

# 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.*

*Special Edition: October Half Term 2020*



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.

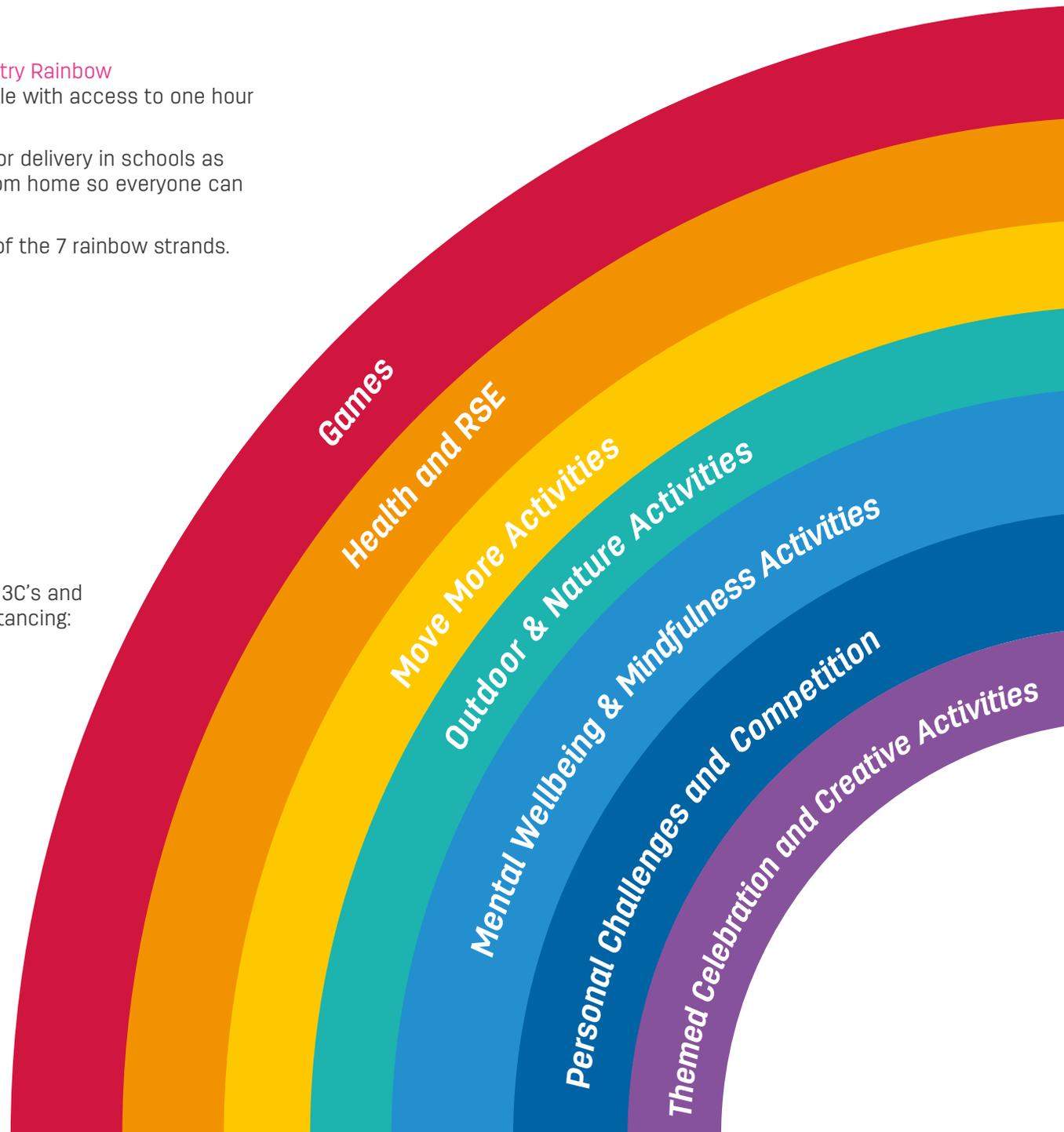
## Who is the Rainbow Booklet for?

