

# *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*

*Outdoor and Nature 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.

<b>Red</b>	Games Activities
<b>Orange</b>	Health and RSE Activities
<b>Yellow</b>	Move More Activities
<b>Green</b>	Outdoor and Nature Activities
<b>Blue</b>	Mental Wellbeing and Mindfulness Activities
<b>Indigo</b>	Personal Challenges and Competition Activities
<b>Violet</b>	Themed Celebration and Creative Activities

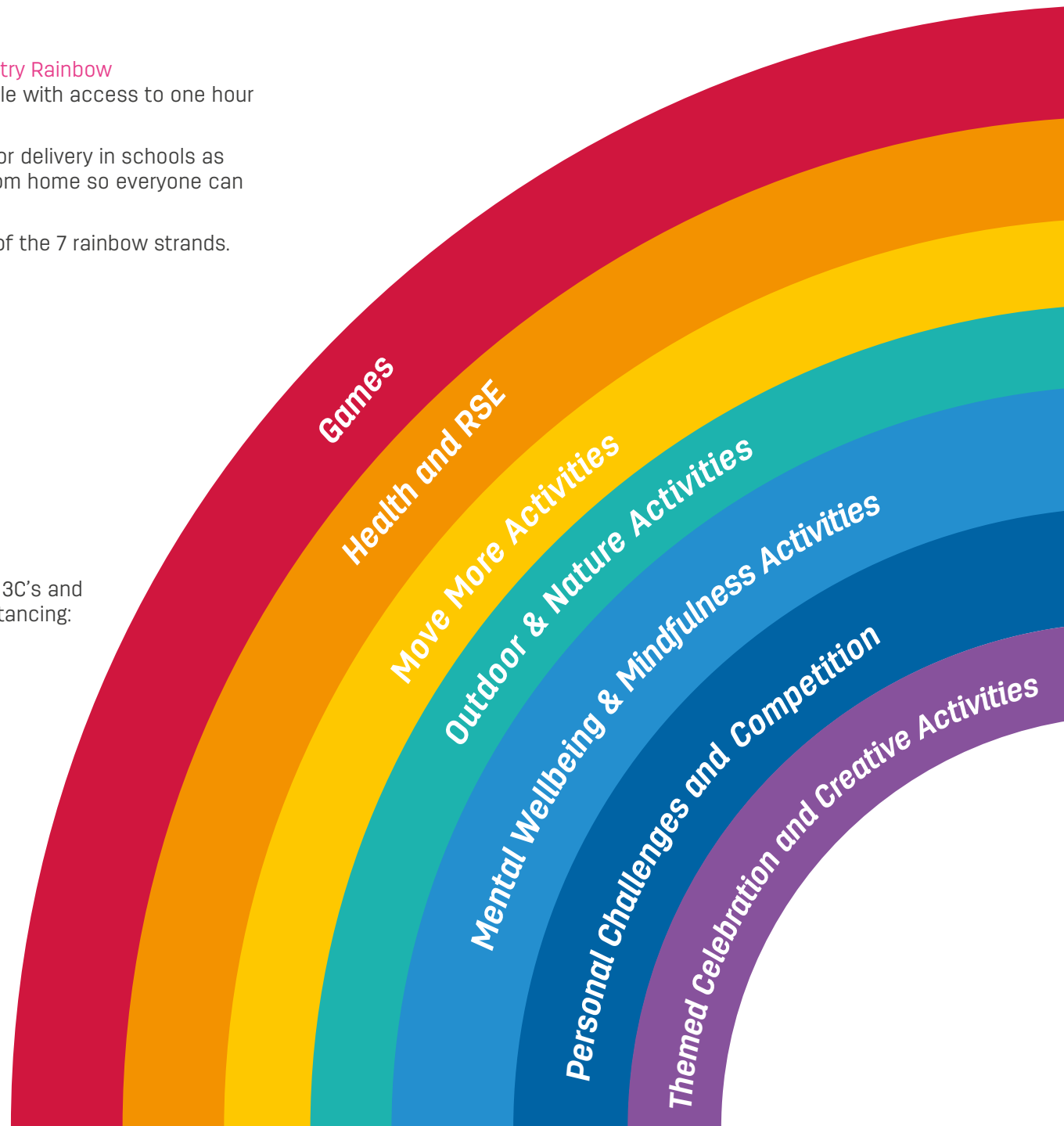
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

