

# *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.*

*February 2022*



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 children, young people and families to participate in across the summer holidays.

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.

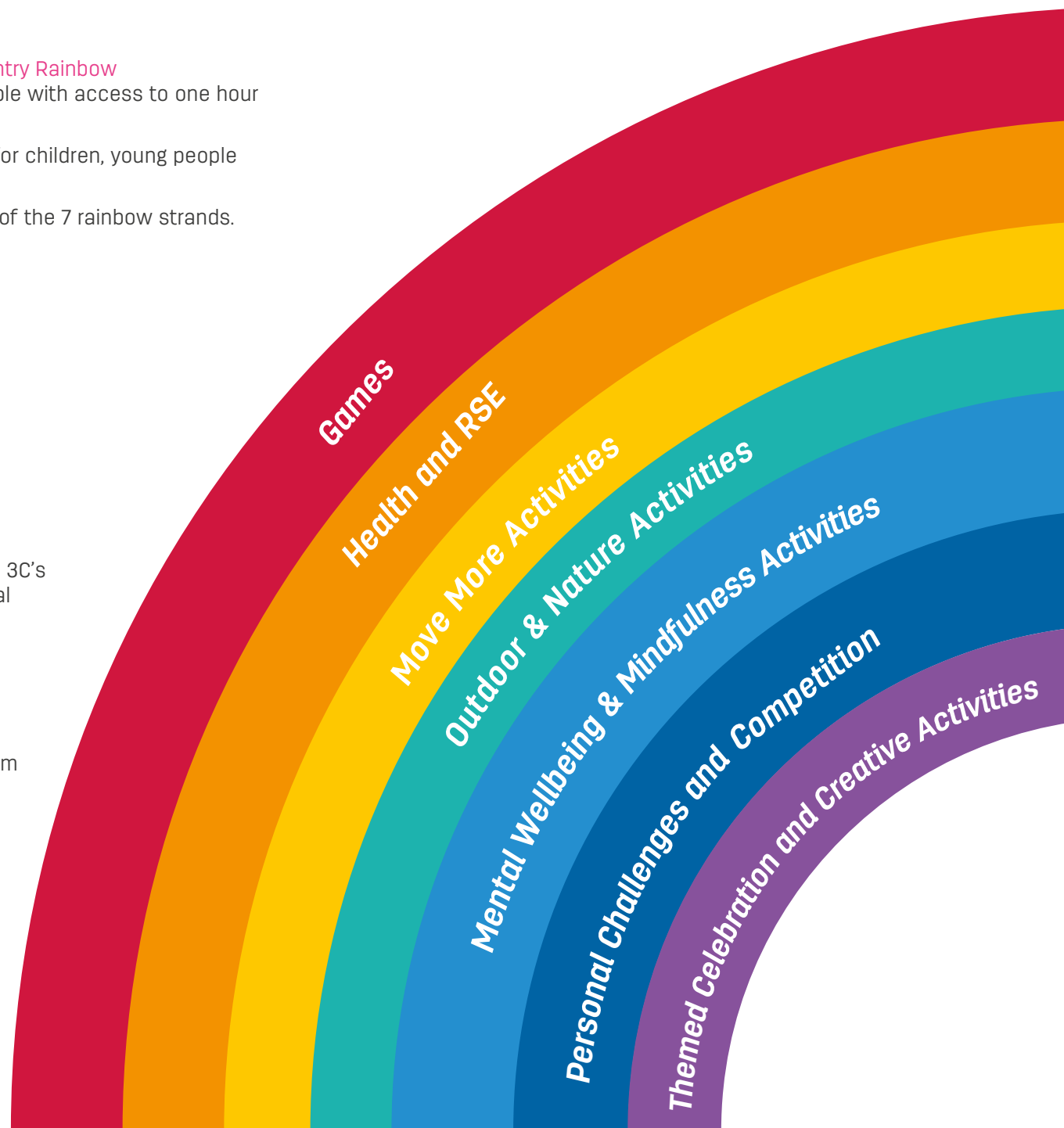
## Who is the Rainbow Booklet for?

**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. Where you see the house symbol, this means activities can easily be done in the 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

# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## England Lacrosse - Gauntlet



# GAUNTLET

**OUTWITTING**

**PACE & DIRECTION**

23

### INSTRUCTIONS

- Mark out a 10m x 10m box
- Players start on opposing lines
- Ball carrier must try to get past opponent
- Alternate after 'best of three' attempts
- Defenders start by using body checks

### EQUIPMENT





Check out the accompanying England Lacrosse Introduction to Lacrosse video series which can be viewed by clicking here ([bit.ly/342Ai8K](https://bit.ly/342Ai8K)).

Credit: England Lacrosse




# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## England Lacrosse - 5 v 5 Introduction Rules

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# 5 V 5 INTRODUCTION RULES

**PITCH LAYOUT**

Sports Hall or Half Football Pitch

**REQUIREMENTS**

- Pitch size and layout as shown above (2m radius for circles)
- Preferable for secondary schools to use field sticks
- POP lacrosse sticks acceptable except in competition
- Soft rubber composite ball
- Pop up target goals or specific 3ft x 3ft lacrosse goals

**RULES**

- 5 players on a team, 8 players in a squad
- No goalkeepers
- Game starts from the centre mark and after every goal
- Maximum of 5 second possession of the ball
- No entry into the goal circle
- Substitutions can be made throughout the game at halfway
- Recommended quarter time of 6 minutes

**FOULS & PENALTIES**

- No stick or body contact
- No dangerous follow-through on shots
- Defenders cannot act as goalkeepers by standing in the way of the shot
- No trapping/guarding the ball
- All fouls will result in a free position to the nearest opponent
- Offender is placed behind player with the ball and must be behind halfway line if foul takes place in defence or on the opponent's circle if foul happens in attacking half
- All other players must be 3m away and game restarts quickly

Check out the accompanying England Lacrosse Introduction to Lacrosse video series which can be viewed by clicking here ([bit.ly/342Ai8K](https://bit.ly/342Ai8K)).



Credit: England Lacrosse

# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending



## *Badminton - Challenge the Champ*

**Quick introduction** A good game to involve individuals in short games (best of five points) against a champion. Larger groups can play different roles to support the games.

### Getting started

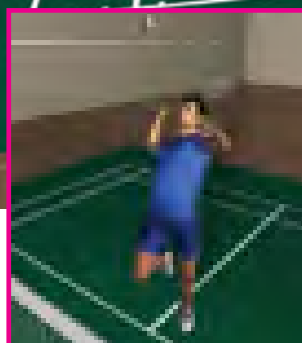
- One player or pair is designated as the Champ.
- Another player / pair challenges the Champ.
- Other players stand on the sidelines cheering the Challenger and the Champ.
- The Champ plays a match against a Challenger, to the best of five points (i.e. first to three points).
- Whichever player / pair is first to three points becomes the Champ, and the losing player / pair joins the others on the sidelines to:
  - support the players
  - act as a scorer
  - practise in a safe practice area away from the other court
  - think tactically about their next match.

