

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 - Celebration and Creative 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.

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 Challenges and Competition Activities
Violet	Themed Celebration and Creative Activities

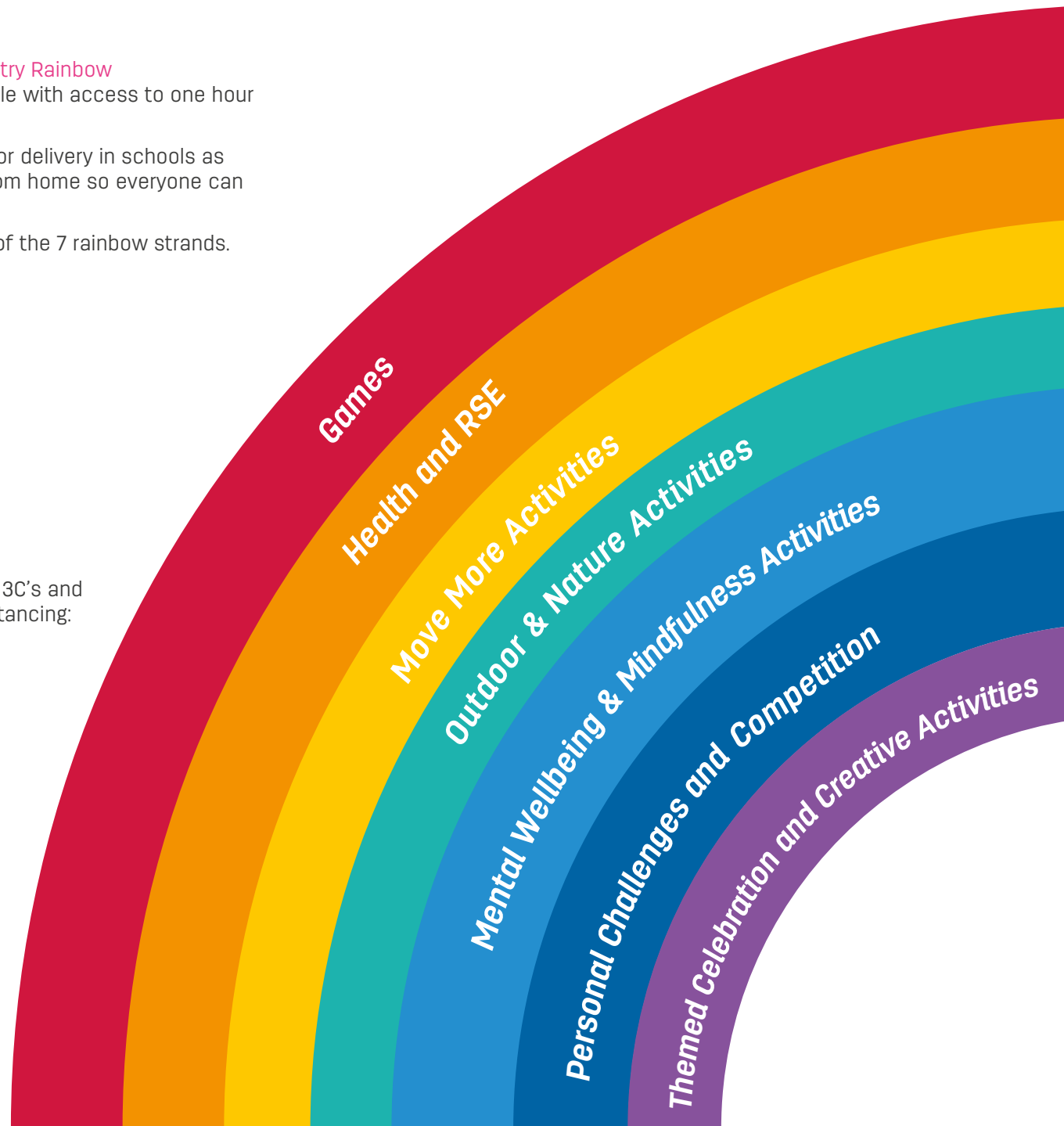
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

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.

Leaf Printing

A fantastic way to combine exercise with art!

- Collect different types of fallen leaves from your local park. You can even be experimental & collect some sticks or flower petals.
- Make sure your leaves are clean & dry. Lightly brush some brightly coloured paint over your chosen leaves.
- With little force, press your leaves onto clear paper & watch the magic unfold as you gently peel it back



Marbling



What you'll need:

- Vegetable oil
- Food colouring
- White Card
- Droppers (optional)
- Large tub or deep tray

Marbling Method:

1. Pour a small amount of vegetable oil into a dish and add food colouring.
2. Stir vigorously with a fork so the big drops of colour are dispersed throughout the oil as smaller droplets.
3. Repeat with as many colors as you want to use.
4. Pour about an inch of water in a large tub or deep tray. Use a dropper or spoon to transfer the colour mixture to the dish of water. Use one color or many.
5. Lay your paper on top of the water.

Watch the magic happen!