# Outdoor & Nature Activities

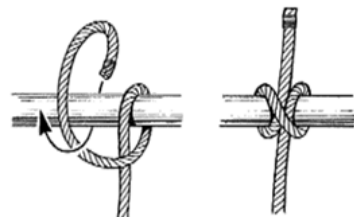
Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

## Can you Tie a Knot?

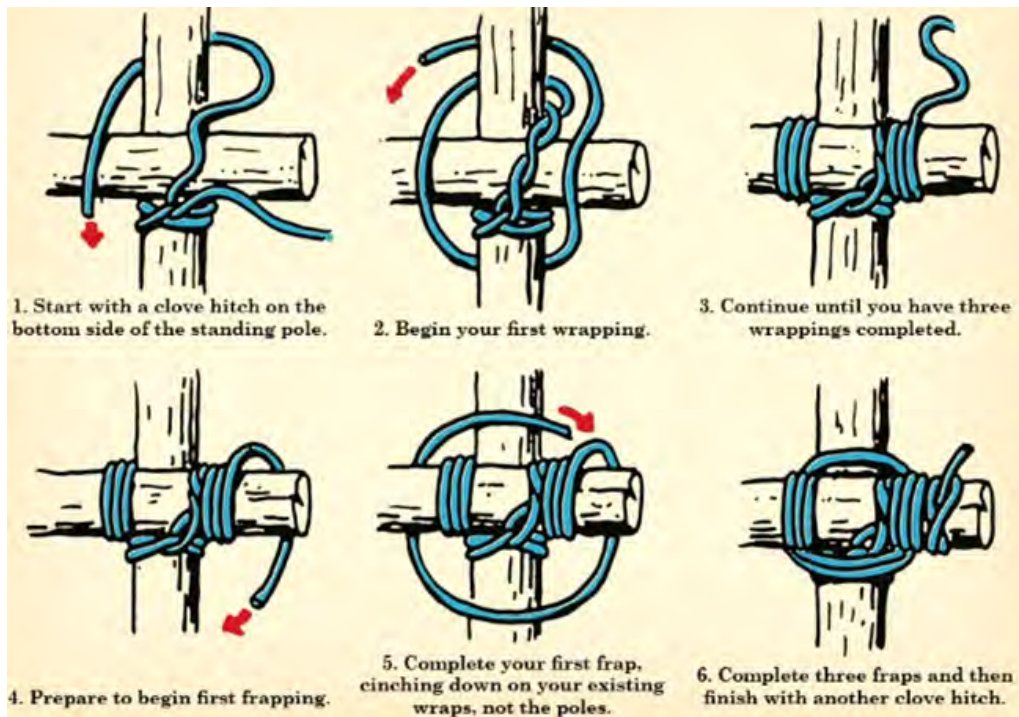
Collect a few sticks, tie a knot or two and see what you can do!

You will need: sticks, string and scissors

Can you make Stickman?  
Can you make a house for Stickman? Can you take Stickman on an adventure?