### Safety

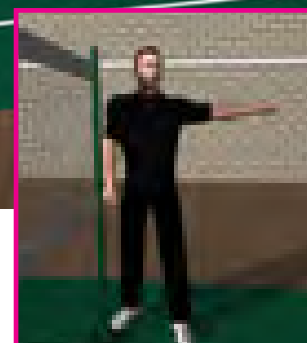
- Check that players waiting to challenge the Champ are not standing in the way of players who might run off the court to hit a shot.
- If there is insufficient space and half court badminton is being played on both halves of the court, make sure it is safe.

### Think tactics

How would you play if the champion was getting tired?



Play different shots to move your opponent around the court.



Scorer.

# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending



## Badminton - Challenge the Champ continued....

[www.yourschoolgames.com](http://www.yourschoolgames.com)

### Organising the game

- One Champ and up to four Challengers per court for singles, and two Champs and eight Challengers for doubles. Modify as necessary for larger teams.
- Matches can run on a singles or doubles basis.
- Make sure that all players get to challenge the Champ by getting them to line up on the sidelines or behind the court.
- Players not playing can act as scorers or tacticians. Being a tactician gives players a chance to assess the players on court and think about how they might play against them.

### Think inclusively

- Divide the game into leagues of similar standard players to avoid one player dominating other players and always being the Champ.

### Officiating

- Badminton Junior Helpers and Young Officials can assist in setting up the playing areas, dividing players up between the courts and organising challengers for the Champ.
- Young Officials can act as umpires.

### Keep it enjoyable

- If there are large numbers use doubles to reduce the amount of non-playing time for players.
- Make sure that players of similar abilities are grouped on courts together.
- Have a Champion of Champs round at the end of the session, where the current Champs are grouped together on a court and play to decide the day's Champs Champion.

### Make it easier

- Play with a shorter court area.

**Spirit of the Games:**  
*Excellence through Competition*



Even though the games are short make sure you thank the other player and the officials.



# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## *Female Football Sessions at the University of Wolverhampton*

For more details email: [charlottejoynes0@gmail.com](mailto:charlottejoynes0@gmail.com)



## Female football

Fun, Inclusive, Engaging & Free  
Every Tuesday

4-5pm: 4-6 year olds and 7-10  
year olds

5-6pm: 11-17 year olds and 18+

3G pitch

University of Wolverhampton,  
Walsall Campus, WS1 3EZ



For more information, please email: [charlottejoynes0@gmail.com](mailto:charlottejoynes0@gmail.com)



## Female Football

What to Expect?

Fun & engaging football  
sessions for females in similar  
age groups led by enthusiastic  
and inclusive coaches. Sessions  
are also accessible for females  
with disabilities.



For more information, please email: [charlottejoynes0@gmail.com](mailto:charlottejoynes0@gmail.com)

# Games

A range of activities providing modified competitive games, that allow children to apply basic principles suitable for attacking and defending

## Squash that Balloon



## Home Base 1, 2, 3



Have a go at these two games from Get Set 4 PE.

### Squash that balloon



**What you need:** string, two players minimum and four balloons per player.

#### How to play:

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

**Keep on moving your feet .**



### Home base 1, 2, 3



**People:** 2 or more

#### How to play:

- One person starts at a home base and counts to 60.
- All other players hide.
- Once the counter has finished counting they attempt to find the players who are hiding.
- All players who are hiding attempt to get back to the home base without being tagged by the counter.
- If they make it back to the home base, they shout 'home base 1, 2, 3.'
- The first player caught by the counter becomes the counter on the next round. If all players successfully make it home without being caught, the same counter counts again.

# Health and RSE

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



## History of the Humble Potato



### Let's talk about Potatoes

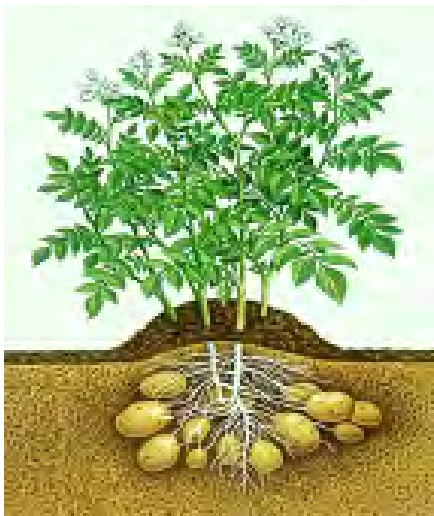
Potatoes were first grown in Peru in South America and were brought to England a long time ago. Potatoes are called root vegetables and grow under the ground. A long time ago they were eaten very simply and cooked like boiled potatoes. The way we can eat potatoes has changed and is much more exciting nowadays.

### How do you like to eat Potatoes?

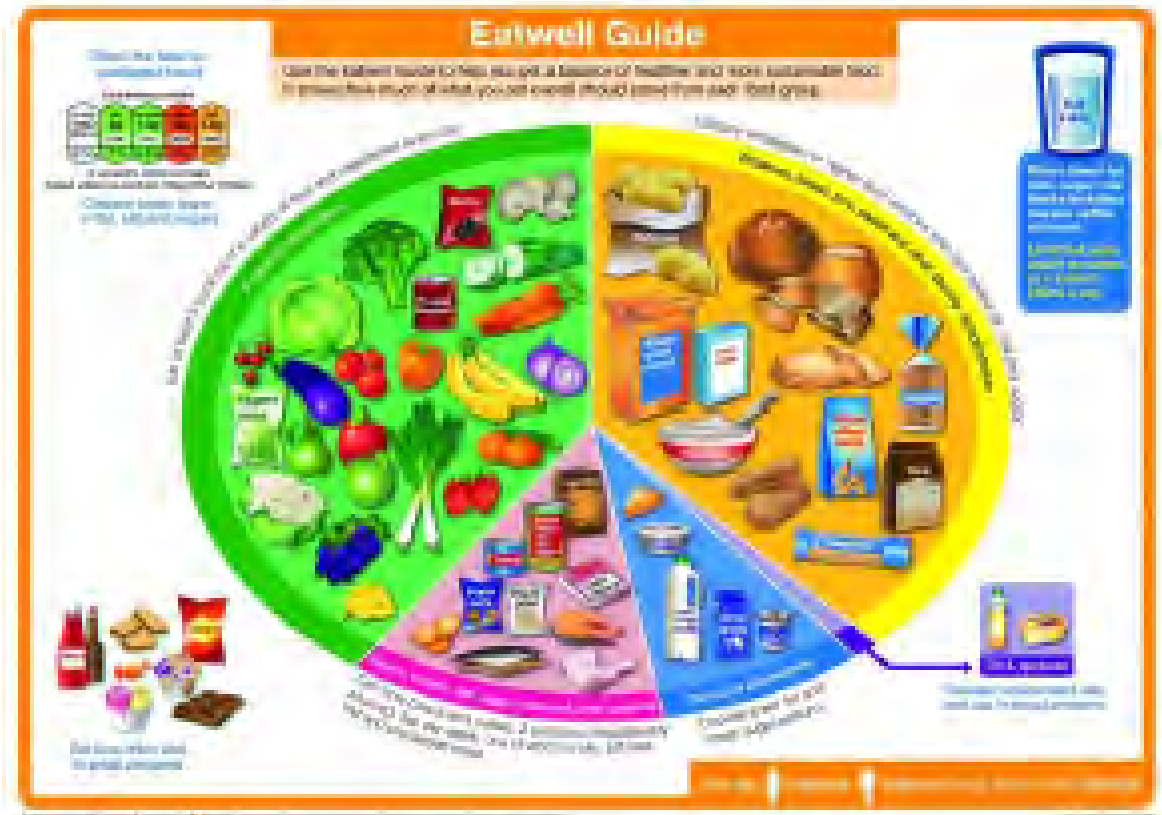
Could it be mashed potato with beans, jacket potatoes with tuna or cheese or roast potatoes with Sunday dinner. New potatoes, potato wedges or chips? Lots of meals we eat include potatoes, for example: sausage and mash or cottage pie. Discuss with an adult in your house.