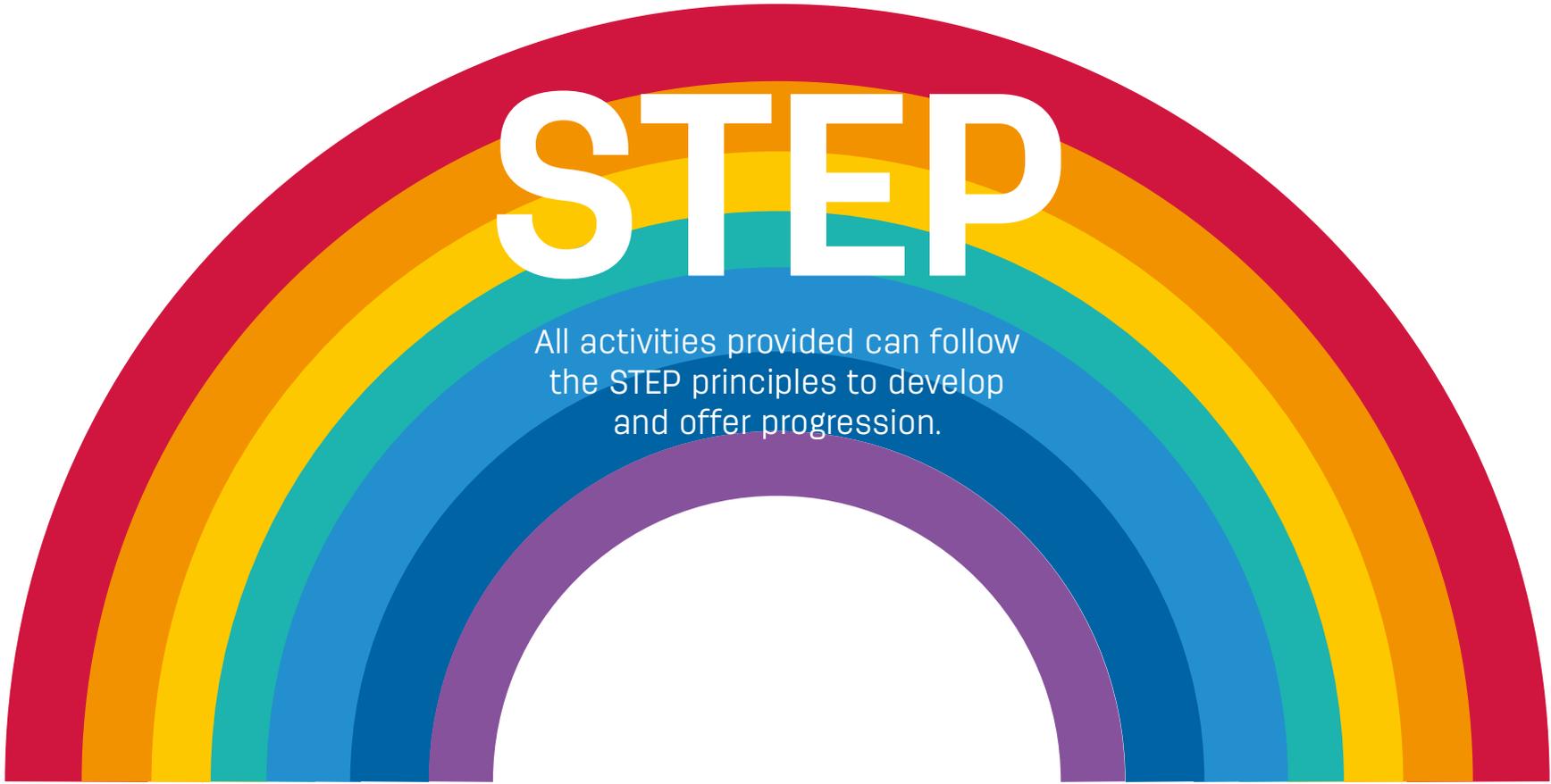
**For schools:** To help plan your delivery of the Rainbow Hour each day or to share, either electronically or as a printed pack, with parents to share at home.

**For Parents:** The pack is designed to make sure your household can experience your schools' Rainbow Hour everyday too!

