

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.

April 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.

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.

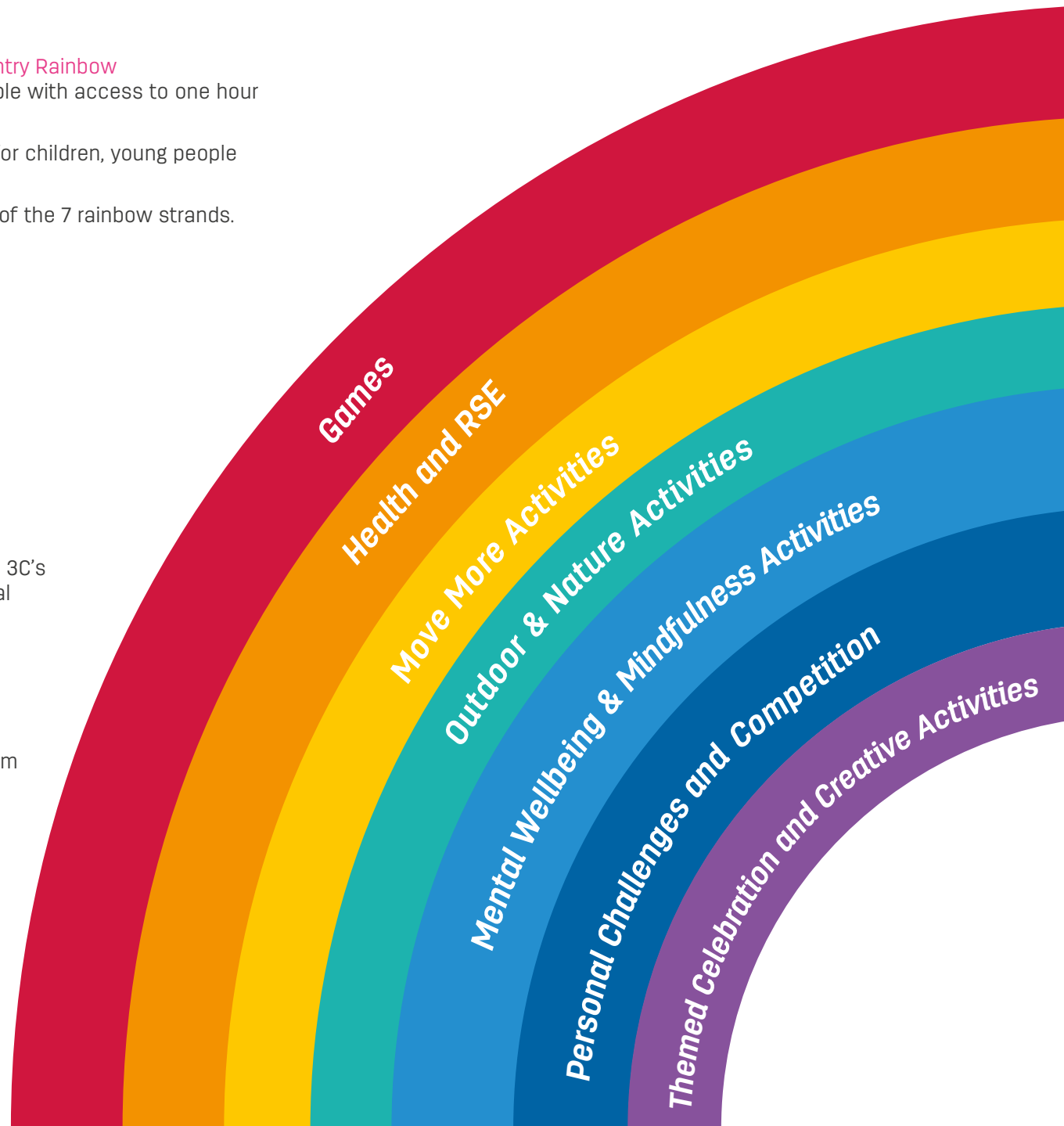
Who is the Rainbow Booklet for?

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!

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 - Goalkeeping

GOALKEEPING

CONFIDENCE

25

SHOT VARIATION

INSTRUCTIONS

- Set up shooters in an arch
- Use carousel or ripple system to ensure there is only one person shooting at a time
- Use softball, protective equipment and a goalkeeper's stick
- Attackers have two balls each and collect once all balls have been shot

EQUIPMENT

Check out the accompanying England Lacrosse Introduction to Lacrosse video series which can be viewed by clicking here (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 - 6 v 6 Modified Contact Rules

6V6 MODIFIED CONTACT RULES

PITCH LAYOUT



Sports Hall or Half Football Pitch

RULES

- 6 players on a team, 10 players in a squad
- Include goalkeepers
- Game start & restart from the centre mark
- After a goal, the team that concedes starts with the ball
- No entry into the goal circle, except goalkeepers
- Substitutions can be made throughout the game at halfway
- Recommended quarter time of 6 minutes

FOULS & PENALTIES

- Stick-on-stick checks allowed on player in possession of the ball.
- No body checks allowed
- No dangerous follow-through on shots
- 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

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 and goalkeeper protective wear
- Pop up target goals or specific 3ft x 3ft lacrosse goals

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



Games

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

England Handball - Loopy Hoops

Courtesy of: England Handball

Loopy Hoops



Aim

- Promote fluidity and constant movement.
- Emphasise passing on receiving the ball.
- Limit running with the ball - with the focus on lots of quick passes (Decision Making).

