

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.

Rainbow Clubs

Celebration and Creative Activities



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 |

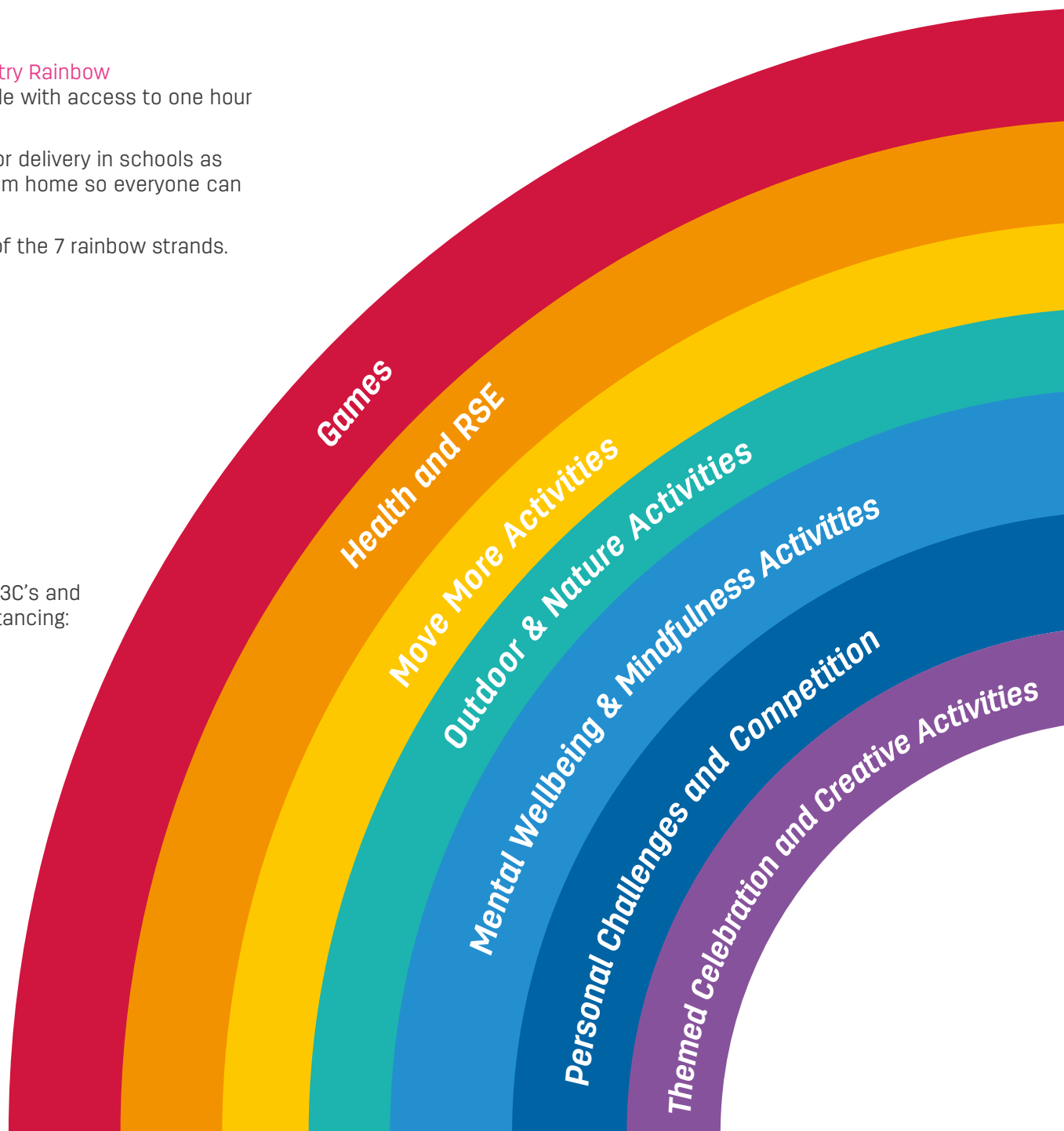
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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!



What are Rainbow Clubs?

Active Black Country would like to encourage schools to develop the concept of Rainbow Clubs. Using the principles of the Black Country Rainbow Hour, there is a clear opportunity for schools to utilise the 7 strands of activities to establish themed Rainbow Sessions as part of their extra-curricular provision through Breakfast Clubs, Lunchtime Clubs and After School Clubs.

Rainbow Clubs can support the delivery of the Black Country Rainbow Hour across the school day and utilise the breadth of activities created across the Rainbow Books over the past 12 months as well as new editions that are developed moving forwards.

