

# 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*

*Edition 2 - 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

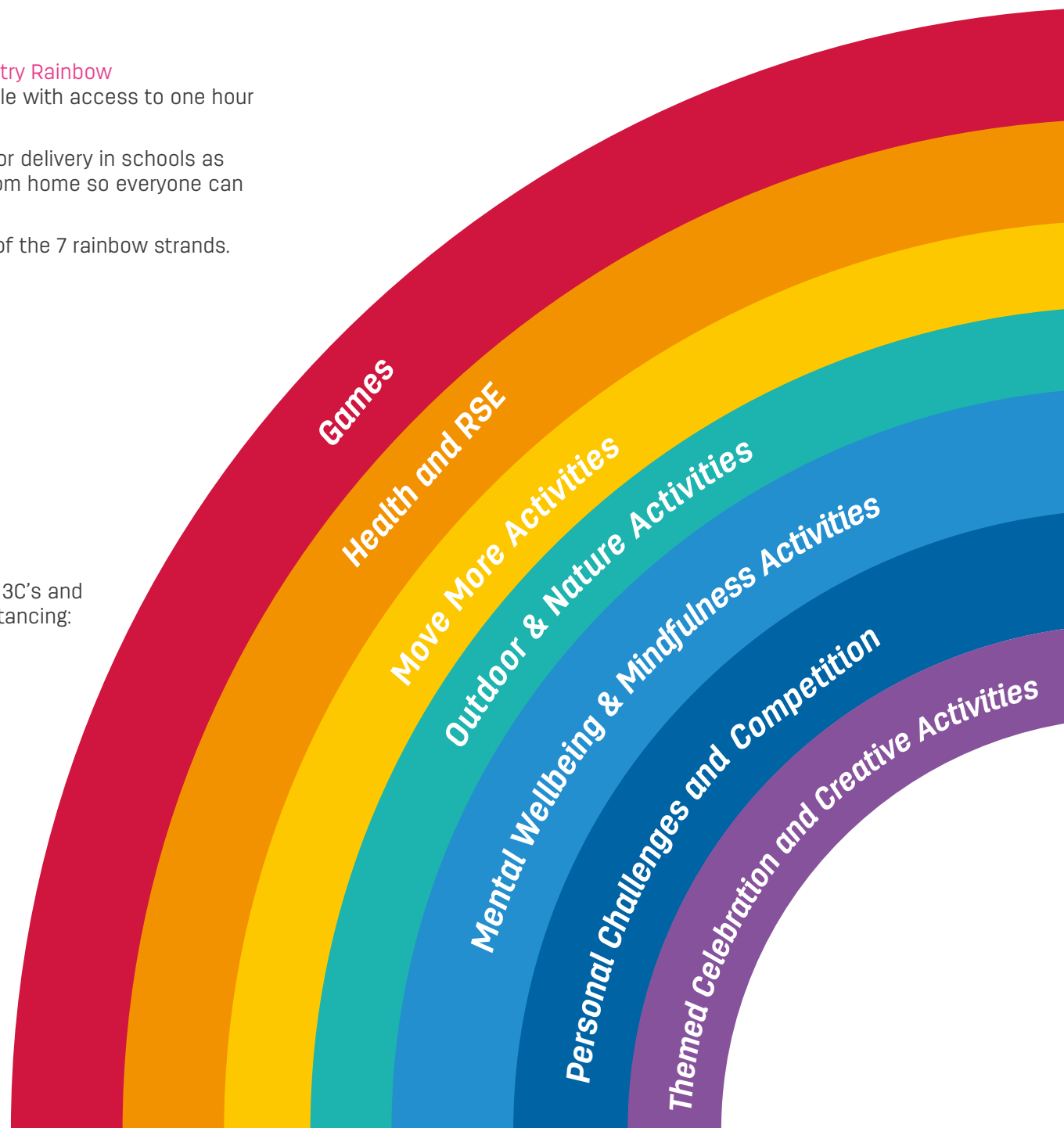
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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.