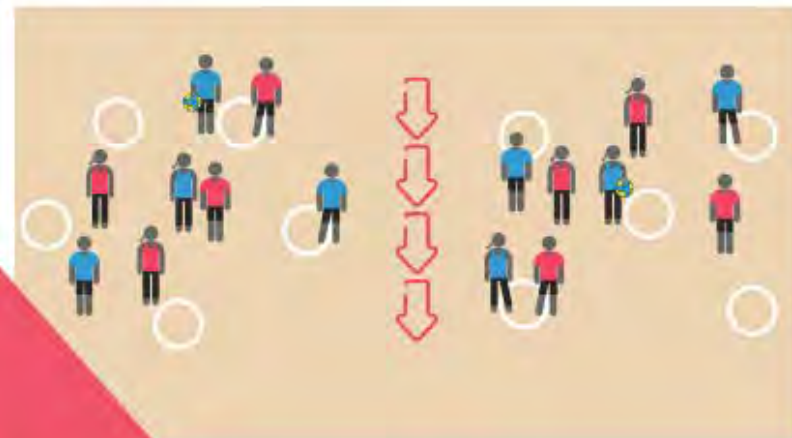


- ⊕ Students take up to three steps to pass and score with their teammates.
- ⊕ To score a goal, students must receive the ball with one foot inside a hoop.
- ⊕ However, if a player from the other team also has a foot in the same hoop, the goal is not allowed.

- ⊕ Hoops can be placed anywhere on the court.
- ⊕ Students can only spend three seconds in a hoop then they must take their foot out of it.
- ⊕ Players can't visit the same hoop twice consecutively.

Equipment

- ☑ Balls
- ☑ Bibs
- ☑ Throw down markers
- ☑ Hoops



The STEP model corner

- Change the playing area
- Use different size balls
- Define which hand to use
- Limit the number of steps
- Change the number of players

Games

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

England Handball - Mini-Handball

Courtesy of: England Handball

Mini-Handball

Equipment required

- One size 0 handball (or any small sized soft ball)
- Two goals of adequate size (1.7m for 2.4 m), or just chalk or tape a wall.
- Two sets of coloured bibs.
- Netball court markings can be used or you can chalk up or use cones to mark the D areas



Quick rules

- ⊕ If an attacking player enters the opposition 'D', the goalkeeper wins possession of the ball.
- ⊕ If a defender enters his/her own area, the team in attack win a free throw.
- ⊕ No contact is allowed; any contact results in a free throw against the offending player.
- ⊕ Players can only stand stationary with the ball for three seconds.
- ⊕ Players can only move while carrying the ball for three steps; Dribbling is not allowed.
- ⊕ If a player knocks the ball out of play at the side of the court, the opposition begin play again with a free throw.
- ⊕ If the ball goes behind the goal, off either team, the goalkeeper gains possession of the ball.

Getting Started

- ⊕ Two teams of five players, (could be 3 or 4, depending on numbers - see suggestion below) including one goalkeeper compete in a modified game of handball.
- ⊕ A court of any size can be used, with a goal at each end.
- ⊕ Around each goal should be a 'D', typically a netball D can be used.
- ⊕ The two teams compete against each other, passing the ball amongst themselves, with the aim of shooting at the opponents' goal to score.

Suggestion – 5x5 version

- ⊕ The teams should be composed of a minimum of five girls and five boys (no maximum).
- ⊕ The games should be 10 minutes long, divided in two halves of five minutes.
- ⊕ In the first half both teams must play with girls only and in the second half both teams must play with boys only.
- ⊕ If a team has less than five girls (or boys), they can top up the numbers with boys (or girls). However, players who are 'topping up' cannot play in goal or score.
- ⊕ There is no limit to the number of players per team as there is no limit to the number of substitutions.
- ⊕ The results of both halves will be added to find the final result of the match.

Games

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

England Handball - Rob the Nest

Courtesy of: England Handball

Rob the Nest



Aim

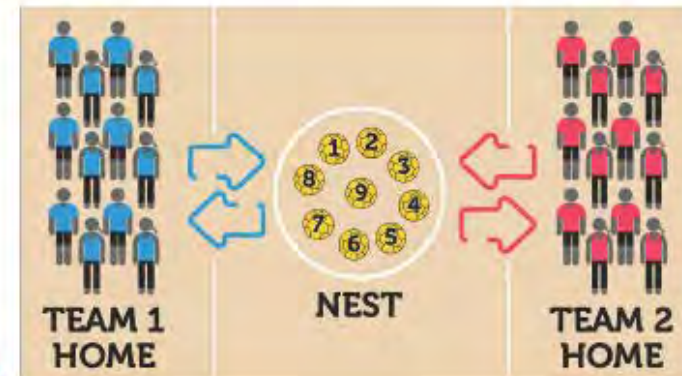
- Ball Handling Skills.
- Passing & Catching.
- Gripping the Ball.



- ⊕ Two Teams in their respective Zones.
- ⊕ One player from each team leaves home at any one time and travels to the nest.
- ⊕ Each player grips a ball (tennis balls work well) and returns the ball to "home".
- ⊕ The winner is the team with the most balls 'home' at the end.

Equipment

- ✓ Bibs
- ✓ Balls
- ✓ Throw down Markers



The STEP model corner

- Increase/decrease the number of balls
- Increase/decrease the number of players
- Change the distance to the zones
- Use different size balls
- Limit the time available
- Define which hand to use

Health and RSE

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

Food for Life



Making good food the easy choice

Food for Life brings schools, nurseries, and their surrounding communities together around the core ethos of healthy, tasty and sustainable food. We're about encouraging lasting and sustainable change to the way we all think about food, our communities, our environment and our health.