## Where can Rainbow Hour activities be done?

This booklet has been designed so all activities can be done safely at school or at home.





# 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.

## Wild Walk Week - 24th to 31st October

The Wildlife Trust for  
**Birmingham &  
Black Country**



### Put your best foot forward for Wild Walk Week!

Polish your boots, pack a flask of hot soup and set off on a satisfying self-led walk.

Relax, breathe and see how many autumnal sights you can spot during October half term.

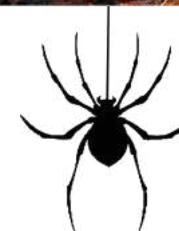
There'll be puddles to splash in, wildlife to befriend, open green spaces to explore and forgotten beauty spots to rediscover!

Whether you make it a puddle-splashing welly walk, a fancy-dress walk or a wildlife watching walk - have fun and help us to protect wild spaces in Dudley, Sandwell, Walsall and Wolverhampton.

And as it's the Wildlife Trust's 40th anniversary you could raise £40 in sponsorship, explore 40 new sites in a week, spot 40 species on your walk or even take on a 40km in a day challenge?

Find out more here and start planning with their suggested routes.

Where can I walk?



[Click here for Dudley parks](#)



[Click here for Sandwell parks](#)



[Click here for Walsall parks](#)



[Click here for Wolverhampton parks](#)



# 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.

## Wild Walk Week - 24th to 31st October continued

The Wildlife Trust for  
**Birmingham &  
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### What do I need to do?

- Set up your fundraising page on JustGiving using **this form**;
- Decide on your goal: this could be anything you like e.g. steps per day or kilometres travelled. You can check out some wildlife-themed suggestions below;
- Download the resources within your welcome email from us;
- Share your JustGiving page with your friends and family, asking them to sponsor you;
- Keep us up to date with your progress by tagging using #BigWildWalk on your social media posts!



# Outdoor & Nature Activities

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## Art is all around you

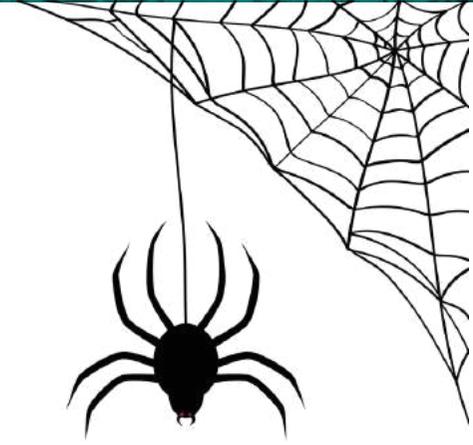
*Credit: Emma Kilvert*

The environment around you is changing all the time.

Have you noticed what is happening now?

As autumn approaches look outside and see what is changing.

- Find a tree or an area that you can see often. Your garden is perfect.
- Look carefully from a distance and close up too.
- What can you see, smell and hear? You can keep a journal for this if you want or take a photo.
- Do this about once a week – what has changed? Why? How? What will happen next?
- Can you see animals, insects etc.?



Start to collect fallen items from around the space you are looking at. If you can, go to an open space like a park.

What did you collect? Are they different colours? Are they different next week/month?

What can you make with these objects?



### Creative Challenges:

- Create some leaf bugs
- Make a nature colour palette
- Make a picture using different natural objects
- What can you make with some leaf prints and rubbings?
- Make a colour wheel and find things in nature to go in each colour selection
- Using play doh or clay can you make conker or acorn snails

What else can you make using all these wonderful treasures?

1. Create a nature trail and take photos or write clues to find different natural objects.
2. Create a scavenger hunt. Can you find 5 objects with a curved side? Can you find a leaf and a stick the same length? Can you find things that are every colour of the rainbow.



