

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 - Mental Wellbeing and Mindfulness 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

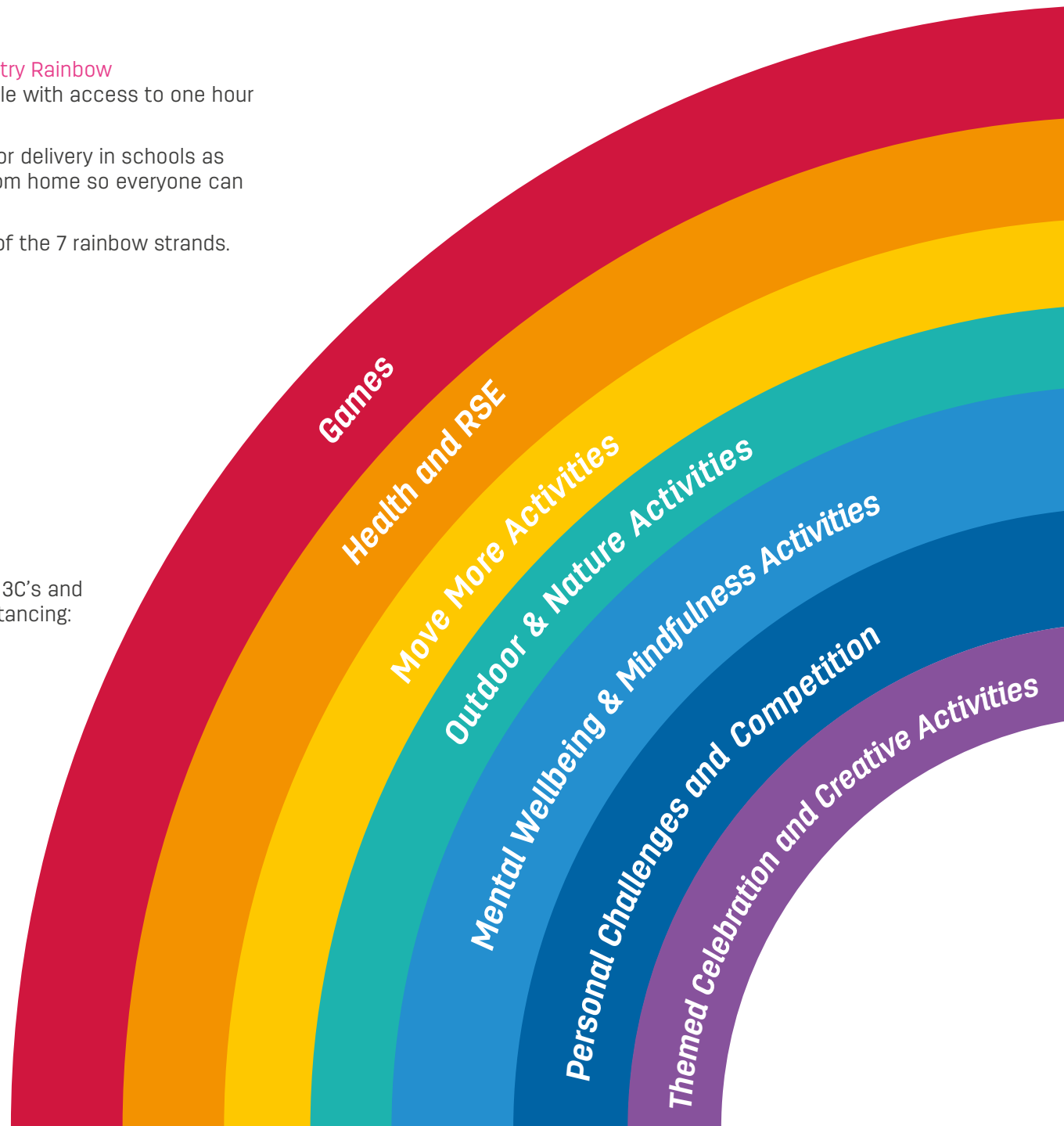
All activities within this Rainbow Booklet follow the concept of the 3C's and are deliverable whilst following national guidance around social distancing:

- 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

Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

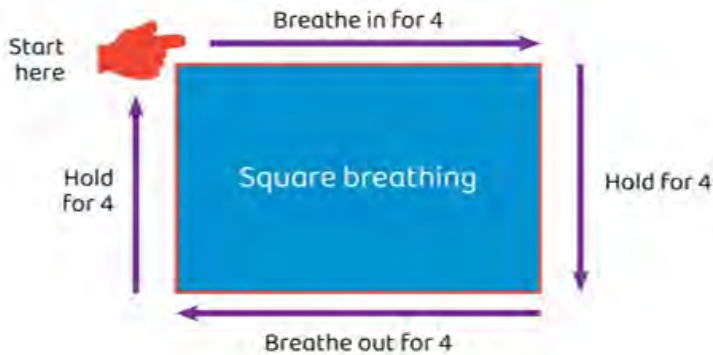
Shape Breathing



Shape breathing can help you to calm your nervous system and decrease stress in your body. It can be used by anyone of any age, any time they need to feel calmer and more in control.