The clubs are a great way to potentially hook those pupils who are not engaged in your extra-curricular provision already!

Who are Rainbow Clubs for?

Any age group/class or pupils who sign up and attend regular Breakfast and After School Clubs.

Delivery

As well as schools delivering their own extra-curricular activities, Active Black Country encourage schools to utilise their external agency provision facilitators to assist schools with this concept and deliver the Rainbow Clubs as part of their After School Club offer.

These clubs can provide an excellent way for a school to diversify and increase their offer to pupils by either building on existing provision or being introduced as a completely new concept.



Rainbow Hour Breakfast Club

How they could look.....

- One Rainbow Breakfast Club with a different theme/focus each week using the 7 Strands across a half term.
- A stand-alone Rainbow Hour Strand Club eg The Move More Breakfast Rainbow Club focusing on the theme for the whole half term.
- Clubs to utilise activities from the Rainbow Books or create your own!
- Any Rainbow Hour activities completed at the breakfast club can be added to the pupils Rainbow Trackers to earn badges!
- Opportunity to target a new group of pupils with each strand!

Rainbow Hour After School Club

How they could look.....

- One Rainbow Club with a different theme/focus each week using the 7 Strands across a half term.
- A stand-alone Rainbow Hour Strand Club eg the outdoor and Nature Rainbow Club focusing on the theme for the whole half term.
- Clubs to utilise activities from the Rainbow Books or create your own!
- Any Rainbow Hour Activities completed schools through your schools can be added to pupils Rainbow Trackers to earn badges!
- Opportunity to target a new group of pupils with each strand!

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

Celebration and Creative Activities

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

Theme: Celebrating Inclusion

Inclusive Sitting Volleyball

www.yourschoolgames.com

Inclusive sitting volleyball is a dynamic and exciting game that enables SEN/disabled (SEND) and non-SEND players to play and compete against each other.

Who is the Competition aimed at?

- Teams are made up of three, four or six players.
- Each team should include a minimum of two SEND players throughout the game.
- SEND players are defined as SEND pupils who cannot easily access mainstream volleyball.

Think Inclusively STEP

Space

- Make the court shorter or wider to make it easier to play.

Task

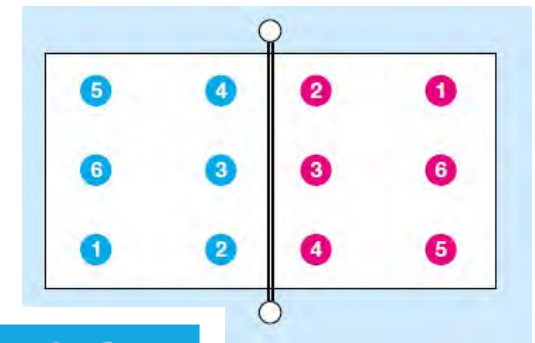
- Allow teams to touch the ball more than three times.
- Allow players to catch/self-feed the ball.
- Play shorter matches.
- Feed the ball in from the side to remove the serve.

Equipment

- Make the net higher to slow the game down.
- Use a different ball such as a junior volleyball, balloon ball or sponge ball.

Setting up the Competition

- Mark out the sitting volleyball court (size 9m x 5.18m) on a badminton court.
- Set the net height at 1m using badminton posts (for example).
- Play using a beach ball.



It is always the player in position 1 that serves

People

- Wheelchair users can play in their chairs or play sitting on the floor.
- Wheelchair users, who cannot sit on the floor safely and comfortably
- play in designated zones in the back court to avoid collisions.
- Allow substitutions but ensure that two SEND players remain
- on the court at any one time.



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Theme: Celebration

Can you remember your sports day and all the fun you had? Or is it your first sports day?
Here are a few ideas – but I'm sure you can think of more...

The Silly Squad Family Sports Day

1. **Egg and spoon race.**
 - Grab a potato and a spoon from your kitchen.
2. **Dressing up game.**
 - Grab 3 items of their own clothing such as tops, shorts/skirt, sun glasses
3. **Obstacle game.**
 - Set up an obstacle course using everyday items, jump over, crawl under, weave your way through, move sideways.
4. **Cargo/parachute/duvet race.**
 - Set up a cargo/parachute/duvet at a reasonable height- crawl your way under to the cone and return.
5. **Sack race.**
 - Grab an old pillow case to race in.
6. **Skiping race.**
 - Everyone has to skip (no ropes) in and out of cones that are zig zag spaced apart. Use soft objects if you don't have cones.
7. **Silly poem games.** (Share a SILLY poem that makes us laugh).