When you have finished with all the natural items you have found, you could put them in a space in your garden and make a bug house. Share your creations on social media using **#BlackCountryRainbowHour**

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## Autumn Night Detective

**Stage one:** Go for an early evening walk with your Parent/Carer!

Get your warm clothes on, pack a torch and some collecting bags and make sure your adult has a camera phone! Along the way, take pictures of as many different trees as you can. (Get pictures of flowers, animals and insects too if you can spot any!) Use your torch to spot acorns, pinecones, conkers, leaves, berries and twigs under trees. Collect loads of them in your bag but don't eat the berries! At home, lay them out somewhere where they can dry. You will need lots if you want to have a go at the arts and crafts activities in the following stages.

**Stage 2:** Research your harvest! When you get home and your collection has dried, complete the following tasks

**Name That Tree** - Look at the pictures you have taken, can you identify the names of your trees and what they are just from the shapes? You could have a competition with someone to see who can name them first!

**What Leaf am I?** - Collect lots of different leaves. When you get home can you find out which trees they come from? You could have a competition with someone again!

**Whats in the box?** - Place something you have collected in a little box and challenge someone to guess what is in there by asking you Yes/No questions



Wild Tribe Outdoor Learning



Acorns and Pinecones

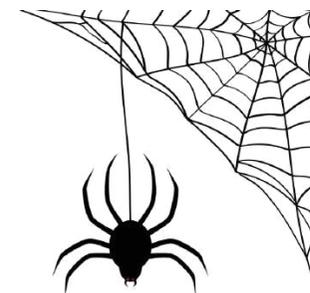


**Stage 3. Some Things to have a go at making!**

Don't let anything go to waste! Have a go at the following crafts.

You will need: Paper, Glue, Plasticine/BluTak, Something to make holes (get an adult to help with this)

Leaf and Twig Pictures



# 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.

## Walking Halloweengo Challenge

Many young people will miss their Halloween Trick or Treat evening BUT we can ensure it happens in a safe and fun way for all!

At the start of lock-down we encouraged our children and families to decorate their windows and gardens to create a colourful rainbow display and have a fun time crafting, creating and decorating for the whole neighbourhood to see, while also celebrating the work of the NHS and spreading hope and positivity across the City.

With so many children disappointed that Trick or Treating won't be possible this year, we thought it would be a great idea to develop a new Halloween activity that combines art, crafts, dressing up, physical activity and community fun!

By colouring and displaying the pictures attached with this poster, your children can be part of a city wide Walking Halloweengo (Halloween Bingo!) Challenge!

There are 6 pictures included, so in the spirit of Bingo, don't display them all.

To take part in the Trick or Treat element, children will go on a walk around their local neighbourhood (with their parents!) and mark off as many of the pictures as they can.

Additionally, they can count as many of each picture they see as they go along. Then they can compare with their friend how many they have seen back in class! If in local areas – families/shops/schools/windows display the following decorated pictures our young people could complete the Halloween Bingo sheet and when they have completed the sheet – families/carers can TREAT the children for successfully spotting all of the decorations on their bingo card!

For this to work communities need to display the pictures for the children to complete the bingo sheet.

At the heart of every community is a school, a school that can reach out to their families and support them in this mission to bring back FUN to children.

To take part... Really simple:

