

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

Health and RSE 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

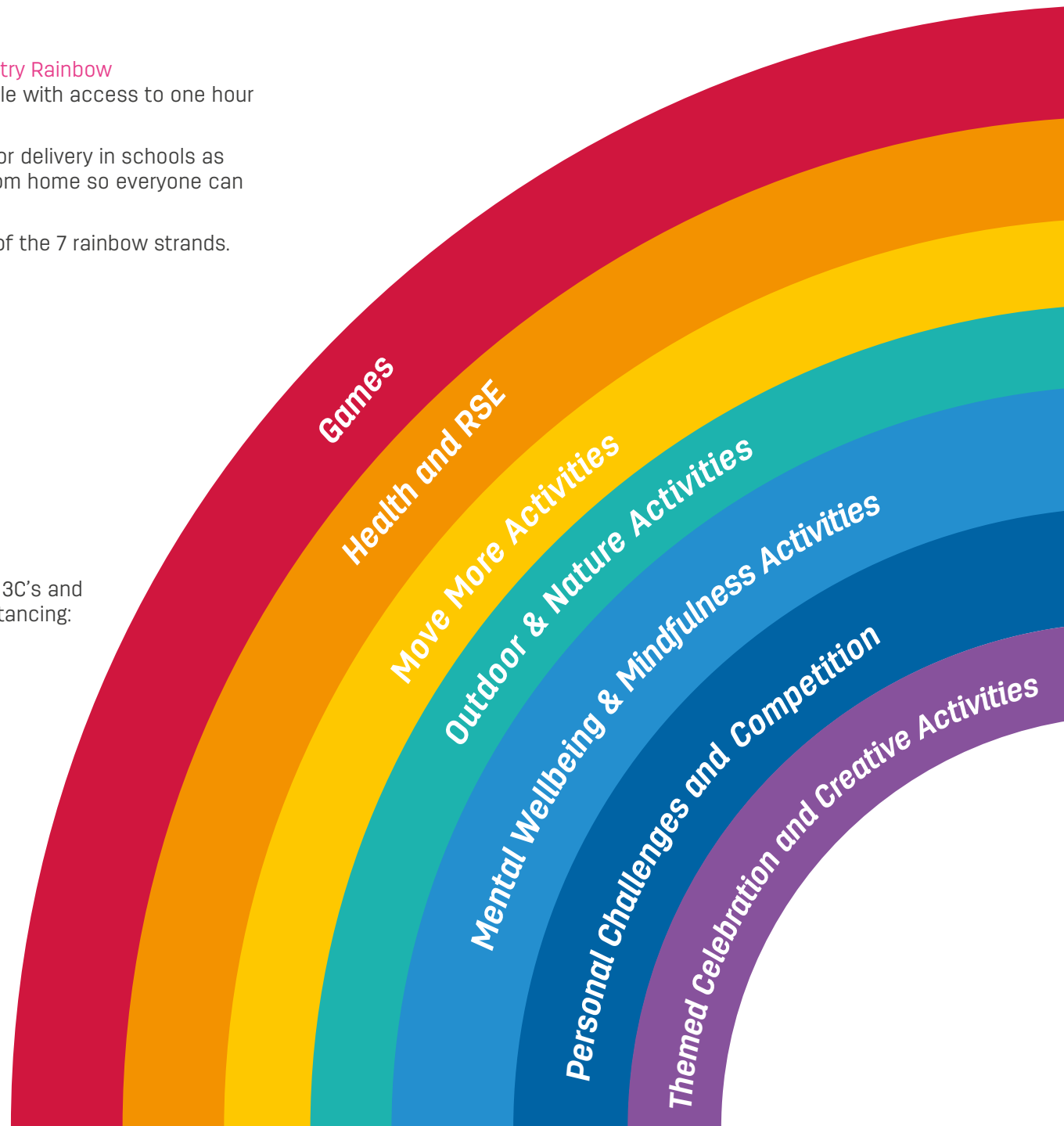
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

Health and RSE

A range of activities to support pupils relationship and health education.