The rules are simple:

- Give everyone their own spot or cone to start from for each activity
- Set a finish line to race to another spot or cone a distance away (change the distances based on ages)
- Play music selected by the children.
- Create a carnival atmosphere at home.
- No winners, no losers - laughter is the winner, smile all round.
- Just have fun and be SILLY.

The Digital Summer Reading Challenge is coming soon!



www.sillysquad.org.uk

Illustrations © Laura Ellen Anderson 2020

Celebration and Creative Activities

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

Theme: Creative

Paint without a Paintbrush

Required Resources

- Paint
- Paper



DID YOU KNOW...

Did you know that the first painting is approximately 40,000 years old!

Painting is a great way to explore how you can manipulate materials.

Get your paints at the ready, but leave the brushes! What else can you use to paint? Here's a few idea to get you started:

- | | |
|---------------------|-----------------------|
| ■ Fingers and hands | ■ Toy cars and trains |
| ■ Sponges | ■ Lego |
| ■ Stones | ■ Cotton Buds |

...Let's go!



Now you've mastered painting without a paint brush it's time for some challenges!

DID YOU KNOW...

The first paint brush was invented by ancient Egyptians!



Are you ready?

YOUR CHALLENGE

...SHOULD YOU CHOOSE TO ACCEPT

Paint a self -portrait.

Using your favourite way of painting without a brush, you can create your own.

Make your own paint brush

Using either a stick and a rubber band or a peg as a handle create your own paintbrush by attaching different materials to one end.

Some examples of materials are:

- | | |
|------------|-----------------|
| ■ Grass | ■ Cling Film |
| ■ Paper | ■ Pom Poms |
| ■ Feathers | ■ Pipe Cleaners |

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Celebration and Creative Activities

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Theme: Creative

Create a Sculpture using Recycled Materials

Required Resources

- Paper
- Pencil
- PVA Glue/ sellotape
- Scissors
- Imagination



DID YOU KNOW...

That sculptures started in ancient Greece!

Sculptures are 3D art form, meaning they have length, width and depth (like a cube).

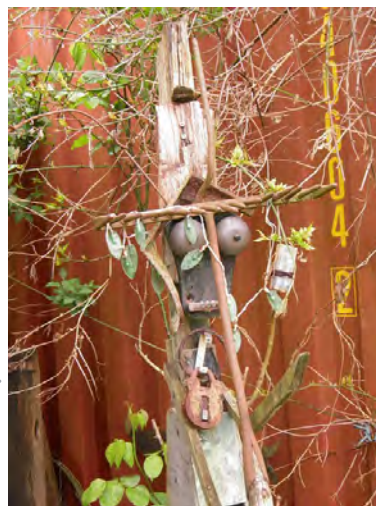
- Start by gathering materials. Have a look what you've got in the recycling bin and around the house.
- Lay out all the materials you have gathered in front of you and design what you want to make on a piece of paper.
- Copying your design create your sculpture using the materials you have collected.
- Dust the surface with flour and you are ready to sculpt!

...LET'S GO!



Now you've created your first sculpture you're ready for challenges!

ARE YOU READY?



YOUR CHALLENGE

...SHOULD YOU CHOOSE TO ACCEPT

Make a sculpture using natural materials.

Grab a tub and collect lots of natural materials like twigs, leaves, mud, flowers and rocks.

Design your sculpture and create it using your natural materials.

Make a sculpture with salt dough.

Following this recipe create your own salt dough to create a sculpture:

250g of plain flour

125g table salt

125ml of water

Dust the surface with flour and you're ready to sculpt. Once you've completed your sculpture it's time to pass it over to an adult to bake in a pre-heated oven on the lowest heat on a tray lined with baking paper for 3 hours or until solid. Then decorate!