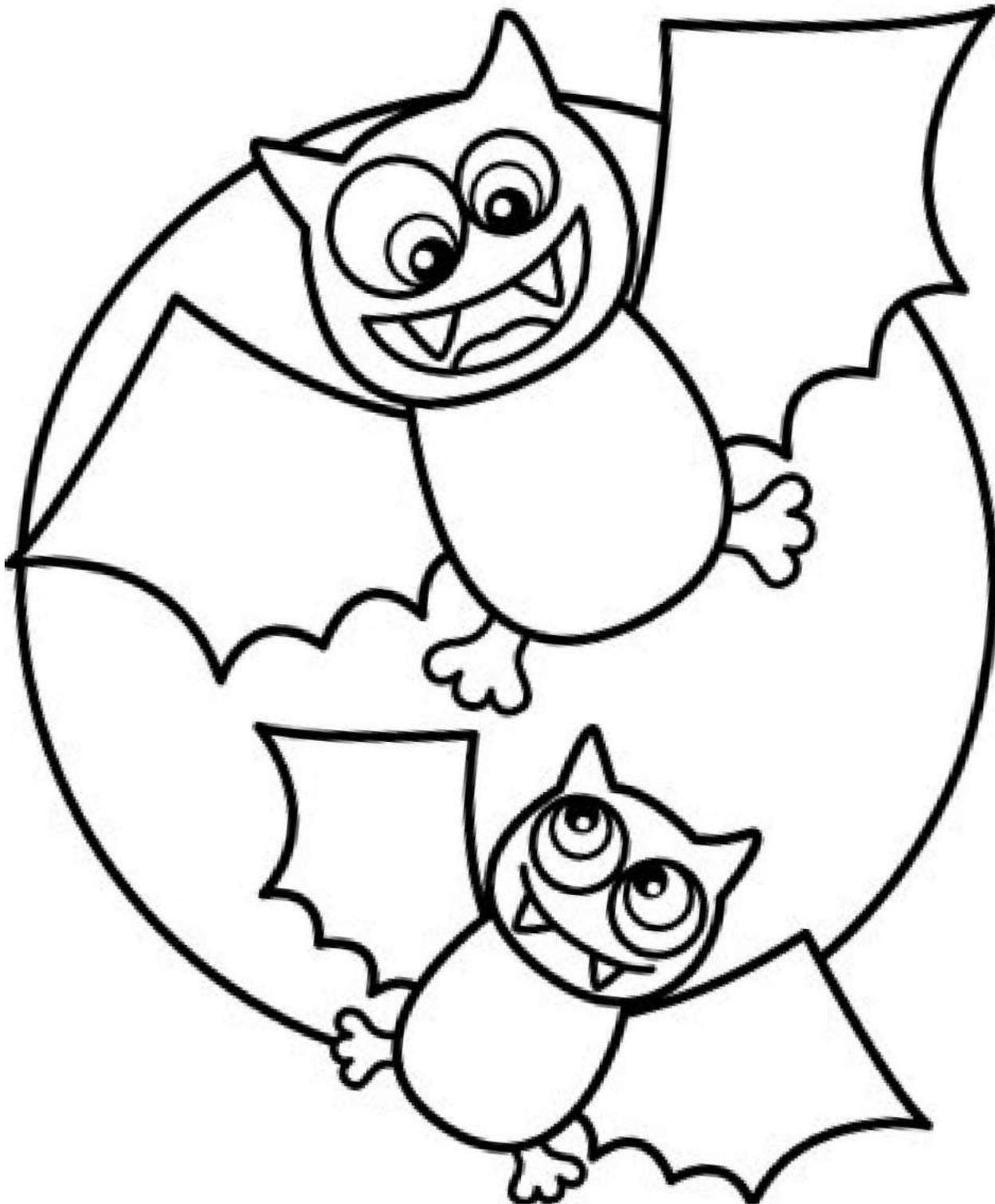
- Attached on the next few pages is a Halloween BINGO sheet and 6 Halloween pictures
- Challenge your families that during the week of Half Term they decorate and display some of the pictures in their window for children to see – or place them at the end of the drive/entrance
- Remind the families/groups to walk around as a group (no more than 6) and NOT on their own- this can be done in daylight
- Invite them to send photos of their decorated pictures to you so you can show on your website and social media
- Let the children dress up and send photos of their scariness on your social media and send to us too
- If they complete the BINGO sheet – a TREAT!!
- You could do this within school- create a Halloween hunt to get the children aware of the programme and how they complete it at home

