the most water in 3 minutes?



How will you keep the water in the sponge as you transport it?

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.

How to do Wildlife Yoga



How to do wildlife yoga

wildlife
watch



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly



Fox



Pine marten



Frog



Snail



Starfish



Heron



Adder



Credit:



**wildlife
watch**

www.wildlifewatch.org.uk

www.wildlifewatch.org.uk

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.

Creatures that Live Under the Sea



Structure

- Ask pupils to move around the space as a sea creature. Can pupils create movements that demonstrates how their creature moves, swims, eats and lives?
- Does their creature live on the sea floor or does it float on the waves? How big is the creature? Is it slippery to touch, spiky or hard? How do we move through the water, do we glide, jump or scuttle?
- Pupils should use all of their bodies, creating large, exaggerated movements

Key Questions



- Who is moving with control?
- Who can move like a sea creature?
- Who can move in time with the music?
- What movement ideas have we got for our sea creatures?
- Can we make our movements flow?
- Can we add expression to our performance?

Champion dancers move with control, respond to the rhythm and move in relation to the music.



Can pupils make big, clear actions?



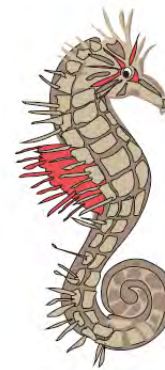
Can pupils picture their sea creature as they move?



Do pupils enjoy being a deep sea creature?



Do pupils always try their hardest?



Pupils focus on only one way of moving as their sea creature.



In pairs, pupils create an action that shows what happens when their two sea creatures meet.

Pupils will explore creating two movements that represent sea creatures.

Courtesy of:

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 - May and June - 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 May and June, 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 June 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.

Grass Heads



What you'll need:

- Grass Seeds
- Soil
- Old sock
- Water spray
- Recycled cup or yogurt pot
- Art materials of choice

Watch your grass heads grow!

Method:

Use your imagination to decorate your pots with creative art materials. Fill a sock with a small handful of grass seeds and soil (make sure you don't over fill your sock).

Tie a knot at the top of your sock and place upside down in your pot, you can also decorate your filled sock.

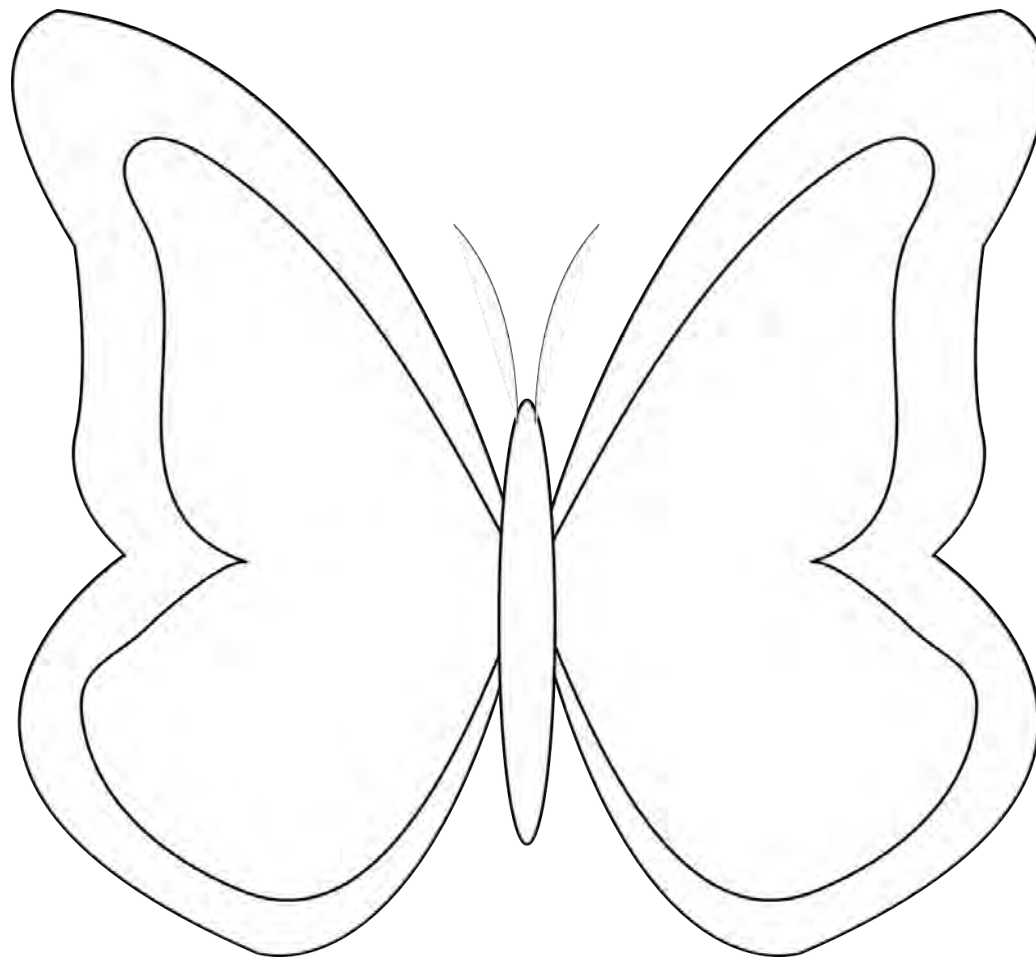
Spray with water twice a day and leave in a place with direct sunlight.