Our Early Years Award provides an independent endorsement for nurseries and children's centres that serve good quality, nutritious food and support the babies and children in their care to develop good eating habits for life.

Our School Award supports schools to take a whole school approach that sees them grow their own food; organise trips to farms; provide cooking and growing clubs for pupils and their families; serve freshly prepared, well-sourced meals and provide an attractive dining environment.

Food for Life Walsall

Food for Life are currently commissioned by Public Health Walsall to work with Walsall nurseries and primary schools. There are 86 schools and nurseries enrolled with 36 having achieved a Food for Life Award and over 16,000 children benefitting from Food for Life activities.

How can you get started with some Food for Life activity?

Making and using compost is the cornerstone of gardening, especially organic gardening. Making compost is often considered to be complex but all you need to do is provide the right ingredients and let nature do the rest.

Compost shows how waste from plants can be recycled. Instead of throwing away all your fruit and vegetable scraps, you can compost them and have great compost to put back onto your gardens. By composting it means less waste goes to landfill. It is also a cheap and easy way to help improve your garden soil.

You don't have to have loads of space or expensive, fancy equipment to have a go a composting!

Why not give the Rotbot activity a try - its on the next page?



Health and RSE

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Making a Rotbot



Rotbots are cheap to make and don't need much room.

Compost shows how waste from plants can be recycled. Instead of throwing away all your fruit and vegetable scraps, you can compost them and have great compost to put back onto your gardens. By composting it means less organic waste goes to landfill. It is also a cheap and easy way to help improve your garden soil.

How to make your Rotbot:

1. Take the label off the bottle and cut $\frac{3}{4}$ of the way around the top of the bottle (but not all the way around) so it acts like a hinge.(Ask an adult to help).
2. Open the bottle and fill up:
 - Add a 2-3cm layer of soil to the bottom of the bottle, if dry moisten with some water
 - Add a 2-3cm layer of fruit and vegetable peelings
 - Cover with a 1cm layer of soil
 - Add a layer of shredded newspaper
 - Cover with a 1 cm layer of soil
 - Add a layer of grass and leaves (keep filling until your bottle is full).
3. Add a little water to dampen.
4. Tape the top of the bottle closed.
5. Mark where the layers reach in your bottle.
6. Put the bottle somewhere warm and sunny.
7. In 6 weeks the layers should have gone and you should be left with some lovely compost perfect for growing.

MATERIALS AND EQUIPMENT

- A 2 litre plastic drinks bottle
- Sharp scissors (handle with care!)
- Newspaper, 1 cup full of ripped into small pieces
- Materials for different layers: a small amount of garden soil, a handful of leaves and dry grass, 2 handfuls of fresh fruit and vegetable peelings cut up really small.
- Waterspray
- Stickytape



Credit: Soil Association - Food for Life

www.foodforlife.org.uk

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/.

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/



Health and RSE

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

Drowning Prevention Week - 18th to 25th June



For Drowning Prevention week, the Royal Life Saving Society UK (RLSS UK) are offering **FREE** downloadable learning resources for the summer term.

Consisting of 'theme week' lesson plans and materials, including resources specifically for PE lessons, the materials have been designed to bring your classroom to life whilst helping to engage young people with essential water safety lessons.

Join us in making sure we safeguard young people this summer, giving them the skills to have fun near water.

Download now: www.rlss.org.uk/Pages/Category/water-safety-education



Credit:

Enjoy Water **Safely**



For more details visit: www.rlss.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.

What are the benefits of getting children more active?

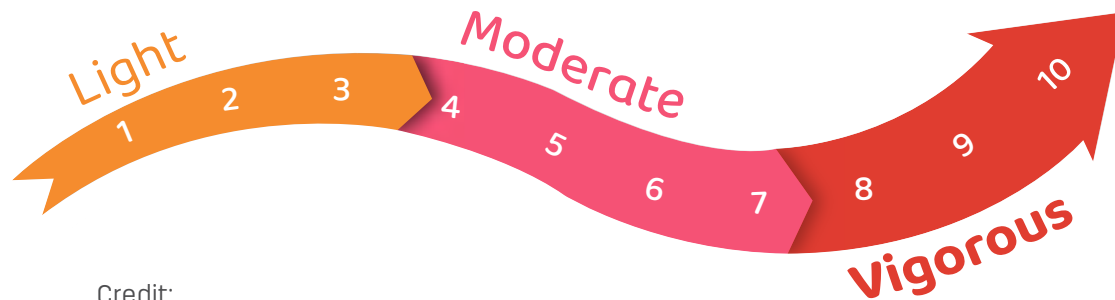
It's really important for children to be active every day. Not only will it improve their physical strength, it will also make them feel happier and become more emotionally resilient too.

It will have a positive impact on their brain power and improve their focus and memory making it so much easier to learn and retain new information.

But how active should they be?

It's important to understand how effort levels affect the brain and body.

Imagine a scale of 1 – 10 illustrating light to vigorous activity and effort level.



Credit:



Visit www.imoves.com for lots more activities and ideas to keep your classroom active!



Effort level 1 – 3

Improves focus, attention and mood as well as increasing blood flow to the brain which will reduce brain fog and improve concentration.