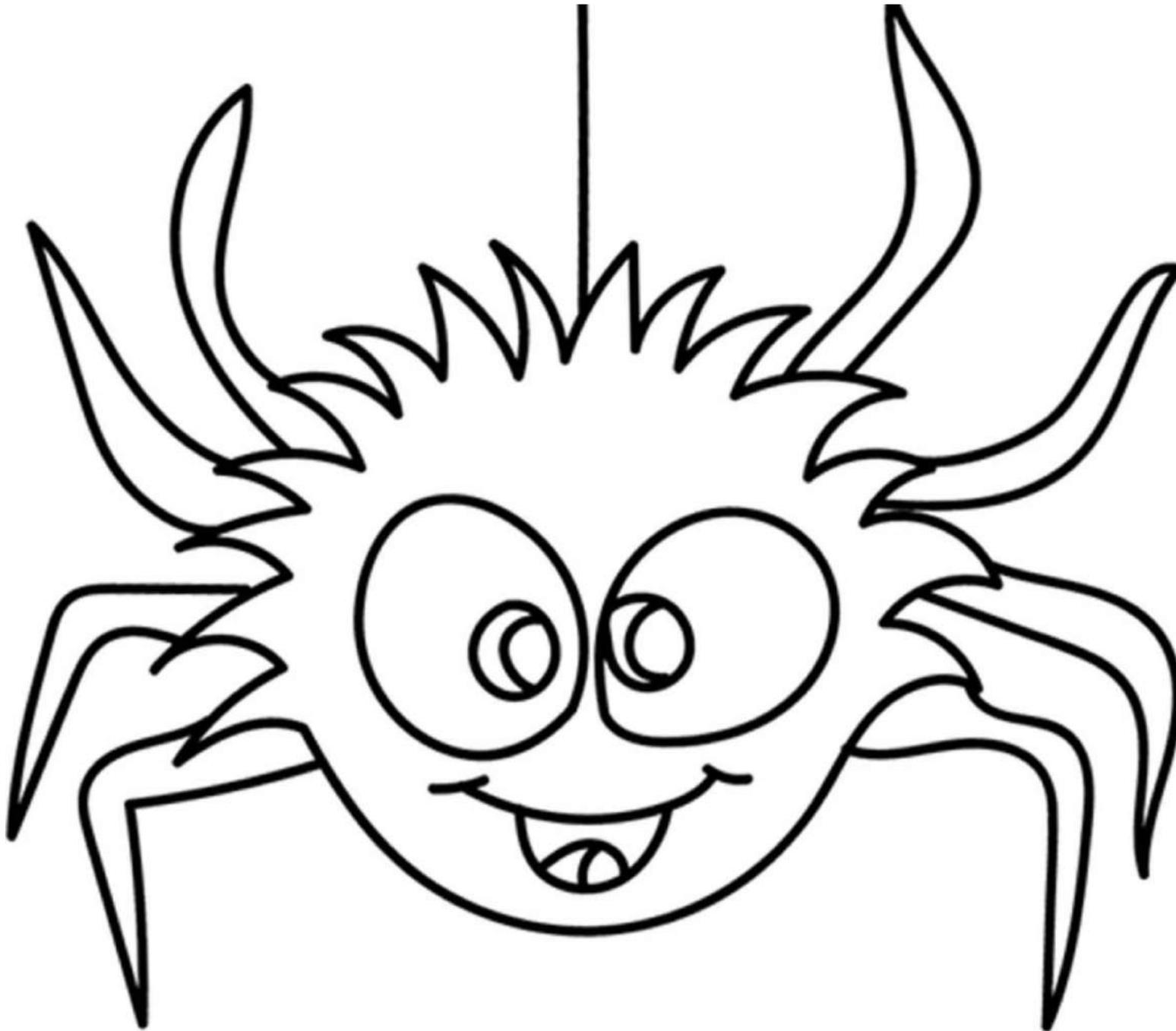
Above all... HAVE FUN!! Celebrate your great work and share with us all!  
Please share your picture on social media using **#BlackCountryRainbowHour**

