

Rainbow Hour Tracker | Silver Award



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

Hours Complete	13	16	19	22	25
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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