Effort level 4 plus

- ✓ Improves focus, attention, mood and brain fog
- ✓ Stimulates Brain Derived Neurotropic Factor (BDNF)
- ✓ Burns more calories from fat
- ✓ Improves cardio fitness
- ✓ Improves strength and muscular endurance

If you're wondering what BDNF (Brain Derived Neurotropic Factor) is, it's a protein released into the brain during exercise that causes braincells to sprout the structural branches required for learning. BDNF has been likened to fertiliser for the brain.

Recommended read

"Spark: The Revolutionary New Science of Exercise and the Brain"
by John Ratey (2013)

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.

What are the benefits of getting children more active? continued....

Every session doesn't need to be all out sweaty! - In fact, there are numerous benefits to all levels of activity.

Two lighter types of activities include Pilates and Yoga, which offer a wide range of benefits, as well as requiring a more focused, relaxed, and thoughtful mindset. Anything that gets children away from sitting for long periods is a good thing, and below we've detailed even more ideas to help show what's possible in your own classroom.

Light activity ideas

- Slow movement around the room (such as walking)
- Standing when problem solving
- Stretching, bending, and twisting

Moderate activity ideas

- Brisk movements around the room with intermittent bending and stretching
- Repeated bending and stretching, like standing up and sitting down
- Classroom dance or fitness activities behind their chairs

Vigorous activity ideas

- High impact, on-the-spot activities like jumping, high knee switches and star jumps
- Circuit training
- Total body blast using the chair and space around the chairs



Credit:
imoves



Children love learning actively as it's fun, it helps their brains to absorb more information, AND it improves mood, focus and behaviour.

Get them moving as regular as possible and normalise activity in the classroom in just two weeks!



Visit www.imoves.com for lot's more activities and ideas to keep your classroom active!

Move More Activities

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Jump Around!

FITNESS SESSION #8

JUMP AROUND!

'Musical Jumps' Using lively music with a strong beat, get the children to move around their area to the music. Encourage them to express themselves freely to the music, but give children some pointers, such as big steps, short steps, moving low to the ground, moving high or changing direction.

Introduce different jumps: star, straight, tuck, half twist (always taking off and landing with 2 feet together). When you call out the name of a jump, children must stop and perform that jump.

Extension:

Children must come up with their own 'freestyle' jump. Encourage them to think about what would make a jump look good: e.g. powerful, good height, hands and toes pointing etc.

Credit:

www.thepehub.co.uk



Space Blast



FITNESS SESSION #9

10 MINUTE MADNESS!

Set a timer for 10 minutes. Repeat the circuit until the time is up. Keep track of your rounds using markers or pen and paper.



10 jumps on the spot



10 sit and stand



10 torso twists



10 side kicks



10 air punches



Run 20 metres

Move More Activities

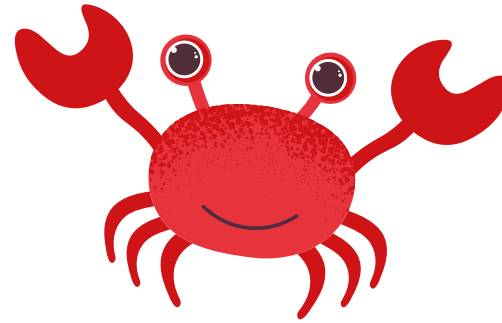
Supporting the development and use of a range of movement patterns helping all children and young people to be physically active for sustained periods of time.

Animal Pentathlon



FITNESS SESSION #7

ANIMAL PENTATHLON



Pentathlon is an athletic activity that consists of 5 events.

Children can compete against each other or if a single child they can time their first attempt and try and beat it. Play this outside over a distance of 15-20 metres (shorten depending on age).

If playing indoor one event may be 3 lengths of the living room.

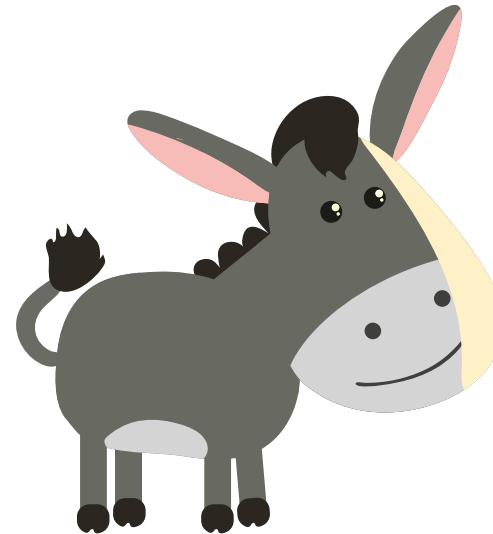
Event 1 Bunny hops (two feet to two feet jumping, knees bent)

Event 2 Bear Crawl (heel to toe walking)

Event 3 Crab Walk (walk on hands and feet sideways, but facing "up" – make a bridge)

Event 4 Donkey Kicks (hands on floor, kick both feet into the air, land, jump forward)

Event 5 Gorilla Walk (2 feet to 2 feet jumps (broad jump))



Credit:

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.

Footwork Frenzy

Grandmother's Footsteps!



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

Footwork frenzy



What you need: 6 socks

How to play:

- Place the socks into a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below. Three times for each challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopscotch.
 5. Rotate to turn sideways on each jump in the gaps.

Can you make up your own jumping pattern?



Grandmother's footsteps!



People: 3 or more

How to play:

- One person begins facing away from the others at the other end of the room or space.
- All other people start behind a marker which shows the start line.
- Grandmother says 'go' and everyone else tries to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone else must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.

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.