### Potato Goodness

Potatoes give us lots of long-lasting energy to learn and play. They also contain vitamins and fibre and small amounts of protein. The potato skins are good to eat too. Potatoes come in lots of different shapes, colours and sizes.



Look at the picture of the Eatwell Guide below. Can you see that potatoes are the only vegetable that fits into the yellow section? That's because of the energy they provide. They are also the only vegetable that doesn't count towards striving to eat five portions of fruit and veg a day.



For more nutrition education resources visit:  
[www.purelynutrition.com](http://www.purelynutrition.com)

# Health and RSE

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

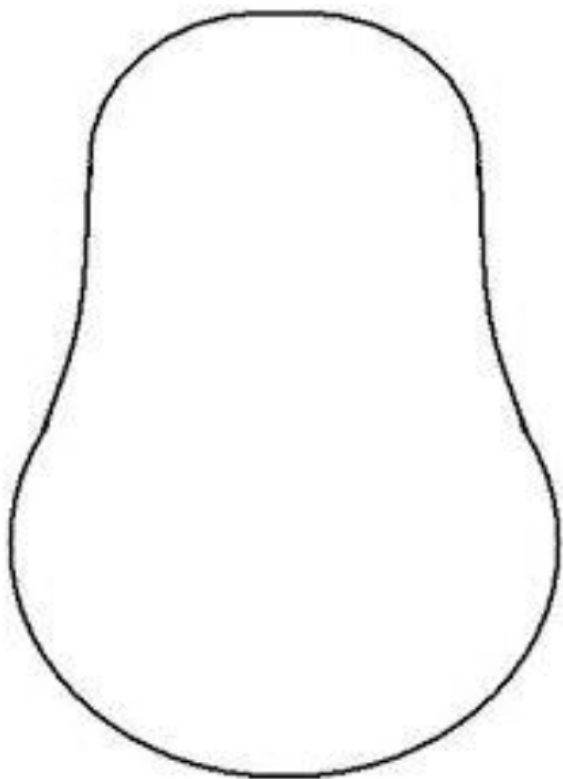


## Potato Head Character



Draw a potato head character of your own on the template below. It can be your own design or you might choose your favourite character from a book.

Give your potato head some hair and some arms and legs as well as eyes, a nose, a mouth and some ears!



For more nutrition education resources visit:  
[www.purelynutrition.com](http://www.purelynutrition.com)

## Grow your own potato



Now see if you can grow your own potato head by following these instructions:

1. Fill an empty jam jar with water and place a potato in the top of the jar. The potato needs to be touching the water.
2. Place in a safe place, somewhere like a window sill. You will need to be patient and watch it grow over the next few weeks. Top up the water touching the potato if you need to.
3. Draw eyes, a nose, a mouth and ears on to your potato. See if it sprouts shoots like hair and roots like legs. Compare the character you drew to the one you've grown. Do they look the same or different?



# Health and RSE

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

## Get your family Sun-Sorted this Spring



Getting children to develop healthy habits is important for their wellbeing. With just one blistering sunburn doubling the chances of melanoma, sun protection routines should be just as important as brushing teeth, eating well, and getting plenty of exercise.

As a parent, getting children to understand why sun protection is important will help promote a more positive association with their actions, helping glue them in place. Avoiding sunburn is key, and this is especially true in early spring, where the cooler temperatures can deceive us on the power of the sun's UV rays.

**FACT:** When the UV Index is 3 and over sun protection is required when outdoors. You can check this on your smart phone as it features on the weather app.

**FACT:** A cloudy sky does not protect us from sunburn, with almost 80% of UV rays passing through cloud cover. This means that without protection, we are all at risk of an unexpected springtime sunburn.

**FACT:** More cases of sunburn are reported in April than in any other month, mainly because of the rush to get out after the long cold spell of winter.

Credit:

**melanoma**  
**fund**

To support parents and teachers, the Melanoma Fund created the **Sun-Sorted! quiz** as part of the **Outdoor Kids Sun Safety Code**.

This free educational resource provides KS2 children with fun and interesting facts on the sun, their environment, and their skin.

All those completing the quiz receive a free personalised certificate, featuring their score, from 'Solar Starter' to 'Solar Superpower.'

Take the Sun-Sorted! quiz by visiting:  
[www.melanoma-fund.co.uk/ok-sun-safety/sun-sorted-quiz/](http://www.melanoma-fund.co.uk/ok-sun-safety/sun-sorted-quiz/).

For further facts on protection children from the sun visit the Outdoor Kids Sun Safety Code at [www.melanoma-fund.co.uk/ok-sun-safety-code/](http://www.melanoma-fund.co.uk/ok-sun-safety-code/)



# Health and RSE

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



## Cheesy potato bake



A delicious recipe that children will love to help make. Tasty enough to have as a main dish with salad and a little sour cream, or serve as a side dish with some green vegetables.

Why not try growing your own potatoes in the garden? Or set up your own herb garden and use home grown chives to make this dish too.

**Skill Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; snip herbs with scissors; use a box grater safely; use measuring spoons; use weighing scales; crack an egg; beat an egg; use the hob (with adult supervision).

**Equipment:** Knife, chopping board, box grater, measuring spoons, saucepan, baking dish, sieve or colander, large bowl, fork, scissors, oven gloves.

**Allergens\*:** Egg | Milk

### Ingredients (makes 4 portions):

- 5 eggs
- 8-10 egg-sized potatoes, scrubbed
- 100g cheddar cheese, grated
- 1 tbsp chives
- Black pepper
- Butter / Margarine

For more nutrition education resources visit:  
[www.purelynutrition.com](http://www.purelynutrition.com)

*\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use*

### Method

1. Preheat the oven to 180°C / Gas Mark 4.
2. Carefully slice the potatoes into rounds about 1cm thick.
3. Put the sliced potatoes into a saucepan with just enough water to cover. Boil for about 10 minutes or until just soft.
4. Use butter to grease a round, shallow baking dish about 20 cm in diameter.
5. When the potatoes are ready, drain through a sieve and then tip into the greased baking dish. Spread them out evenly.
6. Beat the eggs in a large bowl until well mixed and frothy. Snip in the chives with scissors and add some pepper to taste.
7. Carefully pour the egg mixture over the potatoes and sprinkle with the cheese.
8. Cook for about 20 minutes in the oven, until golden and set.
9. Cut into thick wedges to serve.



# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## *Sustrans Big Walk and Wheel*

Sustrans Big Walk and Wheel is the UK's largest inter-school walking, wheeling, scooting and cycling challenge that inspires pupils to be amazing and take active journeys to school.