Here are the shapes that you can use:

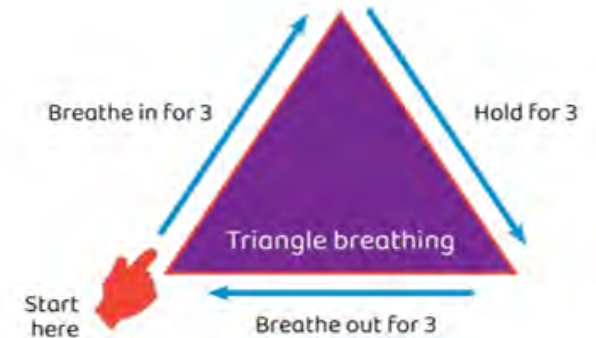
Square breathing



Star breathing



Triangle breathing



Children (and adults) can do the shape breathing as a group activity or they can use the techniques whenever they feel anxious, out of control or when they need to calm down.

You can use shape breathing as a group in the morning to prepare for the day, after lunch to refocus or individually whenever someone needs time out to reset their brain.



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Engaging the Senses through Mindfulness



In order to use mindfulness with the people you support it is a good idea to understand how this works for you too:

- Consider how you are feeling. Is there any tension in the body. Can you notice any changes by the end of the walk. Try to just notice, without making any judgements.
- Stand or sit still for a moment. Focus on something far away, it might be a sound or an object, and gradually start to focus on sounds or objects closer to you. Eventually bring the focus into your body, noticing the breath, your emotions and any tension in the body.
- Take a moment to focus on one thing intently, taking the time to notice the detail and then describe it to the group. This could be the look or touch of an object or a particular sound.
- Start your walk slowly to help slow the mind and thoughts down. Encourage everyone to be present in the moment and aware of their body, noticing their balance, and the sensations in the feet or legs. For example, does the floor beneath feel soft, cold, hard or spiky, or do the legs feel tired, cold or warm.
- Try some different breathing exercises, such as inhaling deeply and slowly and noticing the smells around you, or holding your breath for a couple of seconds and then exhaling slowly.

Sight

- Look for the different colours in the landscape and see and how they change in the light and shade.
- Find an interesting object and focus on the texture and shape.
- Notice the movement of the plants, trees, animals and other people.
- Spend some time looking at the clouds.



Sound

- Listen to the different sounds or voices on the walk.
- Focus on which direction specific sounds are coming from and how far away they are.
- Consider how each sound makes people feel.



Smell

- Notice changes in smells as you walk through different environments, such as wooded areas, open spaces or water.
- Find wildflowers and describe how they each differ in smell.



Taste

- If experimenting with taste, make sure that your hands, and the hands of the person you are supporting, have been wiped and cleaned before touching food, and make sure the food is edible before someone tries it.
- Try finding blackberries on a bush to eat.
- If you aren't confident in identifying berries, you could take something along with you, such as raisins.



Touch

You can encourage people to:

- Find objects that they can hold or wrap their fingers around, such as a small stone, leaf or seed that can be picked up.
- Feel the heat of the sun or a cool breeze on their body.
- Notice the feel of different surfaces underneath their feet or wheelchair.



[Click here for more details.](#)

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How Animals can help our Mental Wellbeing



Worzel: Our Animal Assisted Therapy Dog - how animals help our mental health and keep us active

At Breathing Space Therapeutic Services CIC, we're lucky enough to have our own registered therapy dog who helps us keep active and encourages positive mental health.

Worzel (pictured) is a registered therapy dog and has been working with children and young people in a therapeutic capacity for the last 3 years.

He is a fully insured working dog and never fails to bring a smile to those he meets. It is well researched that the companionship a pet offers can help reduce stress and anxiety and help us live mentally healthier lives.

During the current pandemic and subsequent lockdown restrictions there is no better reason to reconnect with your pet, help your mental health and get active.

Dogs especially encourage physical activity as they require regular walking, and this daily exercise can decrease symptoms of anxiety and depression and help maintain socialising and interaction with the world outside.

However, even if you don't have access to a dog, interacting with your indoor pet can support your mental health in various ways: just by stroking, sitting next to, grooming, feeding or playing with a pet can help you relax and calm your mind.

Caring for a pet also teaches responsibility and provides structure, routine, and a sense of purpose each day.

Pets are great companions and during a time when many people are isolated, they can provide the interaction and company that many people crave.

A pet is a great listener and provides unconditional love, which can boost a child's self-esteem, confidence, and sense of worth.

So, whether you have a bouncy energised labradoodle like Worzel who requires lots of exercise, or a slow-paced tortoise, getting connected with your animal can really help support your mental and physical health during these difficult times and if you have no pet at all then why not borrow someone else's – many older people would welcome support caring for their animals whilst isolating, so perhaps you could help yourself whilst helping others too.



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I Gotta Feeling - Top Tips for Feeling Good



We are all different. The important thing to find out is what works for you!