Whack A Mole



PROBLEM SOLVING #14

WHACK A MOLE

Set children up individually or in pairs with 4 to 6 coloured socks as per the diagram. Children will run up to their socks and tap the colour called out by the parent/leader.

You should call the colour out before they begin their run. Begin by just calling one colour and progress to calling two or three colours so children have to remember more than one colour and remember the order.

After some time begin adding more instructions e.g. blue cone, star jump, red cone, star jump etc.

Extension:

If more than one child is playing you could make it competition, for this they would need the same arrangements of coloured socks. For older children you could make them run a longer distance before reaching the target.



Credit:

www.thepehub.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.

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



Outdoor & Nature Activities

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Keeping your Garden Birds Healthy



By keeping our bird feeders, tables and bird baths clean, we can help bring a variety of birds back into our gardens and help to keep them fit and healthy. A few tricks below can help you to do this!

What will you need:

- Rubber Gloves
- Bottle Brush
- Sponge
- A scraper (if you have a bird table)
- A bucket or a bowl of soapy warm water
- Animal safe disinfectant spray



Cleaning your bird feeders:

1. Put your gloves on and empty any old bird food into the bin – do not reuse or compost any old food.
2. If you are able to take your bird feeders apart – this makes them easier and more accessible to clean.
3. With your hot soapy water and a brush, scrub and clean the feeders.
4. Rinse through thoroughly.
5. Let the bird feeder dry completely
6. Safely, spray with disinfectant following instructions that are on the bottle.
7. Rinse through again and let it dry out completely before refilling with any food.

Cleaning your bird tables:

1. Put on your rubber gloves and remove any old food by hand or using your scraper.
2. Fill a bucket or a bowl with warm soapy water and use the sponge to clean away any pieces of food or droppings.
3. Rinse through thoroughly using a hose pipe might do the trick!
4. Let the bird table completely dry before spraying it with disinfectant, following the instructions displayed on the bottle.
5. Rinse through again and let it dry completely before replenishing with any food.



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.

Create your own Stick Bird



- Carefully gather as many different sized sticks as possible (you may want an adult to help you).
- Could you identify different coloured leaves to help form your stick bird.
- Find a safe place to create your stick bird.
- You may want to include the colours of a Robin, Blue Tit or a Golden Pheasant.



Credit: Leah Goode

Easter Egg Hunt



- You could hide various pictures of birds around your garden accompanied by a chocolate egg and create your very own bird inspired Easter Egg Hunt.
- You could plant different sized eggs around the garden.
- Think about putting them in high and low spaces that are safe.



Credit: Leah Goode

Outdoor & Nature Activities

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Make a Nature Bracelet



Nature bracelet

Collect colourful treasures and make a bangle.

Explore each item. What do they look like? How do they feel? Do they smell?

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 | 0330 333 5301 |

naturedetectives@woodlandtrust.org.uk

f Search for 'nature detectives' | t #NatureDetectives

© Made in 2016 by the Woodland Trust (registered charity nos 294344 and SC038885)



Make a nature bracelet

Try this creative craft on a trip to the woods. It's a brilliant way to explore autumn's bright colours and exciting textures.

1

With a grown-up's help, add some double-sided sticky tape to a strip of card. Fasten it around your wrist.

2

Explore the forest floor and look for interesting items that have fallen from trees and plants. Can you find colourful leaves, fluffy feathers and funny-shaped

3

Stick your discoveries onto your bracelet and wear it on your woodland adventure!



Don't collect fungi.
They can be poisonous, so it's best to look but not touch.



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.

Stress-Less Egg Head



The Stress Bucket



Stress-Less Egg Head



You will need:

- 1 balloon
- 1 cup of corn flour
- A funnel
- Scissors
- A permanent Marker
- A friend, or an adult to help

1. Blow up the balloon slightly to around 4-5 inch diameter in size. Keep it inflated as best you can (without tying it).
2. Pinch the balloon closed (fingers closest to the inflated part) to allow room to insert your funnel. You may want to ask a friend to help you hold the funnel in the balloon.
3. While still holding the air in the balloon, gradually add the corn flour into the funnel. Do this very slowly to avoid air trying to push the flour back out! It is normal for the balloon to deflate a little.
4. Slowly start replacing the air in the balloon with the corn flour. Keep filling the balloon slowly until it is about 3-4 inches in diameter again.
5. Once filled, carefully take the funnel out, keeping hold of the neck of the balloon. Pinch any remaining air out and tie the balloon to close it.
6. Once tied you can carefully cut the end of the balloon off (to remove the hard rubber ring).
7. Use a permanent marker pen to give your Stress-Less Egg Head a funny face! Give it a squeeze to test it out once dry.

We can all experience stress in different ways. Some stress can be good for us to work harder. Too much stress could make us feel overwhelmed, any prolonged stress can lead to further problems.

Using the Stress Bucket is a great way to visualise this.

Above the bucket are clouds that contain the stress you may or may not feel. These rain into your bucket and gradually fill it up. You release stress by doing things you enjoy or that help remove any stress.

Complete your own stress bucket below. Identify things that cause you stress (the clouds) and the things you do to manage them.

Other things to consider:

- What size and shape is your bucket?
- How full is it?
- What are the signs that are telling you that your bucket is becoming too full?



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.

Manage Emotions - Learn how to do Bubble Breathing



Step 1

Find a quiet and comfortable space.

Step 2

Imagine you are holding a pot of bubbles.

Step 3

Take out the wand from your pot of bubbles.

Step 4

Take a deep breath in and imagine gently blowing a bubble, so you focus more on breathing out!