This year's challenge will run from 21 March- 1 April 2022 and is free for all primary and secondary schools in the UK, including SEN schools. Schools can choose to enter as a whole school or an individual class. A school's best five days will determine their final position, but schools can log journeys on all ten days if you wish.

There are fantastic daily prizes to be won for schools if over 15% of their pupils walk, use a wheelchair, scoot or cycle to school on that day of the challenge.

Daily lesson plans are free to download during Sustrans Big Walk and Wheel which cover a range of topics and help pupils learn about the amazing benefits of active travel.

It is important that all children can join in the fun and understand the health and wellbeing benefits of active travel. Resources are available to help include pupils with specific barriers to participation and there are inclusivity guides to help ensure all children are able to take part.



Register at: [www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk)

# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## Movement for Key Stage 1

Credit: imoves



Look around your house and find an item  
that begins with each letter of the alphabet.

**But...**

all the items must fit onto a plate!



**imoves**

# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## Space Blast



Complete PE have a range of fun activities you can try at home or at school.

For more details, visit their website:  
[www.completeperesource.com](http://www.completeperesource.com)

Credit:



## Space Blast

### Structure

- In pairs, pupils stand on opposite sides of a table.
- Pupils place three targets (i.e. books) in front of them on their side of the table. These are known as spaceships.
- Pupils take turns to slide a beanbag towards a target on their opponents side.
- Each time a target (spaceship) is hit it is removed and placed on the floor.
- The winner is the first to hit all of their partner's spaceships.



Pupils will slide their beanbag with accuracy and hit their partner's target.



### Key Questions

- Where are we aiming?
- Why do we aim?
- Where should we look when we are aiming?
- How do we aim?
- Why do we need to be accurate when we slide our beanbag?
- What are the consequences of an inaccurate slide?



Pupils can not prevent their opponent's beanbag from hitting the target.



Targets are not removed when they are hit. The first pupil to hit any three targets is the winner.



Allow pupils to roll a ball towards their opponents targets.



Can pupils roll a ball or slide a beanbag towards their opponents target using their hands?



Do pupils understand the meaning of, 'aiming'?



Can pupils congratulate their partner if they win?



Can pupils try their hardest to win the game?



# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

## Creating a Witch or Wizard Character



Complete PE have a range of fun activities you can try at home or at school.

For more details, visit their website:  
[www.completeperesource.com](http://www.completeperesource.com)

Credit:



## Creating a witch or wizard character

### Structure

- Explain to pupils that they are starting at a new magical academy for witches and wizards.
- Can pupils create a movement that shows their witch/wizard is getting ready for their first day at the academy? For example pupils might create a movement which represents their witch/wizard putting on a hat, a cloak or packing a wand.
- Tell pupils to move around the space repeating their movement. When pupils hear the bang of a drum can they freeze as their character?



Pupils will create movements and apply characterization to represent a witch or wizard.



### Key Questions

- Can we create our own witch or wizard character?
- Who is moving with expression and creativity?
- What do we mean by creativity?
- What do we mean by expression?



Excellent dancers interpret the music, perform with good timing, show expression and creativity.



Pupils create and copy one movement with a partner.



Pupils create two movements that their character is getting ready for their first day of the academy.



Do pupils move staying in character?



Can pupils picture what their character looks like?



Can pupils observe other pupils' performances in order to develop their own ideas?



Are pupils able to stay focused when performing as their character?



# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.



## Get Phunky in 15 Minutes with the Phunky 15



A series of 15 minute physical activity ideas that you can do in the home with no equipment or apparatus. The children can even do this in their home clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

### The Warm Up

**Cat Stretch** - In a space the children should kneel down on all fours so their hands are beneath their shoulders and knees beneath their hips. Round your spine upwards like a cat arching it's back and hold for a few seconds. Then drop your back so it makes a hollow like a cat ready to attack. Repeat 3 times.



### Cool down....

**Big balloon** - Each child pretends they are a balloon, which is slowly being inflated. With every breath taken, slowly stand from a squatting position, getting bigger and bigger. Slowly extend the hands and feet away from the body, until with a big bang, the balloon bursts. (Fall to the ground and lie there for a count of 10). Repeat three times.

### Main activity

**Chair Aerobics** - Children should sit on their chair with enough space around them to stretch their legs. Shout out different actions that the children should carry out whilst sitting in their chairs. Hiking – children swing their arms while lifting their knees and tapping their toes; Swimming – children move their arms as though doing front crawl and kicking their legs in a flutter kick; Cycling – children hold onto the seat of their chairs and pedal their legs as though riding a bike; Canoeing – children use an imaginary oar to paddle their canoe from side to side.



# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

*Active Kids Do Better - Active Playground - Gotcha!*

## GOTCHA!

### OBJECTIVE

- To encourage pupils to develop agility, coordination and social skills

### YOU WILL NEED

- Friends

### HOW TO PLAY

- A player or group of players begin as the 'Gotchas'.
- The rest of the group are the 'Getaways'.
- The 'Gotchas' chase the 'Getaways' and if they tag them, the 'Getaways' must stand still.
- To be released, another 'Getaway' must stop and stand by their side. When this happens they can run away. The arriving 'Getaway' can stop and rest until another 'Getaway' stops alongside them.
- 'Gotchas' must say the number of tags they have made. When they call three, the next 'Getaway' they tag becomes a 'Gotcha' and the 'Gotcha' becomes a 'Getaway'



### EXTENSION

- Try having less 'Gotchas' than 'Getaways'.
- Change the space to make the game more challenging.

### REMEMBER...

- You mustn't knock into the 'Getaway' you are going to save.



Credit:

**Made to Play**  
✓

**Discovery**  
EDUCATION™



# Move More Activities

Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

*Active Kids Do Better - Active Playground - Frogger*

## FROGGER

### OBJECTIVE

- To encourage the pupils to develop their fundamental movement skills by working together

### YOU WILL NEED

- Friends
- Floor spots

### HOW TO PLAY

- Imagine there's a river running across the playground.
- Divide the players into equal teams. Each team has three floor spots.
- The aim is to get to the opposite river bank with your friends.
- Using the floor spots as lily pads, work together to try to cross the river.
- Only one person is allowed on one lily pad at a time.



### EXTENSION

- Add obstacles to climb over and move under.
- Balance a bean bag on your head while crossing the river.
- Give instructions to a partner to help them cross the river with their eyes closed.

### REMEMBER...

- Make sure you have enough room to cross the river safely.
- Make sure the floor spots don't slide.



Credit:

**Made to Play**

**Discovery**  
EDUCATION



# 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.

## Love Exploring WalkingApp



The Love Exploring app is now available at many of our Black Country parks and open spaces.

FREE to download, Love Exploring puts the power of discovery in your hands by providing a range of discovery games and guided tours that are fun to do and free to use.

With the current Covid-19 pandemic, getting outside and being active has ever been more important. The Love Exploring app can give you ideas for family activities and suggestions on exploring on your own if you fancy a bit of 'me' time.