Style your own Butterfly



Use brightly coloured crayons to style your own butterfly!



Credit:

THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk

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.

Build a Beetle Bank

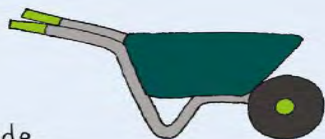
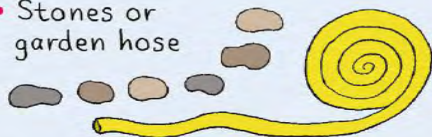
For more information visit: www.wildaboutgardens.org.uk



Build a beetle bank

You will need

- Stones or garden hose
- Topsoil
- Wheelbarrow
- Spade
- Grass seed or wildflower meadow seed (with 80% grass) or turf



Beetle banks are used in farmland to boost insect diversity and natural pest control – but you can build one in your own garden! Adding both shady and sunny habitat, they're valuable to flat gardens, providing a home for lots of invertebrates.

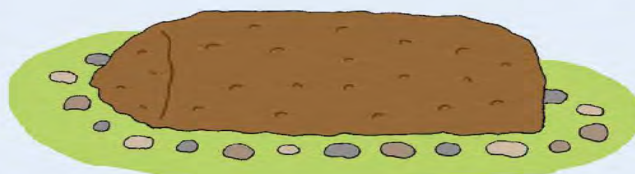
- 1 Pick a sunny spot for your beetle bank (ideally around 1m long) and mark it out with straight or curved lines using stones or a garden hose.



- 2 Spread the topsoil evenly inside the markings, treading it down after each 10-15cm deep layer to compact the soil.



- 3 Keep building a mound until it is at least 30cm high and wide. The top can be flat or rounded.



- 4 Once you have created your mound, sow your seed and firm it down with the back of a rake. If using turf, lay this over the mound and firm down.



- 5 Keep your bank watered in dry weather. On seeded banks, use a fine spray to avoid eroding the soil.



- 6 Let the grass grow long all summer. Cut it back in October to approx. 5cm high.



Look out for minibeasts – from busy ants to scurrying beetles, grasshoppers and even small solitary bees!

Outdoor & Nature Activities









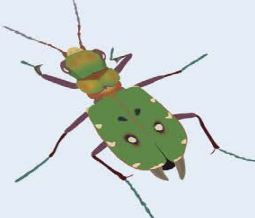

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Beetle Spotting Sheet

For more information visit: www.wildaboutgardens.org.uk

Beetle spotting sheet



 Male <input type="checkbox"/> Rhinoceros beetle	 <input type="checkbox"/> Lily beetle*	 Male <input type="checkbox"/> Stag beetle	 <input type="checkbox"/> Cockchafer	 Male <input type="checkbox"/> Thick-legged flower beetle
 <input type="checkbox"/> Rose chafer	 <input type="checkbox"/> Devil's coach horse	 <input type="checkbox"/> Sexton beetle	 <input type="checkbox"/> Green tiger beetle	 <input type="checkbox"/> Red-headed cardinal beetle

*not native to the 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.

Worry Jar



You will need:



Your child may be worrying about a lot of things right now. Health, school, friends, family and more. They might ask you about their worries.

A Worry Jar is a place for your child to put their worries so they don't have to think about them all the time.

Find a jar or any container, and decorate it if you like. If you haven't got a spare jar, you can write or draw on the picture on the following page. Help your child write their worries on pieces of paper. Fold them up and put them in the jar, and close the jar.

Choose 10-15 minutes a day (but not right before bed) for 'Worry Time'. Children can open the Worry Jar, look inside and worry as much as they want. They can read all the worries or focus on one or two. Have a timer to show that Worry Time is over. Close the jar to put their worries away.

At some point, your child may tell you that they've stopped worrying about something they've put in the jar, and they can tear up that worry and throw it away. Enjoy these times together!

Remember to discuss coping strategies with your child for the worries using the Golden Rules.