Step 5

Repeat this technique for at least five minutes to give yourself a chance to practice. Notice any differences in how you feel afterwards.

Take a deep breath and try a calming breathing exercise.

Breathing exercises help to slow down your breath, which can promote calm and relaxation.

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

For more activities, check out the Mini Activity Hub on www.kooth.com!

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.

Manage Emotions - Make your own Coping Box



Step 1

Find a box of any shape or size. E.g. an old shoe box. You can decorate it with colours, pictures or quotes that are important to you.

Step 2

Pick some things you might like to look at, smell, touch or hear to go in your box. E.g. a scented candle, a teddy, a special photo, a favourite song list.

Step 3

Use the items in your box for as long as you need when things feel difficult. E.g. Listen to the music, hug the teddy, look at the photo.

Step 4

Notice any changes in the way you feel whilst using your box and write them down (E.g. I felt like _____ before and I feel like after using my box).

Try using items around the house to help soothe or distract you during difficult moments.

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

For more activities, check out the Mini Activity Hub on www.kooth.com!

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 a Letter to your Future Self



Step 1

Get a pen, paper and an envelope.

Step 2

Think about what you'd like to share with future you (E.g. life predictions, advice or inspiration or even things you don't want to forget).

Step 3

Write a letter to your future self, thinking about when you want to open it - this could be a week from now or even a year!

Step 4

Put your letter in an envelope and seal it, making sure your name is on it and the date when you want it to be opened.

Step 5

Put it somewhere safe and think about what it was like to write your letter. If you feel like it, try writing another letter to be opened at a different time.

Share your own words of wisdom with yourself!

Doing something creative and personal to you is a great way to inspire, comfort and make yourself laugh right now and in the future too.

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

For more activities, check out the Mini Activity Hub on www.kooth.com!

Credit:



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.

Blindfold Building

This exercise is to build trust, personal challenge, teamwork and communication.

Equipment needed:

- 5 Hula-hoops per team.
- 1 blindfold per team.
- 4 cones or spot markers per team.

Set-up:

1. Using the cones or markers create a safe space to perform the activity in.
2. Scatter the hoops within the space.
3. Create teams of 2-6 players.
4. Teams should stand outside of the space.
5. Only the blindfolded player should be stood in the middle of the space.

Activity:

- The team will need to use clear communication and teamwork to guide their blindfolded player through the area to successfully collect all of the hoops.
- The blindfolded player must be inside the area. The other members of the team must remain outside of the area.
- The rest of the team are able to move around the outside of the area and guide their team member to collect the hoops.
- Once the blindfolded player collects all of the hoops then they must then be guided through trying to build a hoop hut as best as they can.





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.

National Virtual Competition

The Commonwealth Games brings nations together in a colourful celebration of sport and human performance. Underpinned by the core values of humanity, equality and destiny, the Birmingham 2022 Commonwealth Games aim to unite the Commonwealth family through a festival of sport and culture. Often referred to as the 'Friendly Games', the event is renowned for inspiring athletes to compete in the spirit of friendship and fair play.

Virtual challenges for young people to take part in have been created, inspired by the three values. Each month, a spotlight will be placed on one of the challenges based around the values:

- **Humanity: 14 March-14 April** (the Commonwealth Sports Movement's purpose and potential is inspired by athletes and citizen)
- **Equality: 25 April-27 May** (the Commonwealth Sports Movement's sports and Games are a level-playing field, bringing people together as equals)
- **Destiny: 07 June-08 July** (together, the Commonwealth Sports Movement can create a more peaceful, sustainable, and prosperous future)

Each theme includes three challenges which are examples of how it is possible to use a high-profile event to engage children and young people. These challenges will help develop physical literacy skills, strength, or aerobic capacity, whilst aiming to inspire children and young people to be more active.

Along with the posters featuring some fun challenges, they also include insight and videos ensuring positive experiences, delivering high-quality virtual competitions and top tips to using high profile sports events to inspire. Alongside the posters, there is a personal challenge sheet for young people to keep track of their scores and a template assembly to launch the challenges in your schools.

As the Competition encourages and celebrates participation, we want to see schools get involved by sharing their activities on social media! The schools with the highest levels of engagement with our National Virtual Competition social media posts will be entered into a monthly draw. Prizes each month will include:

- 2 x Athlete Mentor visits
- 3 x cuddly Perry mascots

In July, the two schools with the highest level of social media engagement throughout the Competition will have the opportunity to join a B2022 School Games Legacy Celebration event in Birmingham on Wednesday 03 August and spectate sporting events in the evening.

Use **#B2022SGVirtualComp** and tag **Your School Games** social channels in your posts to be in with a chance to win



The posters can be downloaded on the next page

Twitter: @yourschoolgames
Facebook: @yourschoolgames2
Instagram: @yourschoolgames

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.

National Virtual Competition continued...

Click the images below to download each of the posters



These posters show examples of how you could engage children and young people. Alongside the posters, there is a personal challenge sheet for young people to keep track of their scores. Use #B2022SGVirtualComp and tag Your School Games social channels in your posts to be in with a chance to win

Humanity: 14 March-14 April

Equality: 25 April-27 May

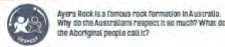
Scorecard



Humanity: The Commonwealth Games' purpose and potential is inspired by athletes and citizens. This value complements the School Games Values of Respect and Honesty.