The Black Country parks currently available on the app are:

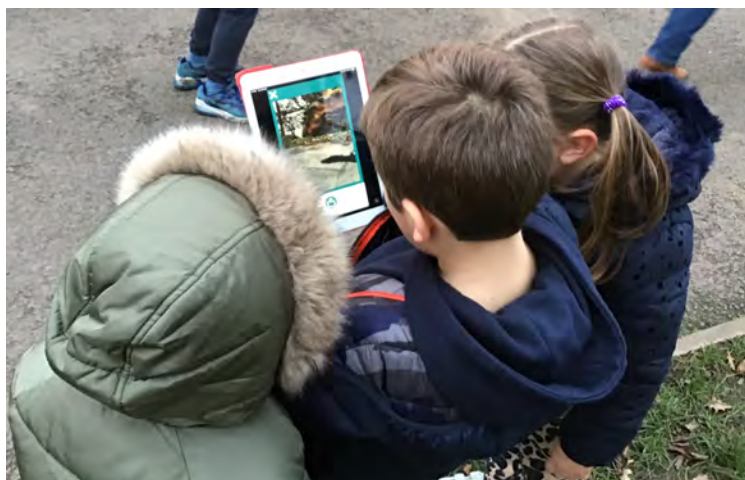
- Silver Jubilee Park, Dudley
- Walsall Arboretum
- Willenhall Memorial Park
- Swannies Field, Walsall
- West Park, Wolverhampton
- Sandwell Valley Country Park
- Brunswick Park, Sandwell
- Victoria Park, Sandwell
- Barnford Park, Sandwell
- Lightwoods Park, Sandwell
- Warrens Hall Nature Reserve



The app include maps, guided tours  
and discovery games.

Download the app at:  
[www.loveexploring.co.uk/  
#download](http://www.loveexploring.co.uk/#download)

Please don't visit these spaces if you're suffering with  
symptoms of coronavirus



#BlackCountryRainbowHour



[blackcountryrainbowhour.co.uk](http://blackcountryrainbowhour.co.uk)

# 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.

## Nature Scavenger Hunt



It's very important to get in our daily 10'000 steps.

How many things can you find on your next walk?



LEAF

☐

STICK

☐

BIRD

☐

ACORN

☐

CLOUD

☐

FLOWERS

☐

ROCKS

☐

TREE

☐

SQUIRREL

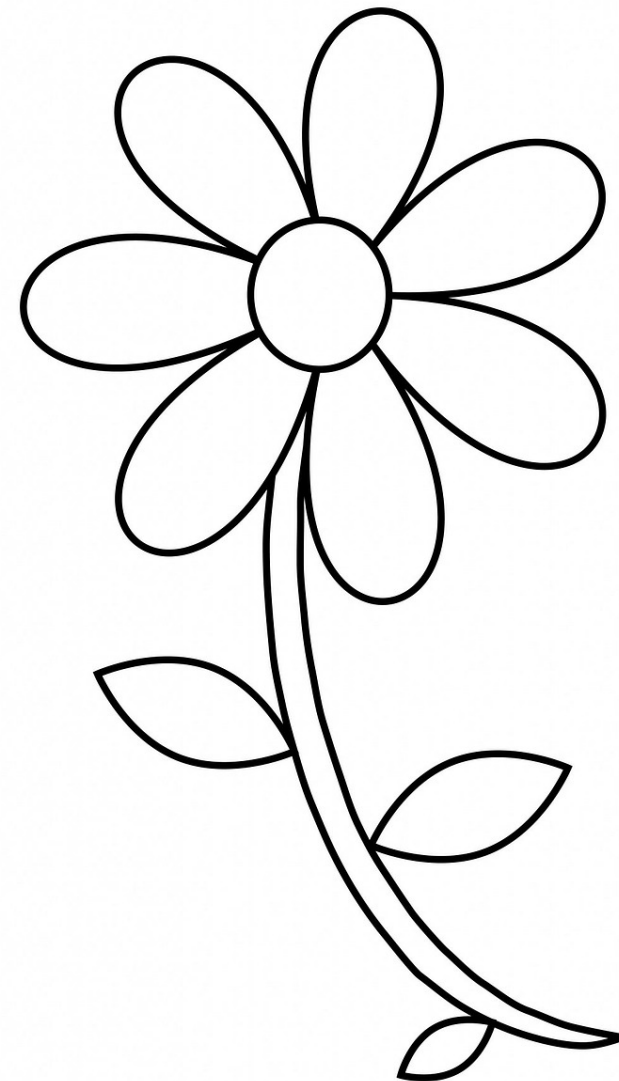
☐

PINECONE

☐

What else have you found on your walk?

## Colour this Pretty Flower



Credit:



**THE PE AND SCHOOL**  
SPORTS NETWORK

[www.lpessn.org.uk](http://www.lpessn.org.uk)

# 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.

## Autumn Mandala Colouring



Use pencils or paints, or make a collage.

### Colour in!

Get inspired by the colours of the season – vibrant reds, dazzling yellows and gorgeous oranges!



**Make a real-life mandala!**  
Get outside and get creative with natural items.



**Mandala means 'circle' in Sanskrit – an ancient Indian language.**

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

[woodlandtrust.org.uk/naturedetectives](http://woodlandtrust.org.uk/naturedetectives) | 0330 333 5301 | [naturedetectives@woodlandtrust.org.uk](mailto:naturedetectives@woodlandtrust.org.uk)

Search for 'nature detectives' | #NatureDetectives

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Credit:



# 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.



## Tree-mendous Obstacle Course



### Organise your own woodland Olympics and get fit in a forest!

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

[woodlandtrust.org.uk/naturedetectives](http://woodlandtrust.org.uk/naturedetectives) | 0330 333 5301 | [naturedetectives@woodlandtrust.org.uk](mailto:naturedetectives@woodlandtrust.org.uk)

f Search for 'nature detectives' | t #NatureDetectives

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### Get ready for the Woodland Olympics

On your marks, get set, go!

## Tree-mendous obstacle course

Woods are full of fantastic natural features for the ultimate obstacle course:

Credit:



Leap across tree stumps

Crawl under low branches

Run all the way around a huge, ancient tree

Splash through muddy puddles

Tip toe across fallen trees

Zig zag through an avenue of trees

## Woodland Olympics

### Going for gold

Every Olympic champion needs a medal. Collect leaves, petals and feathers, then tie them together with wool or grass. Give the medals to the winners of your woodland Olympic challenges

### Pine cone shot put

Gather some fallen pine cones and see who can toss them the farthest. (Make sure you throw them in a clearing well away from other people)

### Twig relay race

Challenge your family to a relay race

Split into teams and find a sturdy stick to be your baton. Then choose an open space to run in, free from trip hazards like tree roots and brambles

On your marks, get set, go!

# 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.

## Dough Emotions



## Gratitude Caterpillar



### Dough Emotions

#### You will need:

- 8 tbsp plain flour
- 1 tbsp vegetable oil
- 2 tbsp table salt
- 1 piece of plain paper
- 60ml warm water
- A pen
- Food colouring

#### How to make your Dough Emotions:

1. Mix flour and salt in one bowl - and in another bowl mix your water, oil and a few drops of food colouring
2. Pour your liquid mixture into your bowl with flour/salt
3. Combine by stirring gently - adding more food colouring if you want a vibrant colour
4. Dust a surface with a little flour, knead your dough until smooth - you want it to be squishy!
5. Take your paper and draw the outline of a face
6. Use your dough to create and talk about different emotions

**Tips:** Your dough will keep in clingfilm for up to 2 weeks in the fridge!  
Playdough can be a fantastic sensory resource to encourage creativity.  
You could even add a few drops of essential oil to the mixture for scented playdough!