## 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.

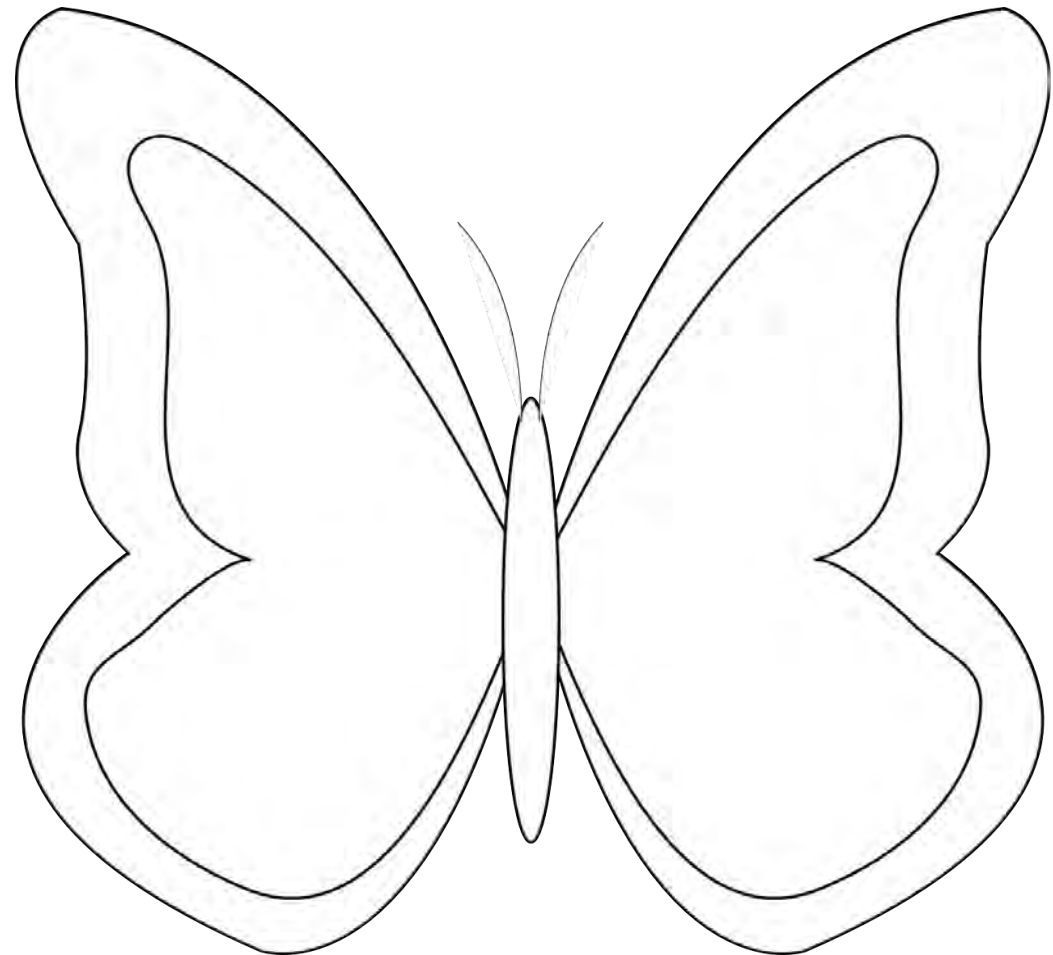
Spray with water twice a day and leave in a place with direct sunlight.



## Style your own Butterfly



Use brightly coloured crayons to style your own butterfly!



# 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](http://www.wildaboutgardens.org.uk)

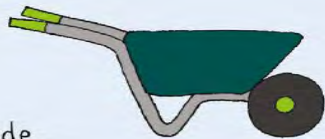


## Build a beetle bank



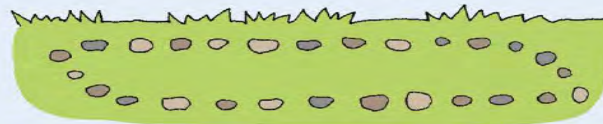
### You will need

- 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.