This virtual competition is linked to one of the Commonwealth countries – Australia and is inspired by its athletes taking part in an alternative sport. Aussie Rules Football is a contact sport played between two teams of 18 players on an oval field, (often a modified cricket ground). Points are scored by kicking the oval ball (similar shape to a Rugby ball) between the central goal posts, or between a central and outer post. These challenges will help players develop the skills needed to play Aussie Rules Football.

School Games Value Challenges



Ayers Rock is a famous rock formation in Australia. Why do the Australians respect it so much? What do the Aboriginal people call it?



Whisk: taking part in a challenge, players will improve if they practice and do not cheat. If something is too easy then it no longer becomes a challenge. How can players make the challenges easier or harder?



- Challenge 1:**
 - In Aussie Rules Football, players score 6 points for kicking the ball between the two middle posts.
 - Challenge players to kick a ball with accurate precision.
 - Set up two posts on the floor: Aiming to kick a ball (any shape or size) between the two posts 20 times, earning 6 points for every accurate kick.
- Challenge 2:**
 - In Aussie Rules Football, the only way you can pass a ball is to 'hand ball'. Place the ball in the palm of the hand. The ball is struck with the butt of the other hand slunched into a fist. Players cannot throw or slap the ball to perform a successful pass.
 - Challenge players to 'hand ball' with accurate precision.
 - Set up a target, for example a hoop or square marked on the floor. Players should place a ball of any size in the palm of their hand and then strike the ball with the butt of their other hand. Each player to hit the ball into the target hoop 20 times. Scoring one point for every successful ball landing in the hoop.
- Challenge 3:**
 - In Aussie Rules Football, players can run with the ball, but must not run more than 5m without bouncing the ball or touching it to the ground.
 - Challenge players to run with a ball at speed and bounce a ball to the ground whilst maintaining speed.
 - Set up two cones. Players should run between the cones at speed whilst carrying a ball. Bouncing a ball every five strides and receiving the ball again. Players should maintain their speed. Players should count how many lengths back and forth between the two markers they can do in 2 minutes.

Virtual Competitions Top Tips

- Decide what your long-term focus is for the competition – what are you trying to develop in the child or young person?
- Update your virtual offer alongside a structured face-to-face offer.
- Ensure activities are simple.
- Use your virtual offer to develop physical literacy.
- Invite your virtual offer regularly to update new virtual participants and content.
- Connect young people from your virtual groups.
- Embed a variety of face-to-face and virtual activities.

Remember for all 3 Challenges

- Players will only improve if they practice. See if they can get a higher score each time.
- Players could challenge others to see who can score highest.
- Humanity bonus points awarded to anyone who can inspire others to take part.

#B2022SGVirtualComp

Share your activity on social media for a chance to win monthly prizes!

Scan here

To watch a video explaining how to create meaningful challenges.



Equality: The Commonwealth Games and its sports are a level playing field, bringing people together as equals. This value complements the School Games Values of Teamwork and Passion.

This virtual competition is linked to the sport of Gymnastics. Gymnastics is synonymous with strength, grace, and style. The sport uses its athletes leaping, twirling and flying across a range of tonic apparatus, earning points from a panel of Judges. Gymnastics involves a lot of strength. It is key to develop strength in children and young people of all abilities. This challenge therefore includes strength-based challenges.

School Games Value Challenges



Encourage players to find someone to help encourage them to not give up. Being a team together will help motivate them to try harder, especially when they start to get tired.



It feels great to challenge yourself. Players could create a fun celebration to share after their attempts.



- Challenge 1:**
 - Leg strength challenge.
 - How many standing squats can a player do in one minute?
 - Make sure their legs are shoulder-width apart, both feet are flat on the floor and they squat down as though going to sit on a chair. Movement should be controlled.
- Challenge 2:**
 - Arm strength challenge.
 - How many triceps dips can a player do in one minute?
 - Players should grip the front edges of a chair, step or bench with their hands. Hover their bottom just off and in front of the seat. Feet flat, and legs bent so thighs are parallel to the floor. Arms should be straight, this is their starting position. Players should lower their bottom down, in a controlled movement, using their triceps muscles and then back up again.
- Challenge 3:**
 - Whole body strength challenge.
 - How long can players hold a plank for?
 - Players should get down on all fours, as though doing a press-up, keep their palms and forearms flat to the floor and hands under shoulders. Their body should form a straight line from their head to their ankles. Players should contract their abs to prevent their bottom sticking out or dipping. Challenge players to hold the position as long as they can.

Using high profile events to inspire – Top Tips

- Use information about the high-profile events so the young people can learn more about it.
- Explain how your activities link to the high-profile events.
- Explain why you are doing the activities (INTENT) e.g. to develop new skills, to improve fitness, to have fun.
- Make a protocol to have the young people can watch the high-profile event, including posts down dates etc.
- Players will only improve if they practice. See if they can get a higher score each time.
- Players could challenge others to see who can score highest.
- Humanity bonus points awarded to anyone who can inspire others to take part.

Remember for all 3 Challenges

- Players will only improve if they practice. See if they can improve their score.
- Players could challenge others to see who can score highest.
- Equality bonus points awarded to anyone who can inspire the games to include others.

#B2022SGVirtualComp

Share your activity on social media for a chance to win monthly prizes!

Scan here

To watch a video explaining how to create meaningful challenges.