### Gratitude Caterpillar

#### You will need:

- Coloured paper
- Sticky tape
- Safety scissors
- A pen

#### How to make your Gratitude Caterpillar:

1. Carefully cut a circle out of coloured paper, and then cut the remaining paper into strips.
2. Write on each paper strip one thing you are grateful for, or thankful for.
3. Turn your strips into a paper chain (using sticky tape to assemble). Keep linking!
4. Design a face for your caterpillar on the circular piece of paper and stick on one end
5. Notice the size of your caterpillar - each time you think of something to express gratitude for, you can add another strip.

Credit:  
Black Country Minds



# Mental Wellbeing & Mindfulness Activities

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## *Manage your emotions - Explore the positive power of pets*

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Enjoy time with a furry friend to relax and feel good. Spending time with animals may reduce anxiety, promote calm and your happiness too.

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

### **Step 1**

Plan some free time in your day, ideally around 15 minutes.

For more activities, check out the Mini Activity Hub on [www.kooth.com](http://www.kooth.com)!

### **Step 2**

Spend that time with an animal. This could be your own pet or even just time to watch some funny animal videos on YouTube.

### **Step 3**

Afterwards, notice how it impacts your general mood.

Credit:





# 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.

## *Helpful habits - Improve your bedtime routine*



Turn off your screens and relax without technology for a better night's sleep. Practice these steps at least half an hour before you go to bed to help you feel ready for sleep

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

### **Step 1**

Put your phone on silent and put it somewhere you can't easily reach or notice it.

For more activities, check out the Mini Activity Hub on [www.kooth.com](http://www.kooth.com)!

### **Step 2**

Turn off any other technology (e.g. laptop or TV). This is because the lights on screens such as phones can activate the brain, which isn't helpful when you're trying to switch off before bed time.

### **Step 3**

Spend at least half an hour doing something relaxing that is screen-free. For example - reading a book, doing some light stretches or having a warm bath.

### **Step 4**

Notice how you feel as you get into bed. Are there any changes to your thoughts, feelings or the way you feel in your body?

Credit:





# 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.

*Express yourself - Write to express how you feel*



Writing can be a fun way to express emotions. You can use writing to help organise your thoughts, capture a memory and reflect on feelings

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

## Step 1

Think about something that means a lot to you. This could be a person, a place, an achievement or an experience. It could be something happy or sad.

For more activities, check out the Mini Activity Hub on [www.kooth.com](http://www.kooth.com)!

## Step 2

Take some time to write down your thoughts/feelings in any way you like. For example, a list, a story, a poem or a song.

## Step 3

When you are done, note down one thing you learnt, one thing that surprised you and one thing you want to tell someone else from your writing.

Credit:



# 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.

*Support your child's resilience with Stormbreak*

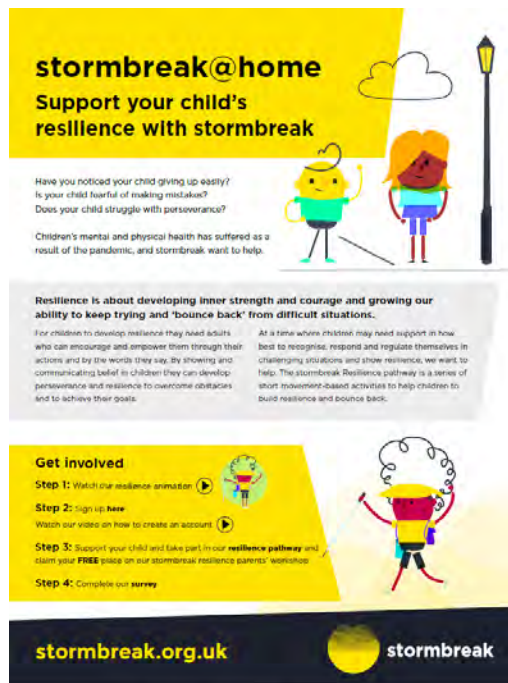


Stormbreak have a new **Resilience pathway PDF** for parents, carers and trusted adults to enable them to support children's resilience.

The resilience pathway explains how to take part in Stormbreak at home, how the Resilience pathway can support children with their mental health and wellbeing when facing challenging situations and guides parents and children through 5 simple stormbreaks.

Why not specifically identify 10 families you feel would benefit from engaging with the pathway and would take part regularly, make contact with them and ask them to create free Stormbreak accounts (*they will need to ensure they are logged in before completing each Stormbreak in the pathway*).

**ALL** parents who create accounts and complete the resilience pathway alongside their children by the end of February will be invited to a **FREE** parent webinar on resilience.



**stormbreak@home**  
Support your child's resilience with stormbreak

Have you noticed your child giving up easily?  
Is your child fearful of making mistakes?  
Does your child struggle with perseverance?

Children's mental and physical health has suffered as a result of the pandemic, and stormbreak want to help.

**Resilience is about developing inner strength and courage and growing our ability to keep trying and 'bounce back' from difficult situations.**

For children to develop resilience they need adults who can encourage and empower them through their actions and by the words they say. By showing and communicating belief in children they can develop perseverance and resilience to overcome obstacles and to achieve their goals.

At a time when children may need support in how best to recognise, respond and regulate themselves in challenging situations and show resilience, we want to help. The stormbreak Resilience pathway is a series of short movement-based activities to help children to build resilience and bounce back.

**Get involved**

**Step 1:** Watch our resilience animation

**Step 2:** Sign up [here](#)

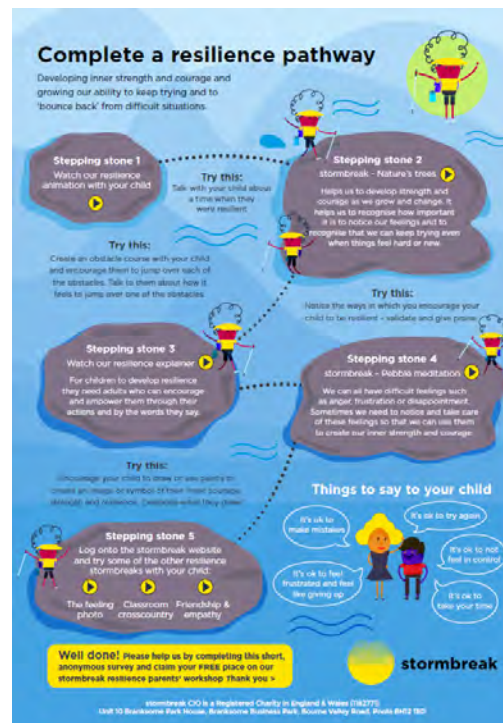
Watch our video on how to create an account

**Step 3:** Support your child and take part in our **resilience pathway** and claim your **FREE** place on our stormbreak resilience parents' workshop

**Step 4:** Complete our **survey**

[stormbreak.org.uk](http://stormbreak.org.uk)

stormbreak



**Complete a resilience pathway**  
Developing inner strength and courage and growing our ability to keep trying and to 'bounce back' from difficult situations.