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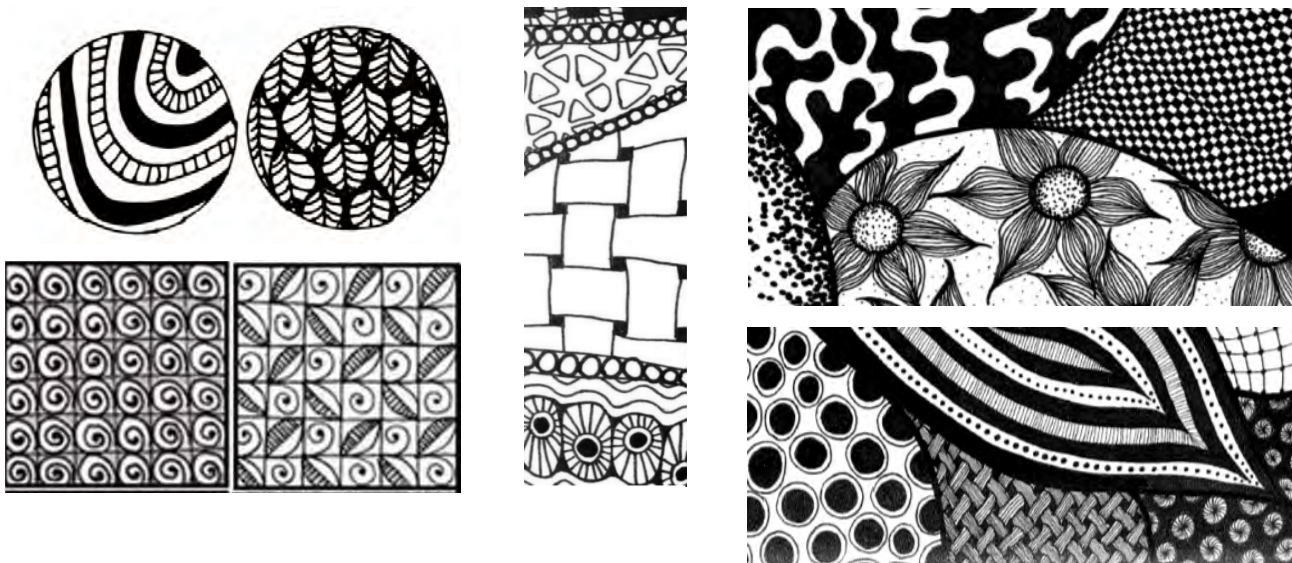
Mindful Doodling - The Art of Zentangling

Learn the art of zentangling - the art of mindful doodling. A relaxing and creative art where there is no right or wrong, just enjoyment of patterns, shapes and creativity.

There is a video of using zentangle patterns to fill in the lizard shape that [you can watch here](#).

We and Creative Active Lives would love to see your zentangle creations! Tag them on social media @bcbeactive, @creativeactivelives and @akersofart and use [#BlackCountryRainbowHour](#)

Zentangle Pattern Ideas



We have added a template for you to have a go at on the next page.

Celebration and Creative Activities

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

Theme: Creative

Hanging Monkeys

You will need:

- Monkey templates on card
 - If you have a printer and A4 card you can print the templates below
 - Alternatively, print on paper and stick onto a cereal packet or other scrap card
 - If you don't have a printer you can draw your own monkeys (or any other animal!) onto card
- Colours, scissors, pipe cleaners

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**WOLVERHAMPTON
ARTS & CULTURE**

1. Poke out the holes with a sharp pencil, then colour in and cut out monkey.



2. Insert a pipe cleaner through the front of one arm hole, across the back of the body and out through the other arm hole.



3. Do the same with the legs (first and second holes from left), and use the third hole (right) to insert the tail (hook the end over to secure the pipe cleaner).



See the next page for some template little monkeys!

