

Rainbow Hour Tracker | Silver Award

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 Challenge and Competition Activities

Violet: Themed Celebration and Creative Activities

Black Country Rainbow

The Goal



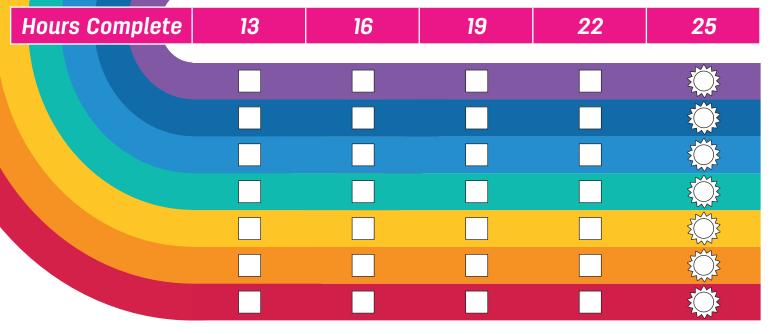
Now you've completed 10 hours, can you complete a total of 25 hours of activity for each of the 7 colours?

Instructions

Put a tick in the box on your tracker every time you do 3 hours of activity for any of the colours. When you reach the sun and achieve 25 hours for every colour, your tracker is complete and you will get a Silver badge!

Submit your completed tracker at: www.blackcountryrainbowhour.co.uk

School Name: Child's Name: Teacher Sign Off:





Children are now also able to earn Children's University stamps as part of the programme. For every Rainbow Hour you complete, you can also receive a stamp towards your next Children's University certificate. Show your Rainbow Hour tracker as evidence to your teacher and they will give you a code for your hours.

#BlackCountryRainbowHour