Clove Hitch



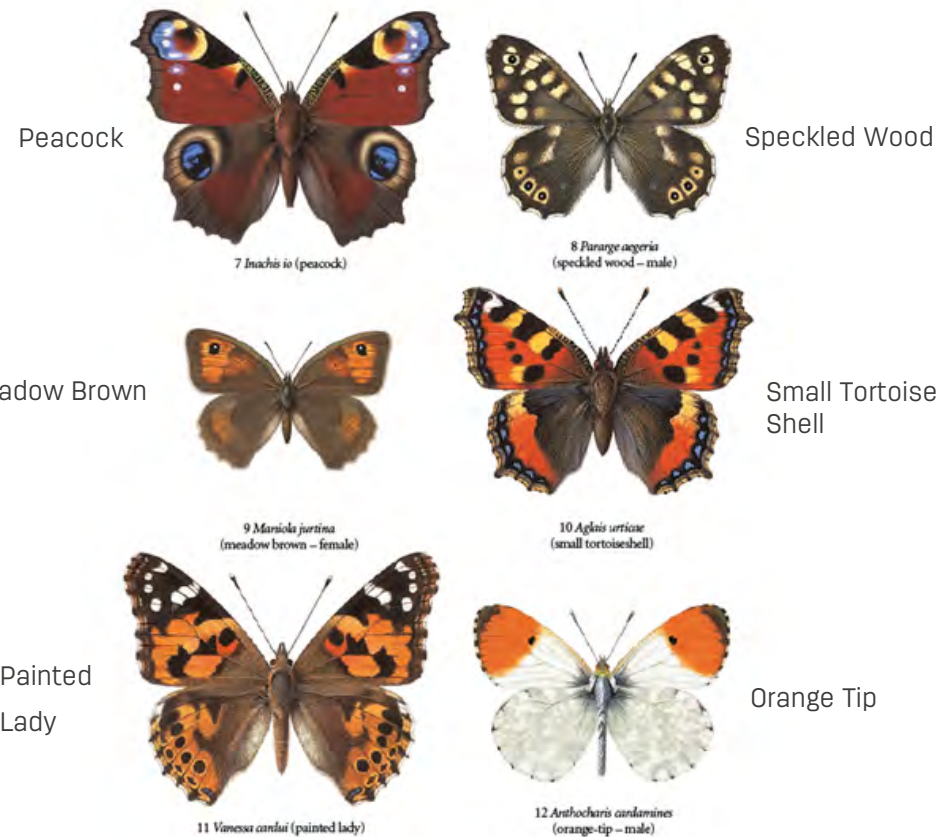
## Identifying Nature in your Area



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### Butterflies

Create a template and log what you find when you go searching around your school, House or local park! Can you find any of the below?



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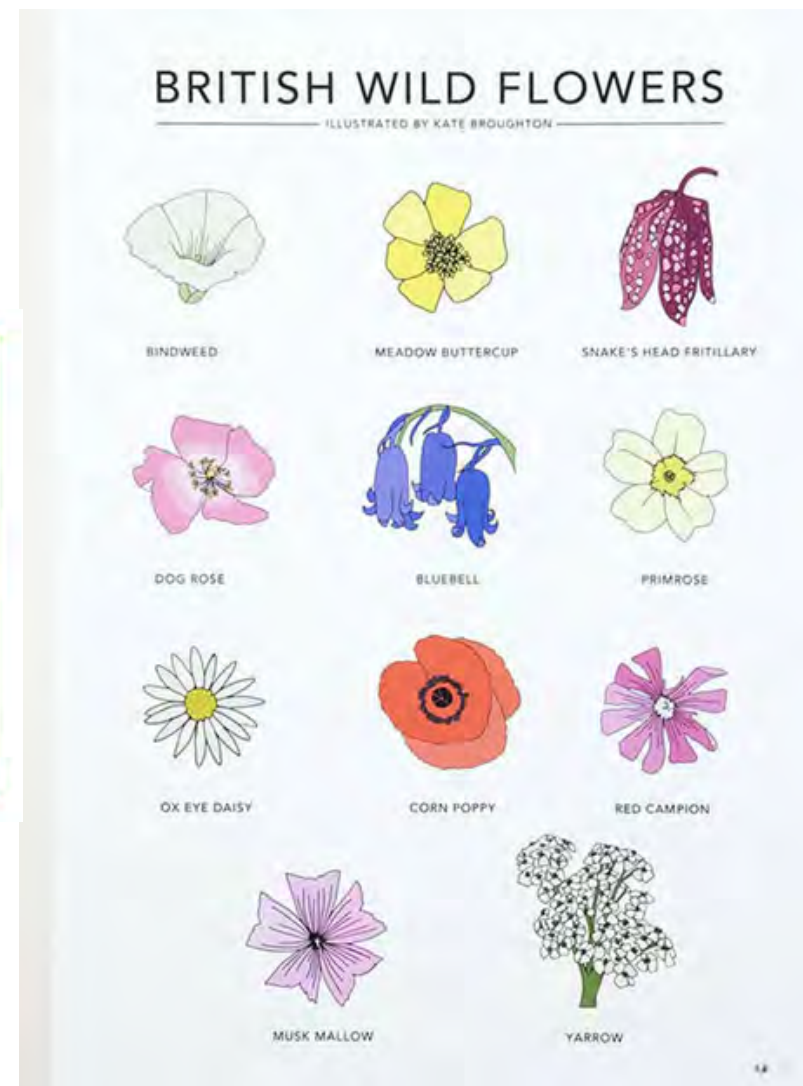
## Identifying Nature in your Area - Trees and Flowers