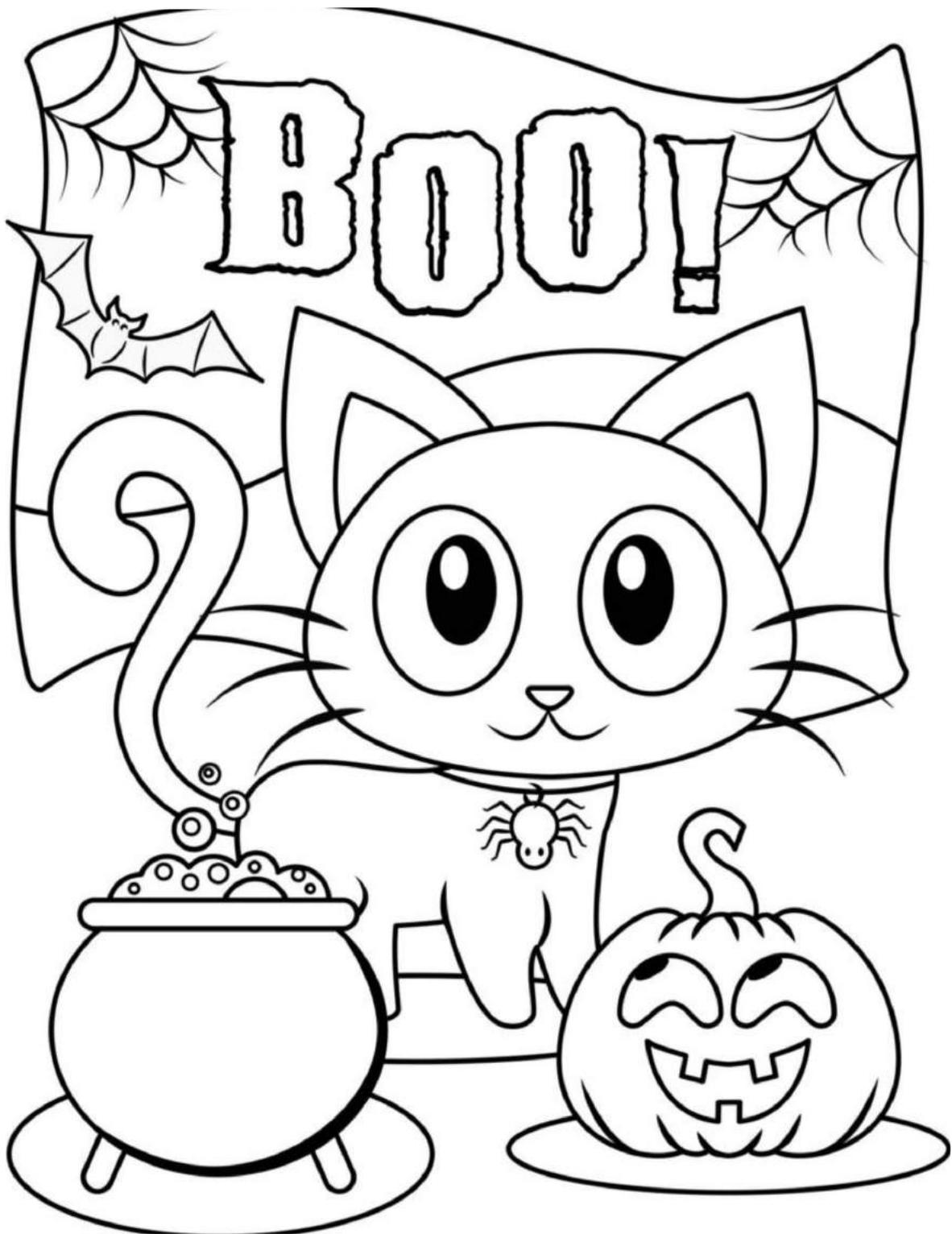
*#BlackCountryRainbowHour*



*blackcountryrainbowhour.co.uk*









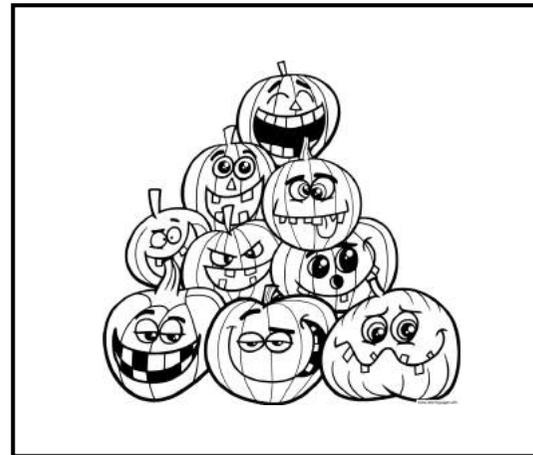
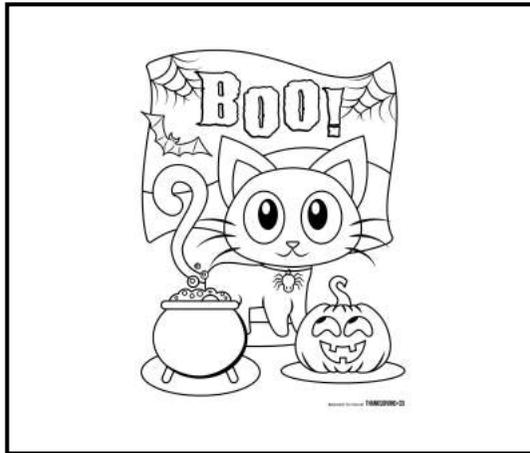
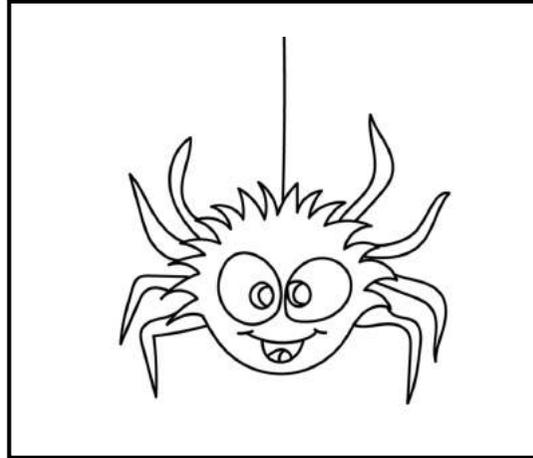
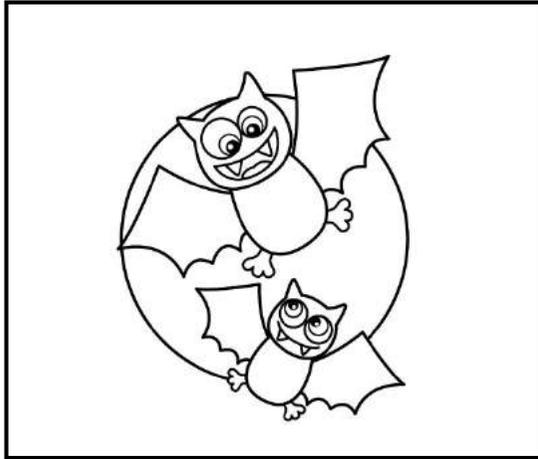


Happy  
Halloween!



# 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.



Name: \_\_\_\_\_

Class: \_\_\_\_\_



# Celebration and Creative Activities

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## Guy Fawkes Street Parade

Many young people will miss their Bonfire evening through COVID 19 BUT we can ensure it happens in a safe and perhaps more fun way.

Remember when our children and adults designed a rainbow for the window to show our support for the NHS/Carers – many people walked around their local area to spot the rainbow designs. Some created rainbow rocks and again children and adults walked around their area to spot the rainbow rocks.

If in local areas – families/shops/schools designed/made and displayed a Guy Fawkes, young people in the area could walk around in their family bubble -select their favourite and have their photograph taken in front of Guy.

At the heart of every community is a school, a school that can reach out to their families and support them in this mission to bring back FUN to children.

Really simple:

- During half term find out your old clothes to stuff your Guy Fawkes
- Create a Guy Fawkes that makes you laugh or is taking part in Sport. Maybe a celebrity, or your favourite teacher!!
- Challenge your families that during the week of Half Term they go for a walk and spot the best Guy Fawkes.
- Remind the families/groups to walk around as a group (no more than 6) and NOT on their own- this can be done in daylight. Please ensure that all groups adhere to Government COVID-19 guidelines.
- Invite them to send photos to you so you can show on your website
- Very similar to the village Scarecrow competition but around November 5th
- You could do this within school- create a Guy Fawkes photo trail
- You could do both
- Create a Bonfire picnic to have when you get back
- Try apple bobbing, make a bonfire Piñata
- Bring back the FUN

Make sure you send us pictures of all your activity on your social media using **#BlackCountryRainbowHour**



## 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.

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.

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