Golden Rules for Choosing a Good Solution

It makes me feel better

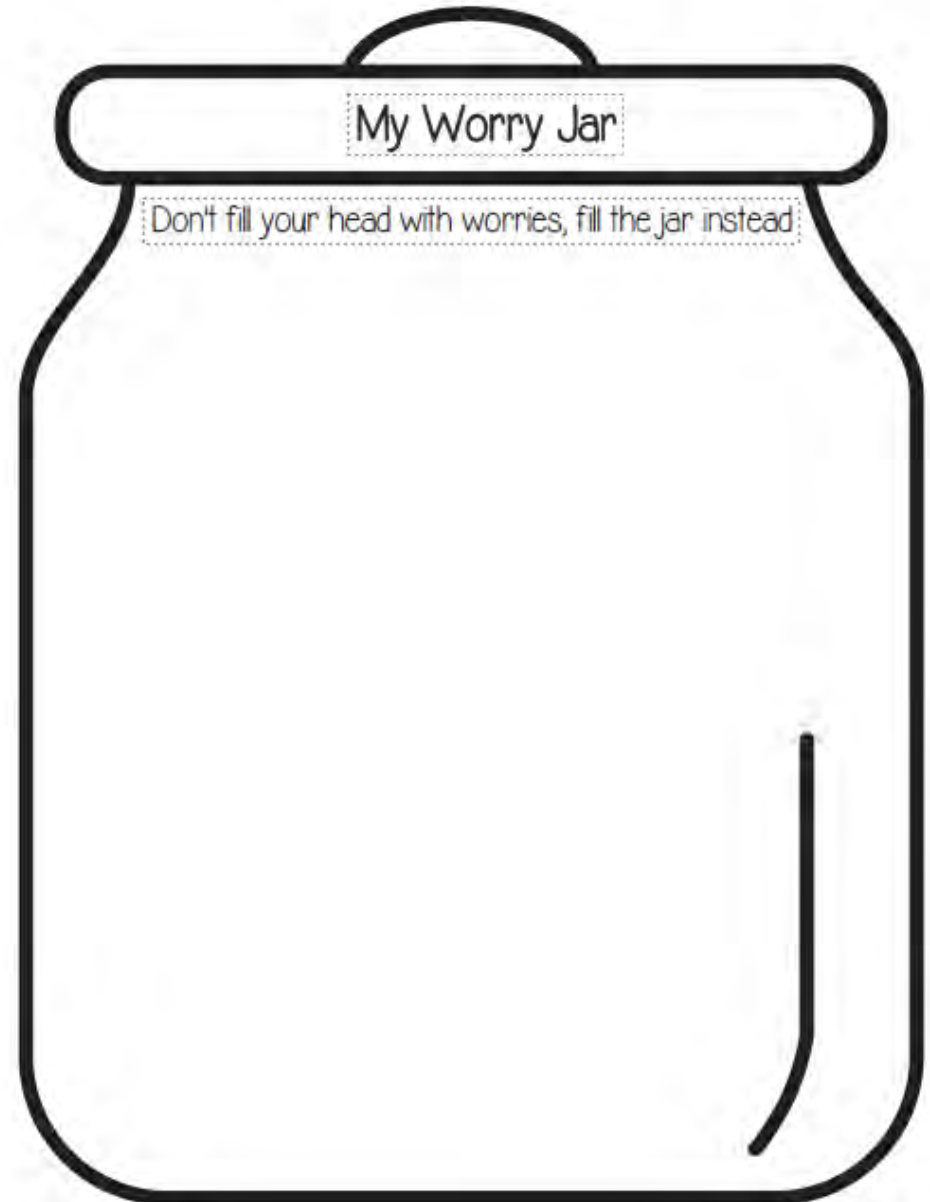
It doesn't hurt me or anyone else



Facebook: @PFChildren
Twitter: @PfChildren

www.partnershipforchildren.org.uk

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Mental Wellbeing & Mindfulness Activities

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Kooth - free online counselling support



Kooth.com is a free, safe and anonymous mental health and wellbeing online community available to children and young people across the Black Country from age 11. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a Kooth team member, about anything that is causing them worry, stress or anxiety. The Kooth team consists of qualified counsellors and emotional wellbeing practitioners.

The team is available from 12 noon to 10pm on weekdays and from 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day. The website itself is accessible 24 hours a day.

When a young person registers with Kooth they will have support available to them now and in the future. Support can be gained not only through talking to a member of the Kooth team but through articles, forums and discussion boards which form our self-help and peer to peer support on the website.



All content is age appropriate, clinically approved and fully moderated to ensure that children and young people are 100% safe when they access Kooth.com.

There is no referral required to access Kooth and no waiting list or threshold criteria to meet. To find out more visit www.Kooth.com where young people can register and others can find out more about the service.

Mental Wellbeing & Mindfulness Activities

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Express Yourself - Get your Body Moving



Keep active without leaving the house. Being active is great for your whole body and can also help to lift your mood!

* Remember you don't have to try it, and you can stop at any time.