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Add to your template from the previous nature hunt or if you haven't completed one yet, create a template and log what you find when you go searching around your school, house or local park! Can you find any of these trees and wild flowers?



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## Identifying Nature in your Area

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



### Fruits and seeds ID

How many berries, nuts and seeds can you find?



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## Marathon Step Challenge

[www.pescholar.com/home-learning](http://www.pescholar.com/home-learning)

The average steps to complete a marathon is 63000! Can you complete one in a week or quicker?

- Using a step counter app or watch
- You need to complete at least 9000 per day
- Each day record your steps
- How quickly can you get to 63000?
- What is your total steps for the week?



	Number of Steps
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Total Steps	



## Build a Birds Nest



Who's the best architect in your household?

Outside birds are busy building nests ready to lay their eggs so why not challenge your kids to have a go too? Can they build a nest strong enough to hold a clutch of eggs and withstand the wind?

You'll need some basic materials you should be able to find in the garden. First hunt about for plenty of slender twigs. You'll need to weave them together to make a nest so the bendier the better! Once you have a basic nest shape you can plug the gaps with tufts of dried grass and fallen leaves.

How does it look? Test it out by putting some small stones or tree cones inside.

Can your nest take the weight without falling apart?





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## Make a Loo Roll Bird Feeder

This is messy fun kids will love to get stuck into. And it will help them learn about the birds in your neighbourhood.

You can make this simple feeder with items you probably already have at home:

- Smother a cardboard tube in peanut butter (no added salt and sugar versions are suitable for birds).
- Roll it in bird seed and thread some string through the hole.
- Tie it up in your garden where birds will feel safe eating.
- How many garden birds will you spot? Take a look at our blog to help you and your children identify them.



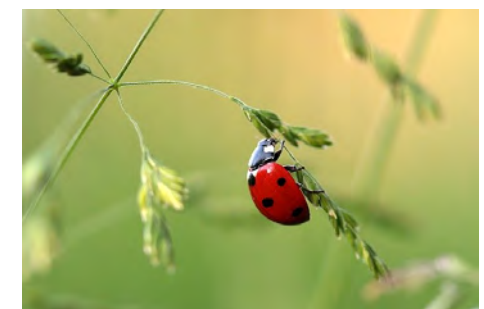
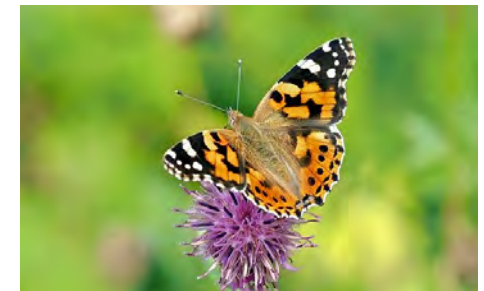
You could keep a running log of the birds you see visit your birdfeeder.

Credit: Andy Hayward / WTML

## Move like Minibeasts

This is a great way to get young children active and help them burn off some excess energy. You can do it outdoors or inside. Challenge your kids to:

- Lie on the ground and wriggle like a worm
- Flap their arms like a butterfly flutters its wings put their hands on the floor and scuttle about like a spider
- Do some giant leaps like a cricket
- Crawl on the floor then curl up into a ball like a woodlouse.