Healthy Eating

Are you passionate about health and reducing sugar in your diet?

Why not create your own comic strip and share with your teacher explaining your ideas.

Here are some questions to help you.

Convince the people of Sugar Smart World to make healthier swaps!
Complete the comic strip. Don't forget to use correct punctuation.

Get creative!
Example:

1. Why shouldn't they have too much sugar?

2. How can they find out how much sugar is in their food and drink?

3. What is one swap they can make?

4. What is another swap they can make?

Acknowledgment:
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Source: PHE

Credit:

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60 Second Lego Challenge



Have a go at building with lego bricks.
See what you can do in 60 seconds!

To have a go at some other challenges,
[click here.](#)

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The Human Brain

How many times has someone said to you:

'Put your brain into gear before you think or say something' or 'think before you speak'?

How easy is this to do?

Do you know what we use our brains for? Look at the lists below

Think about all the different lessons or activities you have in the week. For each side of the brain list 6 activities or school lessons where you will use that side of the brain

Can you think of any activities or lessons where you have to use both sides of the brain?

Which side of your brain do you use the most?

Can you research ways to improve the side of the brain you use the least?

RIGHT SIDE

IMAGINATION

CREATIVITY

ARTS (MOTOR SKILL)

RHYTHM

FEELINGS

NON VERBAL

TUNES OF SONGS

DAYDREAMING



LEFT SIDE

LOGIC

ANALYSIS

SEQUENCING

MATHEMATICS

LANGUAGE

THINK IN WORDS

FACTS

WORDS OF SONGS

RIGHT SIDE	LEFT SIDE

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Fishing for Good Foods

Children can cut pictures from magazines, or can have images already cut from the five basic food groups. Have the children glue these pictures onto a fish shape cut from card. Slip a paper clip onto the front of each fish.

Make a fishing pole from a stick and tie a magnet onto the end of the string. Label five small buckets with the name/picture of each food group. Have the children try to catch a fish and encourage them to decide which group the food belongs to and then put the fish in the correct bucket.



Fruit Plate (lunch or snack)

Give each child a paper plate and sliced fruit. Ask them to create themselves using the slices of fruit.

Example; grapes for eyes, sliced apple for eye brows, banana sliced lengthwise for a mouth and a kiwi slice for a nose.

This presents an ideal time to discuss the importance of eating well to maintain healthy bodies. When their creation is finished they may eat the fruit plate as a snack!