Step 1

Find a dice, piece of paper and pen and put on some comfortable clothes (No dice? Just write the numbers down and pull them out of a container).

Step 2

Write the numbers 1-6 vertically on your piece of paper.

Step 3

Think about exercises that feel achievable for you (everybody is different and what is possible for one person might not be for another).

Step 4

Write one movement next to each number on your paper (E.g. 1 - Touch down to toes and stretch to the sky, 2 - Do 10 star jumps).

Step 5

Roll the dice or pick out a number, and try the activity on the number you land on.

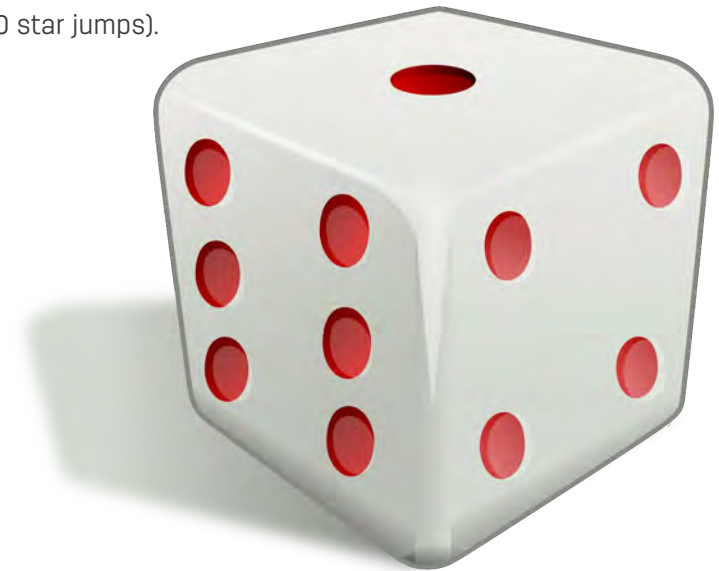
** Don't forget to warm up before exercising to prepare your body and to prevent injury.

Step 6

Repeat this for around 10 mins and try to keep this to no more than 30 mins a day.

Step 7

Once you've finished, have some water to hydrate and a gentle stretch. Notice how you feel in your body now.



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Stormbreak Challenge



stormbreak challenge

Support children's emotional wellbeing, mental and physical health.



Help children develop...



resilience



relationships



self-worth



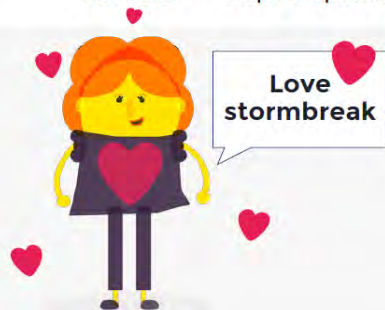
self-care



hope & optimism

Participate as a school, class or group or with the children you live with, care for or support.

- Watch and participate in stormbreak mentally healthy movement activities
- Can you complete 25 stormbreaks?
- Earn badges and certificates
- Shape mental health and be active



Take part at
www.stormbreak.org.uk



#stormbreakchallenge
#hellostormbreak



stormbreak

Mental Wellbeing & Mindfulness Activities

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Relaxation Activities

Facebook: @PFChildren
Twitter: @PfChildren



Sometimes we can feel anxious. These activities can help you and your child to relax - try doing them together.

Stress Toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.



Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Bubble Breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently bow bubbles into the room.



Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)

Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.



When you do this your muscles contract and then relax, releasing feel-good hormones into the body.

www.partnershipforchildren.org.uk

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Story of Senses



It's very important that every so often we take the time to appreciate our senses, not everybody is so lucky to have them all. Can you find 5 different things that enhance your senses and write a funny short story about them?

- *What's your favourite smell? (fresh cut grass)*
- *What's your favourite thing to touch? (teddy bear)*
- *What do you enjoy looking at? (the beach)*
- *What is your favourite thing to eat? (oranges)*
- *What's your favourite song or sound? (birds)*

Example

I was walking down a beautiful sunny beach and suddenly smelt some freshly cut grass.

I decided I would take my home baked slice of cake and some oranges for a teddy bears picnic and listen to the magical bird's chirp.



Credit:
THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk

Mental Wellbeing & Mindfulness Activities

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Coping Toolbox



You will need:

Any box or container - you could decorate it.

Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries.

Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.

If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on the toolbox activity below.

Optional:

- Ask your child to show you the things in their toolbox and tell you why they chose them.
- Create your own coping toolbox and show your child what you have in there and why.

Mindfulness Walk

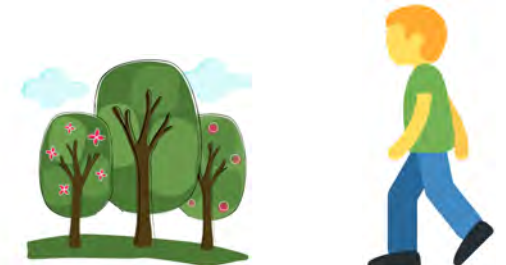


The steady rhythm of walking is calming and comforting for many of us. If children are anxious about returning to school following the lockdown, use this mindfulness walk to distract them from worries about the future and bring them to the present moment.