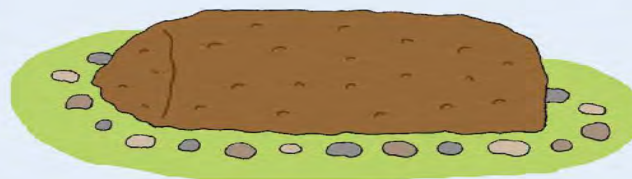
- 1 Pick a sunny spot for your beetle bank (ideally around 1m long) and mark it out with straight or curved lines using stones or a garden hose.



- 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](http://www.wildaboutgardens.org.uk)

## Beetle spotting sheet











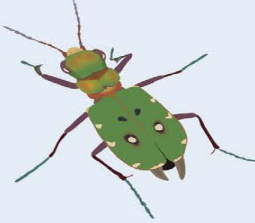

 Male		 Male		 Male
<input type="checkbox"/> Rhinoceros beetle	<input type="checkbox"/> Lily beetle*	<input type="checkbox"/> Stag beetle	<input type="checkbox"/> Cockchafer	<input type="checkbox"/> Thick-legged flower beetle
				
<input type="checkbox"/> Rose chafer	<input type="checkbox"/> Devil's coach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

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2021

\*not native to the 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.

## Making a Walk Sensory



**Sensory walks** help individuals to engage with nature, so that they can use their senses to connect with their surroundings, have meaningful experiences and be active. The walks are designed for people with complex disabilities, but can be enjoyed by anyone.

### Bark rubbings

- Take a mixture of crayons, pastels, pencils or pens and some small sheets of paper.
- Put the paper onto the bark of the tree and colour over the top with the crayons, pastels, pencils or pens. You could try this on leaves or any other surface too.
- When someone has finished, you could support them to bind them together, or make a collage of their rubbings.



### Nature paintbrush

- All you will need to take with you are some elastic bands.
- Find a small stick to use as the paint brush handle, and a material to act as a brush. This might be grass, flowers or leaves.
- Use the elastic band to keep these attached to the stick.
- When this is finished, try painting with the different types of paintbrushes created.



Tel: 0300 330 9256 (voice)  
Text: 0300 330 9256  
Fax: 0300 330 9251  
Email: [info@sense.org.uk](mailto:info@sense.org.uk)  
Website: [www.sense.org.uk](http://www.sense.org.uk)

### Journey stick

- You will need a stick and some string/tape for this activity.
- As they go along on their walk people can gather any items that have interested them.

Wrap the string around an individual item and the stick to hold them together.

- By the end of the walk individuals will have a range of items to remind them of the walk.
- As the stick is moved around it may make different sounds.



### Sensory nature hunt

- Before you leave, create a list of things to look out for that engage different senses.
- As people notice them on your walk, they can tick them off their list.
- This may include different types of trees, the smell of flowers, bugs, birds singing or soft leaves.



# 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.

## Alphabet Walk



### Alphabet walk



**Play:** Outside



**How to play:**

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', then the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'

## Garden Xylophone - Outdoor Music Activity



Kids can make music outside with this recycled jar xylophone activity! Save empty glass food jars or buy a few inexpensive jars from a craft store; we used a mix of both for our garden xylophone.

**Supplies:**

- Empty glass jars. You could use different sizes but you can use jars of the same size for this too.
- Dirt, grass, rocks, water, mud or anything else kids can find outdoors to fill their jars
- Two sticks or two spoons

**Directions for making a Xylophone out of Glass Jars:**

- Wash and dry jars
- Set the jars on a flat surface outside and fill them with different objects found around the yard. You could fill them with leaves, rocks, mud, dirt, grass and water.
- If your jars are all the same size fill them with different amounts of objects from the yard. This will change the sound for each jar.
- Once the jars are filled you can use sticks or spoons to play the xylophone while the jars are sitting upright. You can also set them in a pile of loose dirt on their sides and leave them in your garden for kids to play music and refill each time they play outside!

Kids can experiment with the jars to see which objects cause a sound for the jar. A jar full of mud will have a lower tone than a jar with leaves.

**What kinds of sounds will you create with your garden xylophone?**



the  
moments  
at home

## 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