**Stepping stone 1**  
Watch our resilience animation with your child

**Try this:**  
Talk with your child about a time when they were resilient

**Try this:**  
Create an obstacle course with your child and encourage them to jump over each of the obstacles. Talk to them about how it feels to jump over one of the obstacles

**Stepping stone 2**  
stormbreak - Nature's trees

**Try this:**  
Help us to develop strength and courage as we grow and change. It helps us to recognise how important it is to notice our feelings and to recognise that we can keep trying even when things feel hard or new.

**Try this:**  
Notice the ways in which you encourage your child to be resilient - celebrate and give praise

**Stepping stone 3**  
Watch our resilience experience

**Try this:**  
For children to develop resilience they need adults who can encourage and empower them through their actions and by the words they say.

**Stepping stone 4**  
stormbreak - Bubble meditation

**Try this:**  
We can all have difficult feelings such as anger, frustration or disappointment. Sometimes we need to notice and take care of these feelings so that we can use them to create our inner strength and courage.

**Things to say to your child**

- It's ok to make mistakes
- It's ok to try again
- It's ok to feel frustrated and feel like giving up
- It's ok to not feel in control
- It's ok to take your time

**Stepping stone 5**  
Log onto the stormbreak website and try some of the other resilience stormbreaks with your child

**Try this:**  
Encourage your child to draw or use paint to create art pieces as symbols of their inner journey, struggle and resilience, whatever they choose

**Well done!** Please help us by completing this short, anonymous survey and share your feedback on our stormbreak resilience parents' workshop. Thank you >

stormbreak

Download a copy of the pdf [here](#).

#stormbreakchallenge  
#hellostormbreak

stormbreak

# 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.



## Mindful Seeing - 10 minute mindful practice



### WALT What Am I Learning Today?

- Directing attention onto chosen object.
- Holding focus for sustained period of time.

### WILF What I am Looking For?

- Sit or stand still without speaking.
- Describe the object they were focusing on.

### Guidance and preparation

- Outside, standing or sitting in circle with backs to each other, looking out-wards. (If wet day, in the house looking out).

### Resources

- Chime bar or any percussion instrument.

### Useful for...

- Improving concentration and focus.
- Developing descriptive language skills.

## Activity (5 minutes)

1. Children to sit or stand in a circle but looking outwards.
2. Adult to ask children to focus on an object eg in or outside the house.
3. Ask children to pay particular attention to qualities of object eg shape, colour, movement, light, shade etc.
4. Adult to start and end practice with chime bar.

## Discussion (5 minutes)

- Children to describe what they noticed about the object.
- How could you describe the colours noticed in your object?
- Did you notice anything about your object that you haven't noticed before?

# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.



## Boccia - Beach Ball Blast

### Quick introduction

This challenge helps players to develop strong and accurate ball propulsion. Players aim at a beach ball placed in a target hoop or circle; the object is to knock the beach ball out of the hoop/circle.

### Getting started

- Position a hoop, or mark a circle, between the v line and the back of the court.
- Place a beach ball (or similar lightweight ball) in the hoop/circle.
- Players take turns to propel boccia balls in order to knock the beach ball out of the hoop/circle; one point is awarded to the player/team for each successful hit.
- The team with the most points after an agreed number of 'ends' (rounds where everyone plays one ball) wins

### Health and safety

- Ensure that no spare or loose balls are left lying around the playing area.
- Make sure that players wait their turn and always throw in the same direction towards the target



### Equipment required

- Boccia balls (or equivalent).
- Hoop or hoops (enough for each playing area). Chalk or marker discs can be used to make the target circle if required.
- Beach balls (or similar lightweight ball).



# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.



## Boccia - Beach Ball Blast continued...

### Physical Me

- When throwing, decide whether holding the ball with palm up or a backhand grip is best for you.
- Release the ball when the arm is extended towards the target

### Social Me

#### Leading and volunteering

- Take turns at score-keeping for each game.
- A team leader for each group can ensure that everyone collects equipment before and after the game

### Think Inclusively (STEP)

#### Space

- A number of playing areas can be set up depending on numbers and available space.
- The distance to the target can be varied depending on ability and success rate.

#### Task

- Try propelling the ball in different ways; for example, throwing forehand or backhand, rolling, or using the foot (where appropriate).
- If the boccia ball remains in the hoop after knocking the beach ball out, score an extra point

### Equipment

- Use different-sized target balls to challenge the players; for example, smaller ball scores more points for a hit.

### People

- Play in a circle formation around the target as well as the traditional boccia line-up.
- Provide sound cues (a caller positioned behind the target, for example) for visually-impaired players

### SPORTING ME

#### Spirit of the Games:

*Excellence through Competition*



How do I feel when I hit the beach ball?

### THINKING ME

Do I need to re-position my chair in order to propel the ball cleanly?

### TACTICAL ME

When throwing, is it best to aim at the circle or just in front?



# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

## Hamster Wheel



## At a Stretch



Have a go at these two challenges from Get Set 4 PE.

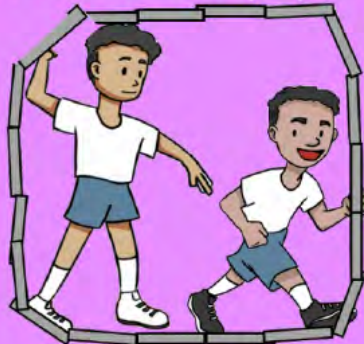
### Hamster wheel



**What you need:** Sellotape, newspaper, 1 or more players

#### How to play:

- Make a giant circle, big enough for all players to stand inside, by sellotaping the newspaper sheets together.
- All players stand inside the circle like hamsters in a wheel.
- Can you work together to move the newspaper like a wheel without it breaking?
- Option to play this 1v1. Make two wheels and have a race.



**Communication is key!**

### At a stretch



**What you need:** Three pieces of paper and a measuring tape (optional).

#### How to play:

- Begin standing on one piece of paper.

**Challenge:** How far away from the paper you are standing on, can you place one of the other pieces of paper?

#### Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?



**Plan, implement and reflect. You have 3 minutes to practice before you measure.**

# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

## Juggling

Have a go at this juggling challenge from Get Set 4 PE



PHYSICAL



# Juggling





Get Set 4 P.E.

- Try these challenges to help you start learning how to juggle. You could use rolled up pairs of socks if you haven't got balls. How many challenges can you do?
  1. Throw up one ball and catch with two hands. How many can you do without dropping it?
  2. Throw up one ball and catch with one hand. Try with your other hand. How many can you do without dropping it?
  3. Have a ball in each hand. Throw up the ball in your right hand and catch with your right hand. Then throw up the ball in your left hand and catch with your left hand. How many can you do without dropping the balls? How quickly can you do it?
  4. Start with a ball in each hand. Throw up the ball in your right hand then straight away throw up the ball in your left hand and catch so that your balls switch hands. How many can you do without dropping them?
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe



[www.getset4pe.co.uk](http://www.getset4pe.co.uk)

# Personal Challenges & Competition

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, with progressions enabling these to be applied in a range of activities and sports.

## Dice Challenge - Key Stage 2

Credit: imoves



### Dice Challenge

Throw 2 dice!



**Dice 1**

Tells you which exercise to do.