Walking mindfully allows children to connect with the world and feel more grounded. Walk slowly and deliberately, placing one foot in front of the other.

Share the following instructions with your child:

- 1 Stand still and take several slow, deep breaths, which will help your body to relax.
- 2 Soften your focus and look at the ground in front of you.
- 3 Smile. Smiling signals to the brain that something nice is happening.
- 4 Walk slowly, focusing on the movements that go into each and every step.
- 5 While walking, pay attention to what you see, smell and hear. Stop from time to time to notice interesting objects or sounds.
- 6 At the end of the walk, stop and stand still again, and take a few deep breaths. Remember to smile at the end as well!



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Distraction Activities



Distraction Activities

If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them:
Did that help you to feel better?

Family portrait

Draw a picture of everyone in your home with you.



Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



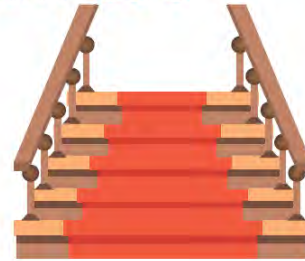
Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



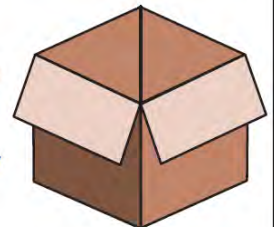
Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.



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.

Clown Tricks (Brave)



EYFS/Key Stage 1 – Clown Tricks (Brave)

See how quickly you can roll the dice and do all 6 clown tricks with the ball.

Remember, you must complete the challenge each time the dice is rolled!

1. Roll ball up and down your body (sitting)
2. Roll ball up and down your body (standing)
3. Roll ball from hand to hand on the floor x 4
4. Roll ball through your legs x 3
5. Move ball round your waist x 3
6. Move ball around 1 leg x 3



Use the QR code to access more interactive activities!

How to play

Practise each clown trick first so you can remember them. When you are ready, write the numbers 1 to 6 on a piece of paper and tick the appropriate number off when you roll it and complete the challenge.

Time how quickly you can tick off all 6 challenges. You might also want to come up with your own challenges.



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Personal Challenges & Competition

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Fitness Word Search Challenge



Instructions:

1. Find one activity within the Word Search.
2. Complete this activity for 45 seconds.
3. Record amount completed during the activity (eg. 30 Squats).
4. Repeat until the word search is complete.

Words:

- Star Jumps
- Lunges
- High Knees
- Heel Flicks
- Burpees
- Line Jumps
- Squats
- Boxing Punches

T	B	V	Y	U	N	S	F	U	Y	T	I	N	V	B	C	B	P
X	Z	B	T	U	M	U	I	F	R	Q	E	B	N	O	L	U	F
H	E	D	B	U	N	M	I	P	Q	X	R	D	S	X	B	R	N
E	Y	U	D	R	T	M	U	C	S	A	T	L	O	I	V	P	B
E	T	Y	L	A	W	C	B	R	V	Y	A	X	W	N	T	E	M
L	U	W	A	U	O	P	R	Q	N	U	R	V	C	G	X	E	Z
F	I	L	F	T	D	S	Y	R	J	D	J	R	U	P	Y	S	O
L	Q	E	R	C	B	N	Y	S	K	T	U	N	D	U	E	I	N
I	E	S	Q	U	A	T	S	U	N	T	M	S	M	N	I	N	Y
C	C	N	A	Q	E	T	U	O	P	L	P	N	F	C	D	S	L
K	V	B	T	D	U	E	I	S	L	Q	S	A	X	H	P	G	I
S	B	N	T	Y	D	I	K	L	S	W	C	X	G	E	I	O	N
N	U	Y	M	F	E	T	L	S	C	Y	N	U	S	S	D	U	E
Y	I	S	V	D	Y	I	L	X	N	G	I	S	A	Q	T	N	J
J	Y	U	V	H	I	G	H	K	N	E	E	S	D	C	Y	T	U
I	Y	N	I	S	T	F	I	N	E	P	D	T	C	F	D	V	M
O	N	Y	D	C	Y	N	U	M	D	I	N	T	D	B	U	F	P
L	U	N	G	E	S	U	M	F	S	D	E	T	N	U	D	I	S

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.



Card Game



Instructions:

1. Split your group into two teams – you are now working against one another – GAME ON!
2. Put all of the cards face down in a random order not overlapping one another and then move to behind the start line.
3. One at a time you need to run out and turn over 1 card at once.
4. You need to put them in order but you can only do this by following the numbers from 1 -10 then J, Q, K.
5. So the first card you need to find is A, then 2, then 3 and so on.
6. If you don't find the correct card you need to turn it upside down again.