Health and RSE

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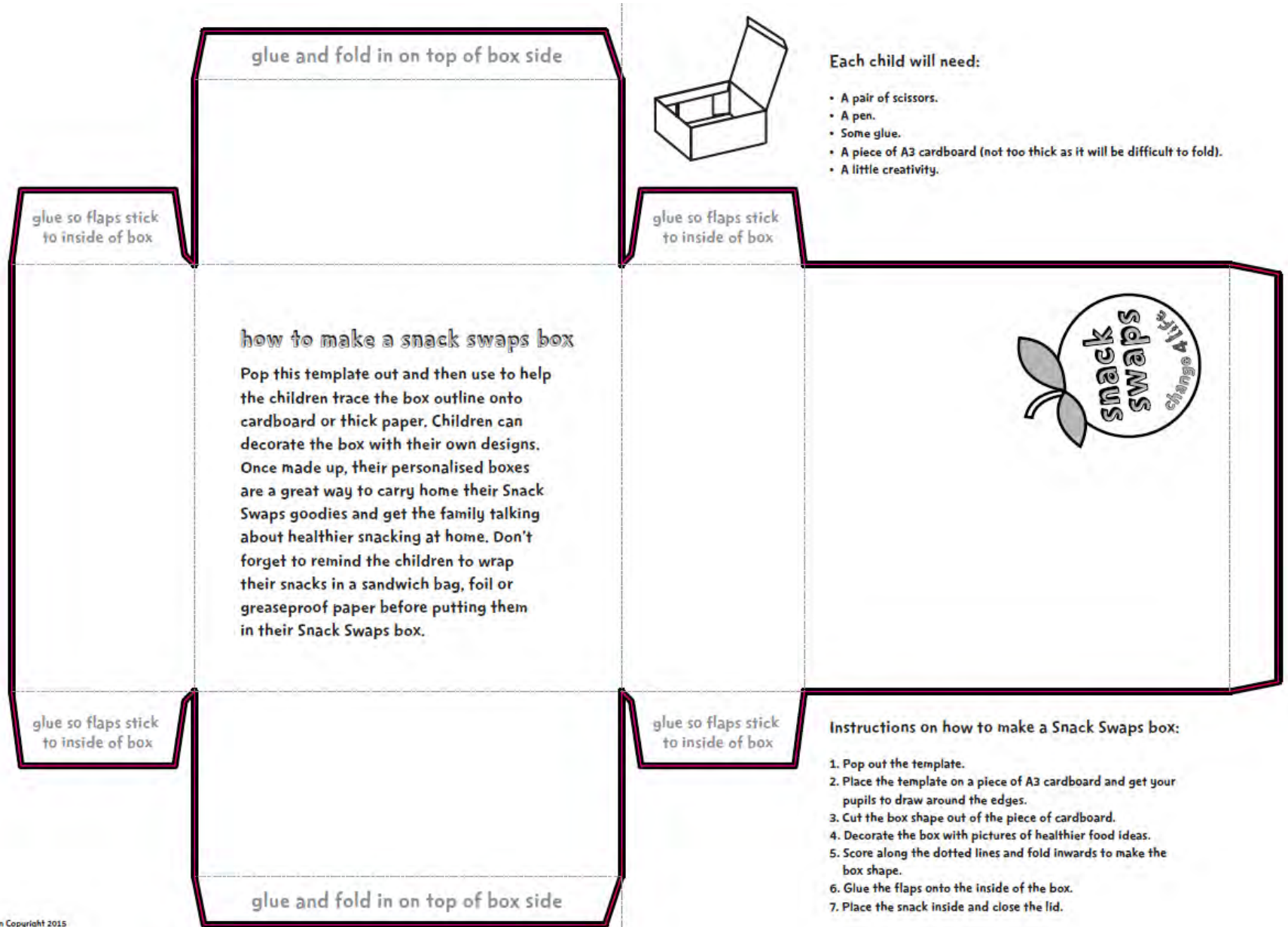
Snack Swaps Box (Art)

To encourage your class to take an interest in healthier food options, ask them to create and decorate their own Snack Swaps box. Use the template to make a box cut out for each child.

Decorate it with their idea of healthier snack swaps.

Explain to the class that these boxes are for the healthy snacks they make at school, so they can take them home.

Remind them that their snacks should be wrapped in greaseproof paper, foil, or a sandwich bag before they put them in their box.