# Outdoor & Nature Activities

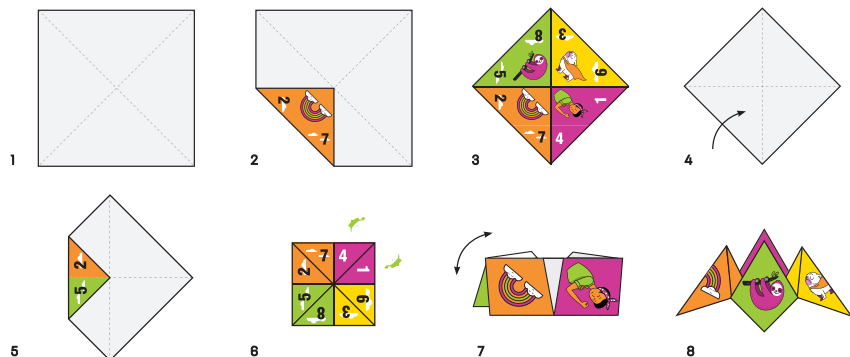
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## LIVING STREETS WALK RANDOMISER

### HOW TO MAKE YOUR WALK RANDOMISER

1. Print out the Walk Randomiser template.
2. Cut out the square template.
3. Follow the picture instructions below to fold and make your randomiser.



### HOW TO USE YOUR RANDOMISER

1. Pinch your fingers together in the pockets.
2. Pick a colour (or a picture) on the outside and spell it out, opening and closing the jaws of the randomiser for each letter, e.g. P-I-N-K or D-O-G.
3. Look inside. Choose a number. Use the number to open and close the jaws as you count.
4. Look inside again, choose a number and open the flap.
5. You now have a type and a focus for your walk.
6. You can either go with those two suggestions, or, if one doesn't float your boat, have another go to get a different suggestion until you are happy with your randomised walk.

Credit: Living Streets



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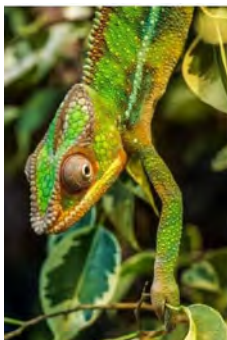
## Cunning Chameleon Camouflage

Did you know that chameleons can change their colour?

When animals are the same colour or pattern as the place they live, that's called camouflage. It can help animals avoid being spotted. Chameleons can even change their colour or pattern as they move from one place to another.

Let's play a camouflage game!

What colour are the clothes you are wearing? Where do they blend in best in the house? Do you have a jumper, hoodie or dressing gown that lets you blend in elsewhere? How many different ones would you need to wear to get from your bedroom to your kitchen?



## Tree Bark Crafts - Bark Rubbings

Bark can be beautiful, which makes it a great choice for making natural crafts. We've brought together some of our favourite bark activities for your family to try on your woodland adventures. So get stuck into bark rubbings, boats and collages.

Please don't strip bark directly off trees as it could harm them. Look for pieces that have fallen naturally to the ground instead.

Kids will love exploring the patterns and textures of bark with this tactile activity. Simply take some crayons and paper on your next trip to the woods.

Choose a bumpy tree with interesting bark. Place the paper against the trunk and rub the crayon over the paper to make a print of the bark pattern.

Encourage your children to experiment with different trees, then take a look at the bark rubbings to see how they compare.



Credit:  
Dan Lee / WTML

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How many patterns of bark can you find and make a rubbing of?

# Outdoor & Nature Activities



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## 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**

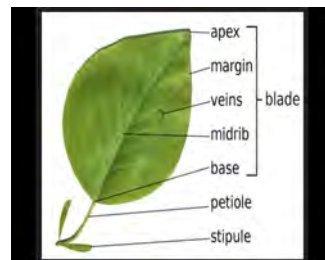
**Name tag** *Scribe initials onto a tiny rock*

**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](http://www.arena-schools.co.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 slippy underfoot.
- Make sure any equipment used is not too heavy or too large for children.
- Ask children to wear appropriate clothing and footwear for the activity
- Tie back long hair
- Remove any jewellery
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do.

afPE Statement for Schools Jan 2021

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

For more information please refer to [DFE Guidance for schools](#).

For further details regarding the Rainbow Hour campaign please visit [blackcountryrainbowhour.co.uk](http://blackcountryrainbowhour.co.uk)

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

**#BlackCountryRainbowHour**  
[blackcountryrainbowhour.co.uk](http://blackcountryrainbowhour.co.uk)

Co-ordinated, developed and supported by:



Walsall Council



CITY OF WOLVERHAMPTON COUNCIL