- Which team won? Why?
- What was the best method?
- What key skills are required for this task?



Key words: Team work, communication, problem solving.

Dog, Rice and Chicken



Instructions:



1. One of the group members is allotted the role of a farmer and the rest team acts as villagers.
2. The farmer has to return home along with its 3 purchases (Dog, Rice and Chicken) by crossing a river in a boat. He can carry only one item with him on the boat.
3. He cannot leave the dog alone with the chicken because the dog will eat the chicken, and he cannot leave the chicken alone with the bag of grain because the chicken will eat the bag of grain. How does he get all three of his purchases back home safely?
4. The villagers can help him in arriving at the solution, which is really simple if the group thinks creatively and together.



Key words: Team work, communication, problem solving.



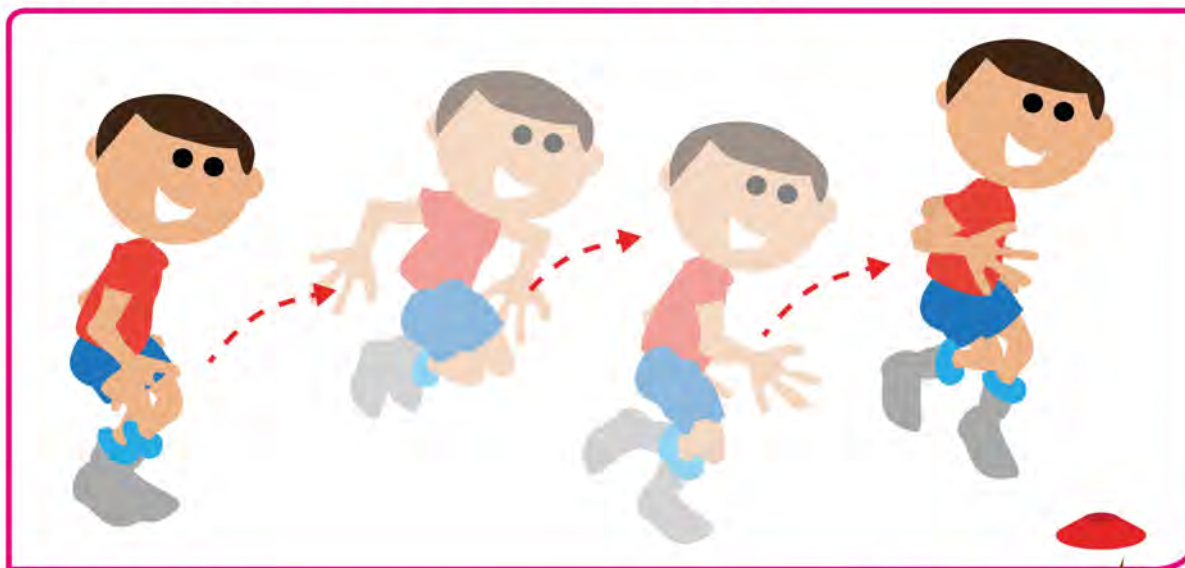
Personal Challenges & Competition

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.

Develop Combinations (Personal Best)



Key Stage 2 – Develop Combinations (Personal Best Challenge)



Use the
QR code to
access more
interactive
activities!

How to play

Individual – Combine any 3 jumps and measure the distance travelled using either markers or a tape measure, then see if you can beat your distance.

Pair – As above but measure the total distance.



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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.

Leaf Printing

A fantastic way to combine exercise with art!

- Collect different types of fallen leaves from your local park. You can even be experimental & collect some sticks or flower petals.
- Make sure your leaves are clean & dry. Lightly brush some brightly coloured paint over your chosen leaves.
- With little force, press your leaves onto clear paper & watch the magic unfold as you gently peel it back



Marbling



What you'll need:

- Vegetable oil
- Food colouring
- White Card
- Droppers (optional)
- Large tub or deep tray

Marbling Method:

1. Pour a small amount of vegetable oil into a dish and add food colouring.
2. Stir vigorously with a fork so the big drops of colour are dispersed throughout the oil as smaller droplets.
3. Repeat with as many colors as you want to use.
4. Pour about an inch of water in a large tub or deep tray. Use a dropper or spoon to transfer the colour mixture to the dish of water. Use one color or many.
5. Lay your paper on top of the water.

Watch the magic happen!



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How to Make a Dotted Tree Painting

To make this painting, you will need:

- Either a piece of paper/card to paint on or a small canvas
- A variety of Acrylic paints (including green, light blue and brown)
- A paintbrush and some water to clean it with
- A paint palette
- A paper towel

To create the dots on the tree you will need a range of circle shaped items such as circle sponges on sticks, cotton buds, a cork bottle top or anything else you have on hand.