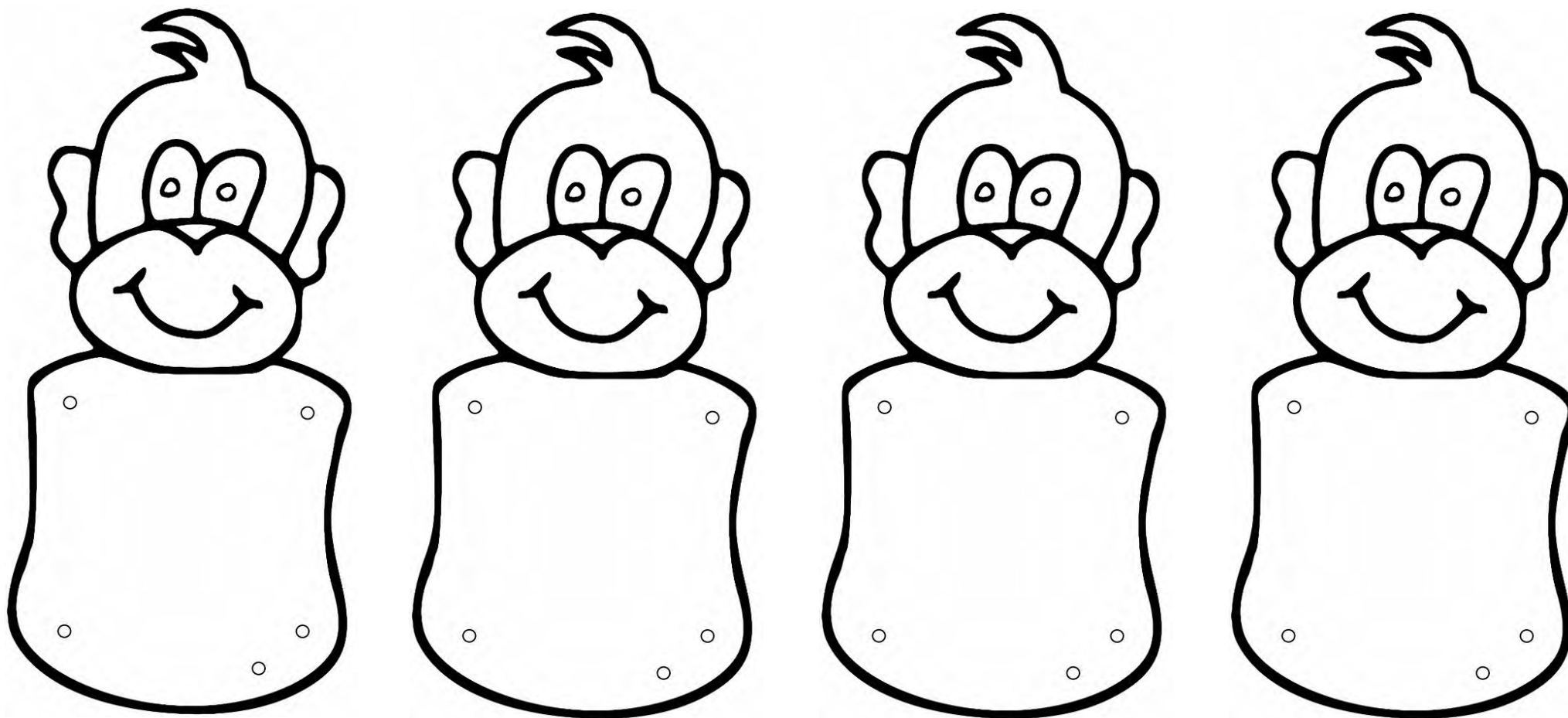


Celebration and Creative Activities

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Theme: Creative

Hanging Monkeys continued.....



Celebration and Creative Activities

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Theme: Creative

Make an Origami Star Decoration



You need 9 squares of paper, you can either use traditional origami paper or squares or any standard paper, just make sure they are properly square. You can follow along on our [Youtube tutorial](#) or follow the instructions below, and scroll down for a printable version of the instructions.

This is such a lovely decoration, you can use festive paper, themed paper, brights mixed with patterns to give different looks and themes, and you can use different size paper to make a garland or hanging of small and larger stars! Make sure you use all the same size for each individual garland.



1. Fold your Square in half to create a triangle



2. Unfold your triangle



3. Fold up the bottom right corner as shown above following the centre line



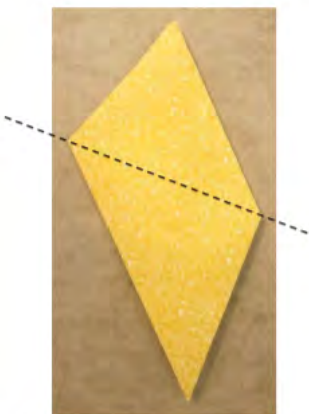
4. Fold down the top left corner as shown above following the central line. Try to make sure the folds go right to the corners to create a



5. Fold the top right point down as shown in the picture



6. Flip the shape over by taking hold of the bottom point so that the bottom is now at the top



7. Fold the top most point down at an angle along the line shown here



8. Your shape should now look like this



9. Flip your shape over so it looks like this. Now repeat steps 1-9 until you have 9 pieces like this

Celebration and Creative Activities

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Theme: Creative

Make an Origami Star Decoration continued....



10. Slightly unfold the top right flap



11. Slot one shape inside the other like this



12. The flap you unfolded should then fold back behind the new shape you added



13. Continue adding all 9 shapes in this way. You may have to wiggle them around a little to fit



14. You will end up with a lovely origami star like this



15. Flip it over to see how it looks on the other side and experiment with the size of your squares to create different sizes



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