If you feel upset or stressed, it might be helpful to talk to someone you know and trust.

- ✓ parents
- ✓ grandparents
- ✓ brothers
- ✓ sisters
- ✓ friends
- ✓ teachers
- ✓ other family members
e.g. cousins, aunt

Telling someone close to you how you feel and what is going on for you can really help

- ✓ If you cannot talk to anyone close to you, you could call Childline on 0800 1111.
- ✓ They will not tell anyone you have called.
- ✓ The call will be free from most house phones and most mobiles.
- ✓ The call will not be listed on the telephone numbers dialled from your phone line.
- ✓ If for some reason you can't get through then try again or you can call Samaritans 08457 90 90 90.

Do something you enjoy

Make a list of things you enjoy

- ✓ doing something by yourself
- ✓ having a bubble bath
- ✓ watching a film or your favourite TV programme
- ✓ playing on the computer
- ✓ playing a sport
e.g. basketball, football
- ✓ taking a nap
- ✓ talking to a good friend



Exercise

MUSIC

Try to do something you enjoy every day

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Express Yourself - Get your Body Moving



Keep active without leaving the house. Being active is great for your whole body and can also help to lift your mood!

* Remember you don't have to try it, and you can stop at any time.

Step 1

Find a dice, piece of paper and pen and put on some comfortable clothes (No dice? Just write the numbers down and pull them out of a container).

Step 2

Write the numbers 1-6 vertically on your piece of paper.

Step 3

Think about exercises that feel achievable for you (everybody is different and what is possible for one person might not be for another).

Step 4

Write one movement next to each number on your paper (E.g. 1 - Touch down to toes and stretch to the sky, 2 - Do 10 star jumps).

Step 5

Roll the dice or pick out a number, and try the activity on the number you land on.

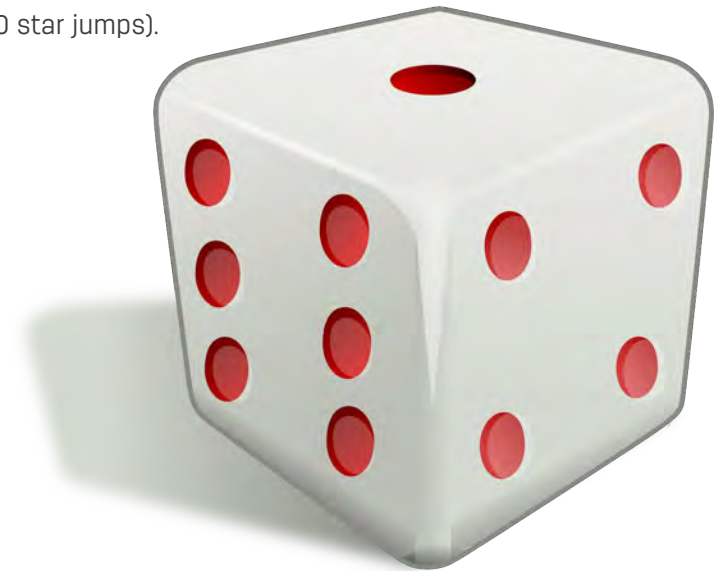
** Don't forget to warm up before exercising to prepare your body and to prevent injury.

Step 6

Repeat this for around 10 mins and try to keep this to no more than 30 mins a day.

Step 7

Once you've finished, have some water to hydrate and a gentle stretch. Notice how you feel in your body now.



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Stormbreak Challenge



stormbreak challenge

Support children's emotional wellbeing, mental and physical health.



Help children develop...



resilience



relationships



self-worth



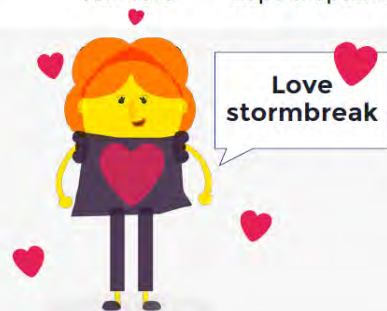
self-care



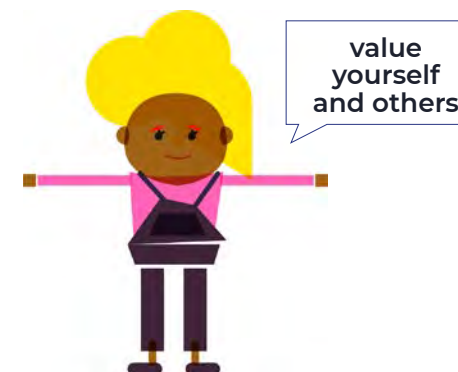
hope & optimism

Participate as a school, class or group or with the children you live with, care for or support.

- Watch and participate in stormbreak mentally healthy movement activities
- Can you complete 25 stormbreaks?
- Earn badges and certificates
- Shape mental health and be active



Take part at www.stormbreak.org.uk



be kind



keep trying

#stormbreakchallenge
#hellostormbreak



stormbreak

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