**Dice 2**

The number on the dice X10 is the number of seconds to do the exercise for.

Keep playing until you've done each exercise at least once!



imoves

# 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.

**LET'S  
TAKE  
IT ON.**

Find out how your school can be involved in an unmissable part of the **Birmingham 2022 Commonwealth Games celebrations**, as the **Queen's Baton Relay** arrives in the **West Midlands in Summer 2022**

Domestic Sector proudly partnered with **LONGINES**

**commonwealth sport**

Credit:

[www.birmingham2022.com](http://www.birmingham2022.com)

Get involved at: [www.birmingham2022.com/queens-baton-relay/schools-batonbearer-nominations/](http://www.birmingham2022.com/queens-baton-relay/schools-batonbearer-nominations/)

# 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.

YOU'RE INVITED TO JOIN THE  
BIRMINGHAM 2022 YOUTH  
PROGRAMME AND HELP YOUR  
PUPILS TO

BRING  
THE  
**POWER**

## OPPORTUNITIES FOR SCHOOL ENGAGEMENT



School workshops



Digital classroom resources



Teacher inspiration sessions



Cultural activities



School festival days



## JOURNEY SO FAR



School pupils from the West Midlands were invited to be flagbearers for the launch of the Queen's Baton Relay at Buckingham Palace



Pupils from West Heath Primary School learning about the Games through our classroom resources



FOR MORE INFORMATION AND TO GET INVOLVED VISIT  
**[WWW.BIRMINGHAM2022.COM/POWER](http://WWW.BIRMINGHAM2022.COM/POWER)**

Get involved at: [www.birmingham2022.com/power](http://www.birmingham2022.com/power)

Credit:

[www.birmingham2022.com](http://www.birmingham2022.com)

# 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.

## Birmingham 2022 - Make a Baton



In this arts and crafts activity your class will be making their own Baton. Many actual baton designs focus on the environment and sustainability, for example the 2018 Gold Coast Baton was made using sustainable macadamia wood and recycled plastic which was collected from the oceans, waterways and beaches around the Gold Coast, in a project to reduce pollution.

You can use this as a discussion opportunity with your class, to explore how they can help our planet and why they would want to do so.

Use kitchen roll tubes and other recycled materials to design and create your own baton. They can develop dexterity through cutting and sticking on their designs.

Record their work by photographing everyone with their finished batons.



### MATERIALS NEEDED:

- Kitchen roll tube
- Other recycled materials
- Glue
- Colours



### ESTIMATED ACTIVITY TIME:

15 minutes

Credit:

[www.birmingham2022.com](http://www.birmingham2022.com)

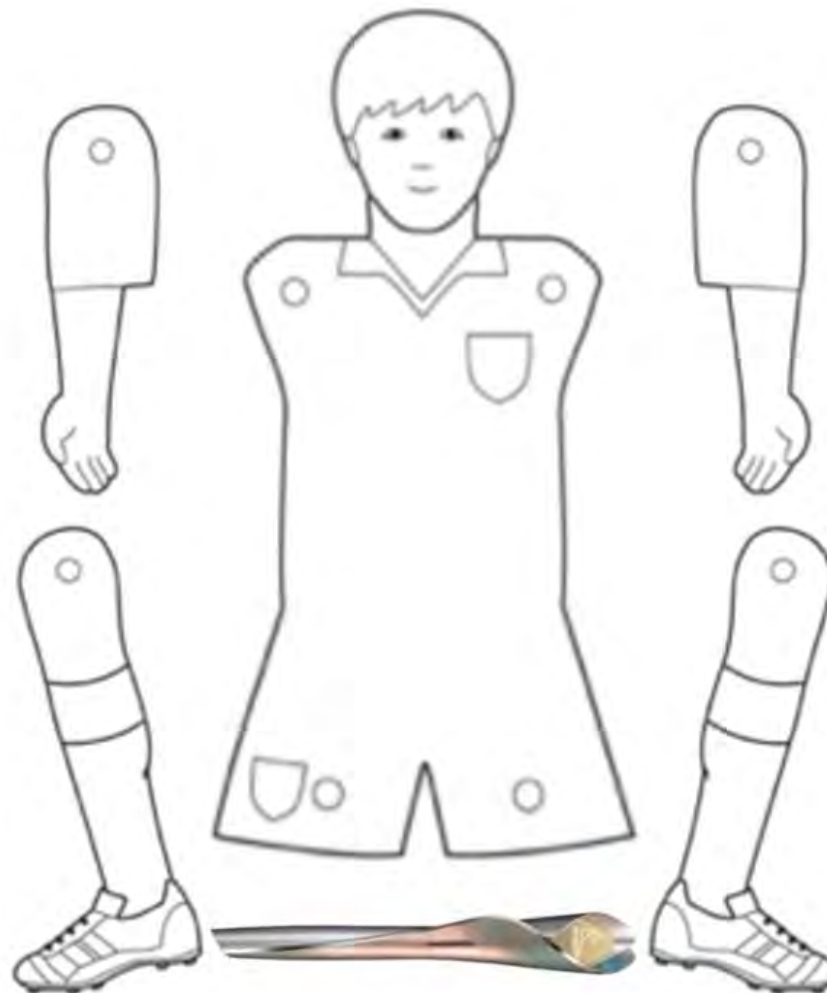
[Click here for more resources](http://www.birmingham2022.com/youth-programme/educational-resources/)

[www.birmingham2022.com/youth-programme/educational-resources/](http://www.birmingham2022.com/youth-programme/educational-resources/)

## Birmingham 2022 - Build your Batonbearer



Colour in your Batonbearer and then build them using split pins. Make sure you stick the baton onto their hand





# 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.

*Colour in a Tiger*



*Colour in a Puppy*



# 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.

## Bubble Mountains

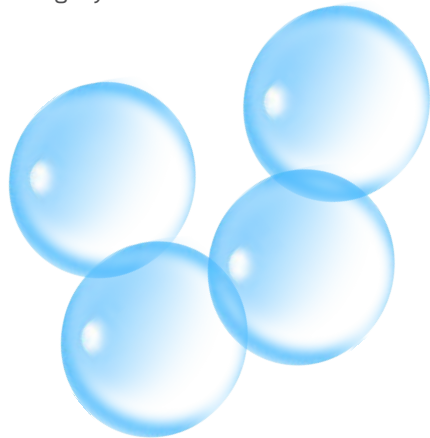


What you'll need:

- Bowl
- Eco-friendly straw
- Washing-up liquid
- Water

Method:

- In a bowl mix together 1.tbsp of washing up liquid and 300ml of water (to make your mountains colourful add 1.tsp of food colouring).
- Using an eco-friendly straw (because we don't like plastic!) gently blow into the bowl of liquid to create bubbles.
- Keep blowing and create a mighty mountain



Credit:

**THE PE AND SCHOOL**  
SPORTS NETWORK

[www.lpessn.org.uk](http://www.lpessn.org.uk)

## Colour in a Bubble Picture



## 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 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.

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](https://blackcountryrainbowhour.co.uk).

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

**#BlackCountryRainbowHour**  
[blackcountryrainbowhour.co.uk](https://blackcountryrainbowhour.co.uk)

Co-ordinated, developed and supported by:



Walsall Council