Follow along on the Youtube tutorial [here](#).

For a printable tree outline template, [click here](#)

For dotted tree painting examples [click here](#).

You could even try using this dotted painting technique to any drawing of your choice, the options are limitless!



Credit:



Guess the Sport and Football Teams



Guess the Sport!

_ _ _ N _ S
B _ _ _ I _ _ _ N
_ _ G _ Y
_ A _ _ _ T _ A _ _
L _ _ _ _ _ P
_ _ _ _ _ L L

Guess the Football Team!

_ O _ _ _ S
_ _ _ _ _ _ R _ I _ Y
A _ _ _ _ _ I _ A
B _ R _ _ _ _ A
_ _ V _ _ _ U S
_ N _ _ _ N D



Answers (no peeking):

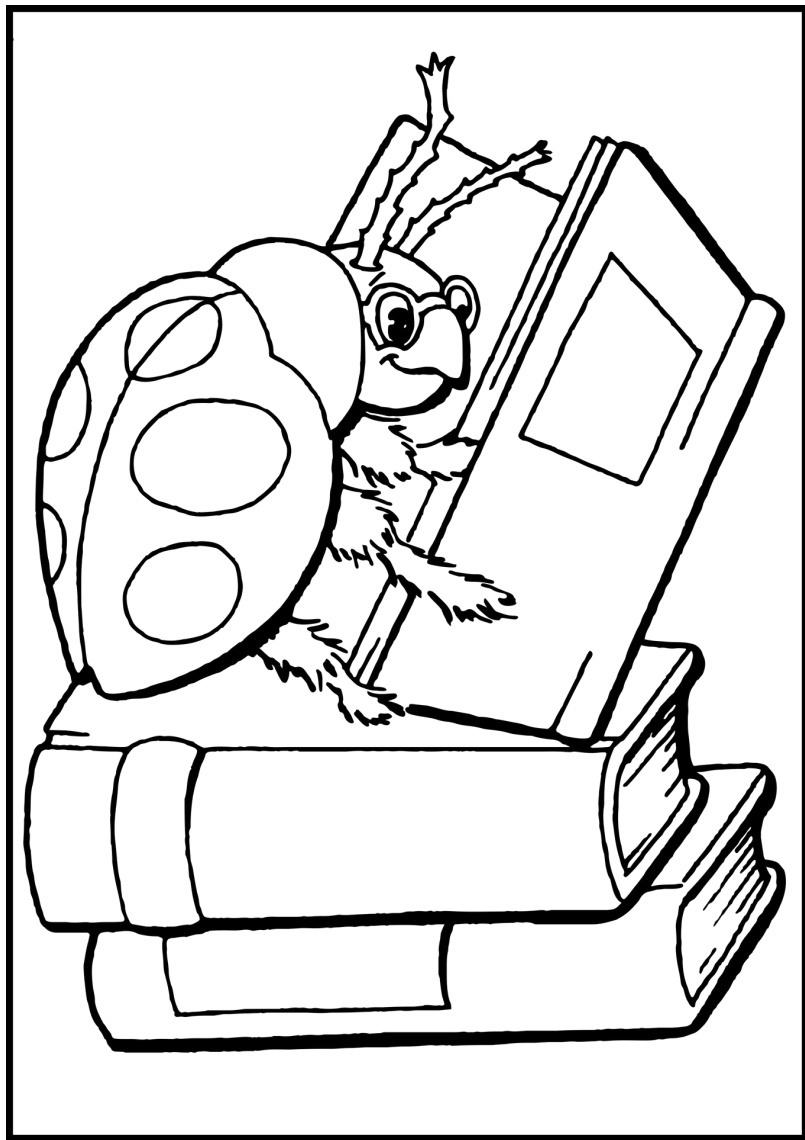
Sport - Tennis, Badminton, Rugby, Basketball, Long Jump, Football
Team - Wolves, Manchester City, Aston Villa, Barcelona, Juventus, England