Credit:



THE PE AND SCHOOL
SPORTS NETWORK

www.lpessn.org.uk

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How to Make a Dotted Tree Painting

To make this painting, you will need:

- Either a piece of paper/card to paint on or a small canvas
- A variety of Acrylic paints (including green, light blue and brown)
- A paintbrush and some water to clean it with
- A paint palette
- A paper towel

To create the dots on the tree you will need a range of circle shaped items such as circle sponges on sticks, cotton buds, a cork bottle top or anything else you have on hand.

Follow along on the Youtube tutorial [here](#).

For a printable tree outline template, [click here](#)

For dotted tree painting examples [click here](#).

You could even try using this dotted painting technique to any drawing of your choice, the options are limitless!



Credit:



Guess the Sport and Football Teams



Guess the Sport!

_ _ _ N _ S
B _ _ _ I _ _ _ N
_ _ G _ Y
_ A _ _ _ T _ A _ _
L _ _ _ _ _ P
_ _ _ _ _ L L

Guess the Football Team!

_ O _ _ _ S
_ _ _ _ _ _ R _ I _ Y
A _ _ _ _ _ I _ _ A
B _ R _ _ _ _ A
_ _ V _ _ _ U S
_ N _ _ _ N D



Answers (no peeking):

Sport - Tennis, Badminton, Rugby, Basketball, Long Jump, Football
Team - Wolves, Manchester City, Aston Villa, Barcelona, Juventus, England

Celebration and Creative Activities

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Feel Good Friday Rosettes



Do you know someone who has walked more since lockdown? Or learned anew skill? Helped out at home? Or practiced their writing?

Let's celebrate what children everywhere have achieved over the last year, with this easy, nature-inspired rosette.

You will Need:

- Coloured paper
- Ruler
- Scissors
- Glue or double sided tape
- Coloured pens
- Leaves, petals, grasses or small sticks to decorate

Safety First

- Take care when measuring and cutting - ask, if you need help
- Always wash your hands after playing outside
- Be respectful of nature and wildlife - check the rules if you're not sure



Step 1

- Cut two lengths of paper, approximately 30cm x 5cm
- Make an accordion fold, about 1.5cm wide - watch a video!
- Stick them together at each end to form the rosette shape
- Attach a circle of card in the centre on both sides to hold it

Step 2

- Decide who you will award the rosette to. What have they achieved in the past year?
- Cut two ribbon shapes to attach to the back of the rosette
- Write a positive message on the ribbons, and stick them on

Step 3

- Collect petals, leaves, grasses or other natural materials
- Cut them into shapes and arrange them on the rosette
- Glue them in place
- Now you are ready to award your rosette!

More Ideas to Try

- Try using a shaped hole punch to cut leaf confetti
- Cut coloured petals into tiny pieces to make natural glitter
- Glue or tie small sticks together to make a star shape
- Make bows or garlands out of leaves and flowers



Courtesy of:

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.

How to Make a Ladybird



How to make a ladybird

wildlife
watch



You will need

- CD 
- Red wool 
- Googly eyes 
- Glue 
- Red and black paper 
- Pencil 
- Scissors 
- Ruler 

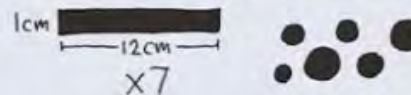
You can also make a buzzing bee, or a creeping spider!



- 1 Use the CD as a template to draw a circle on the red and black paper. Cut out both circles, then cut off the bottom two-thirds of the black circle.



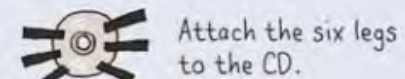
- 2 Cut out seven strips of black paper (six for legs and one for the body) and small circles for the ladybird's spots.



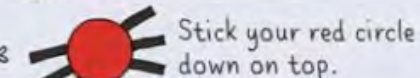
- 3 Thread the wool through the middle of the CD and tie it in a loop.



- 4 Now for the glueing - stick things down in the following order...



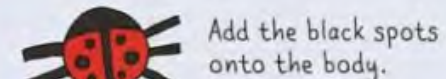
Attach the six legs to the CD.



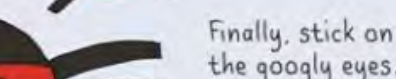
Stick your red circle down on top.



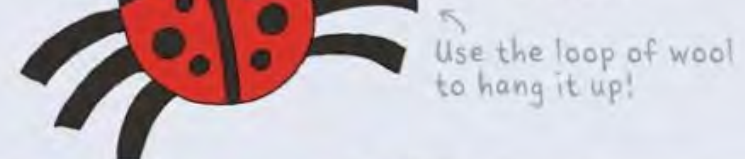
Glue your black strip down the centre, and then the black third of a circle to the top of the CD.



Add the black spots onto the body.



Finally, stick on the googly eyes.



Use the loop of wool to hang it up!

Credit:



**wildlife
watch**

www.wildlifewatch.org.uk/

www.wildlifewatch.org.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

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

#BlackCountryRainbowHour

blackcountryrainbowhour.co.uk

Co-ordinated, developed and supported by:



Walsall Council

CITY OF WOLVERHAMPTON COUNCIL