Credit: Change4Life

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Health and RSE

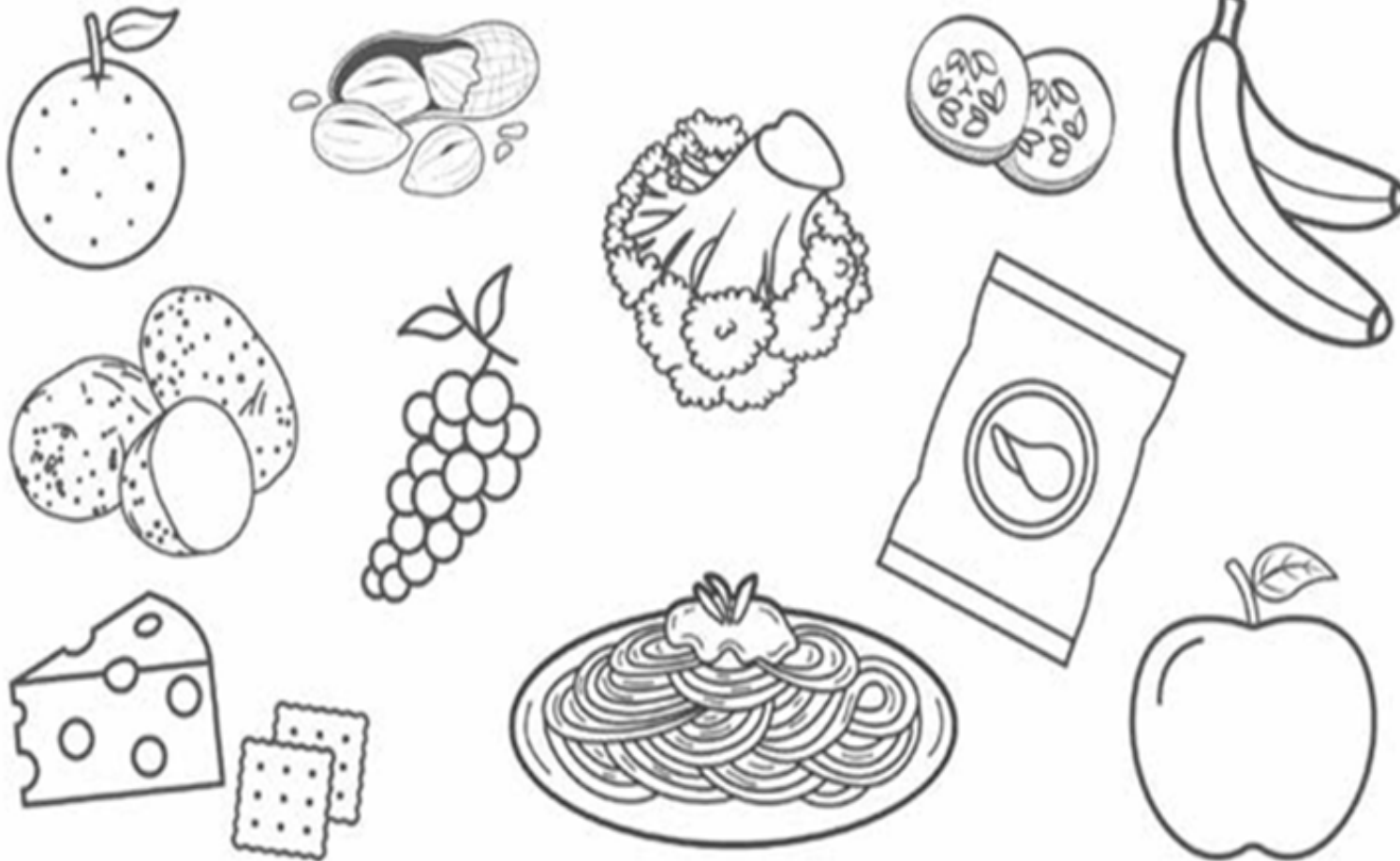
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Food for Life: Colour and Guess

Credit:



See if you can work out the names of these items of food and complete the food quiz!



- B _ _ _ n _
- _ h _ _ _ e
- G _ _ p _ _
- B _ _ _ _ _ i
- _ _ _ _ p s
- A _ _ l _
- P _ t _ _ _ _ s
- T _ m a _ _
- _ r _ _ g e
- P _ _ t _
- N _ _ s

Health and RSE

A range of activities to support pupils relationship and health education.

Cycling and the Body

Take a look at the image and read the questions, draw a circle around the right answers. There may be more than one.

What action are the fingers doing?

gripping patting
squeezing tapping

The ankle joints and feet
make the pedals go around,
what do the feet do?

jump press
push down slide

What might the head do
when cycling?

look forwards look right
look left look down



Many parts of our bodies are very active when we cycle!
This helps to keep us fit and healthy.



**TOOLS for
SCHOOLS**

 Department
for Transport

www.bikeability.org.uk

What does the knee joint
do when cycling?

keeps the leg straight
bends

Which parts of the body move
up and down when cycling?

head feet
legs elbows

List all the action words
you have circled (the verbs)

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