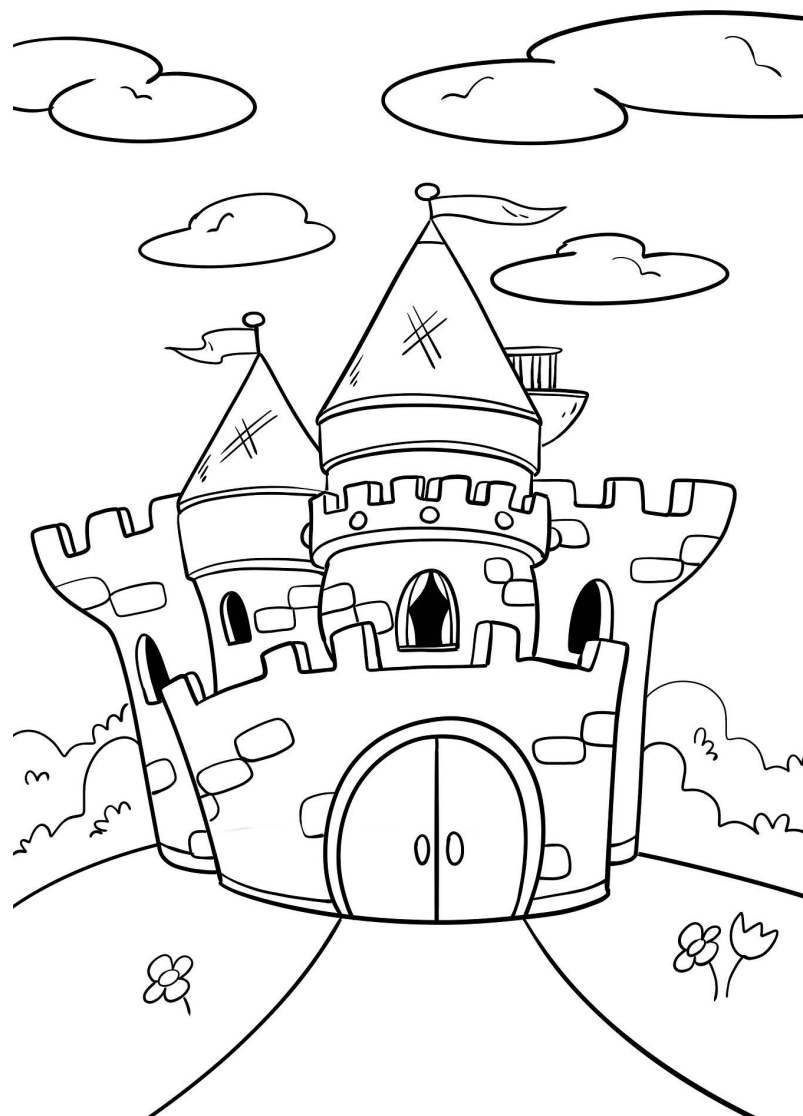
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Colour in a Ladybird



Colour in a Castle



Celebration and Creative Activities

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Feel Good Friday Rosettes



Do you know someone who has walked more since lockdown? Or learned anew skill? Helped out at home? Or practiced their writing?

Let's celebrate what children everywhere have achieved over the last year, with this easy, nature-inspired rosette.

You will Need:

- Coloured paper
- Ruler
- Scissors
- Glue or double sided tape
- Coloured pens
- Leaves, petals, grasses or small sticks to decorate

Safety First

- Take care when measuring and cutting - ask, if you need help
- Always wash your hands after playing outside
- Be respectful of nature and wildlife - check the rules if you're not sure



Step 1

- Cut two lengths of paper, approximately 30cm x 5cm
- Make an accordion fold, about 1.5cm wide - watch a video!
- Stick them together at each end to form the rosette shape
- Attach a circle of card in the centre on both sides to hold it

Step 2

- Decide who you will award the rosette to. What have they achieved in the past year?
- Cut two ribbon shapes to attach to the back of the rosette
- Write a positive message on the ribbons, and stick them on

Step 3

- Collect petals, leaves, grasses or other natural materials
- Cut them into shapes and arrange them on the rosette
- Glue them in place
- Now you are ready to award your rosette!

More Ideas to Try

- Try using a shaped hole punch to cut leaf confetti
- Cut coloured petals into tiny pieces to make natural glitter
- Glue or tie small sticks together to make a star shape
- Make bows or garlands out of leaves and flowers



Courtesy of:

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.

How to Make a Ladybird



How to make a ladybird

wildlife
watch



You will need

- CD 
- Red wool 
- Googly eyes 
- Glue 
- Red and black paper 
- Pencil 
- Scissors 
- Ruler 

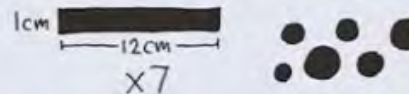
You can also
make a buzzing bee,
or a creeping spider!



- 1 Use the CD as a template to draw a circle on the red and black paper. Cut out both circles, then cut off the bottom two-thirds of the black circle.



- 2 Cut out seven strips of black paper (six for legs and one for the body) and small circles for the ladybird's spots.



- 3 Thread the wool through the middle of the CD and tie it in a loop.



- 4 Now for the glueing - stick things down in the following order...



Attach the six legs to the CD.



Stick your red circle down on top.



Glue your black strip down the centre, and then the black third of a circle to the top of the CD.



Add the black spots onto the body.



Finally, stick on the googly eyes.

Use the loop of wool to hang it up!



Credit:



**wildlife
watch**

www.wildlifewatch.org.uk/

www.wildlifewatch.org.uk

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