My Commonwealth Challenge

Name _____ Date _____

Which challenge did you choose? 1 2 3 4 5

Why did you choose this challenge? _____

Set your target score? _____ What was your actual score? _____

How do you think you can improve? _____

How can you make it easier? _____

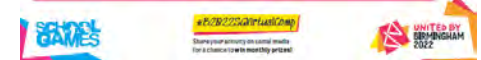
How can you make it harder? _____

How did you complete the School Games Value Challenge? _____

What did you think of the challenges? 😞 😐 😊 😄 😁 😂

Humanity Bonus Points - Who did you challenge? _____

Can you come up with your own different challenge? _____



Twitter: @yourschoolgames
Facebook: @yourschoolgames2
Instagram: @yourschoolgames

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.

#CatchingChallenge

www.yourschoolgames.com

Achieve the challenge

The aim of the game is to work as a team to make sure the ball/object doesn't bounce in your area.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Play in a space away from anything that is breakable
- Always aim for space when throwing the ball/object
- Ensure you communicate with your team when catching so you don't bump into each other

Skill up

- What is the best body position for you to be in to catch the ball/object?

How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams and spread out around your teams playing area
3. One team starts with a ball/object and throws it into the other team's area
4. The receiving team must try and catch the ball before it bounces
5. If the ball/object is caught, you can then throw it back over into the other team's area

Equipment

Essential

- Space big enough for the game
- A ball/object

Optional

- Cones or a net to mark out the centre line

Spirit of The Games



Teamwork:

How are you working as a team to cover the target zone?



Self-Belief:

Are you always confident that you will catch the ball/object? What happens when you are not very confident?

Link it up

- This game helps you get better at games e.g. Cricket, Rounders and Softball.

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.

#CatchingChallenge continued.....

www.yourschoolgames.com



Roles for leaders and officials

- Ensure the playing area is safe
- Make decisions on when the ball/object lands in or out of play
- Keep the score
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- Alter the size and texture of the ball/object to make it easier to control/throw/catch.
- Choose designated throwers and catchers each time

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the size of your area
- T** Allow one bounce before catching
- E** Use a bigger sized ball/object
- P** Increase the number of players on your team

HARDER

- S** Increase the size of your area
- T** Try catching one handed or with your weaker
- E** hand Use a smaller sized ball/object
- P** Decrease the number of players on your team

Change it up

- Add in more than one ball/object to play the game
- Create more than two teams to play against each other
- Try different types of throws or even try playing from a seated position
- Play to a time limit and try to have the ball/object out of your area when the time ends
- Choose a player on your team to stand in the other team's target zone. If they catch the ball, then you can award more points.
- There are lots of ways that this game could be played. Be creative and come up with your own versions

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.



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.

Wall Ball - 60 Second Challenge

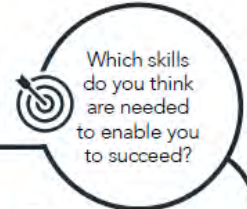
Complete PE have a range of fun activities you can try at home or at school.

For more details, visit their website:
www.completeperesource.com

Credit:



Wall Ball 60 Second Challenge



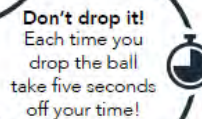
How many times can you throw a ball against a wall and catch it in 60 seconds?



You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.



You need a ball and a wall!
If you do not have a ball, use a rolled up pair of socks.



Don't drop it!
Each time you drop the ball take five seconds off your time!



With a partner, throw and catch the ball against a wall. What medal will you and your partner achieve?

Achieve Gold
40 throw and catches



Achieve Silver
30 throw and catches



Achieve Bronze
20 throw and catches



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.

Tap up Tennis - 60 Second Challenge

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

Credit:



Tap Up Tennis 60 Second Challenge

Could you ask for help if you find the challenge hard?

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again.

Use a racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of socks!

Increase the time by 30 seconds! But... you must flip your racket over after each tap.

Play with a partner. Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

Achieve Gold
60 tap ups

Achieve Silver
45 tap ups

Achieve Bronze
30 tap ups

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.

Design a logo Competition - 'We Can Swim'



Active Black Country and partners are developing a Swimming Campaign which will seek to raise standards of swimming and improve water safety levels amongst Black Country Children.

As part of this, Active Black Country and partners are running an **Art competition** for school pupils across the Black Country to design the logo for the campaign which will be launched on the 20th May 2022 at the Black Country Primary PE Conference.

The logo will be used on all resources accompanying the campaign, and used by a range of partners to promote water activities across the region over the next 18 months.

A judging panel will decide the winning design which will then be made into the logo for the campaign moving forward.

The school of the winning pupil will receive a **£100 Sports equipment voucher** whilst the pupil responsible will also receive a **£50 One4all Gift Card** which can be spent at over 130 different high street brands.

The logo design should seek to incorporate either of the following areas and also **MUST** also include the words **'We Can Swim'** within the logo design.

1. Being safe in and around Water
2. Being able to swim/learning to swim/being confident in the water

The competition is open to Primary and Secondary school pupils with the deadline for submissions **5pm Friday 29th April 2022**. Winners will be announced in May 2022.

Designs can be submitted by post or email to:

F.A.O Leah Goode (Logo Competition)

Active Black Country
Dudley Court South
The Waterfront Business Park
Level Street
Brierley Hill
DY5 1XN

leah_goode@blackcountryconsortium.co.uk

Please make sure that each entry include:

- pupil name
- age
- teacher/contact
- school
- Local Authority

Suggested templates can be downloaded here,
but children can use their own



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.

Spot 6 Differences



Credit:

Enjoy Water **Safely**



For more details visit: www.rlss.org.uk

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.

Water Scramble



Can you rearrange the following words? All the words relate to water, water or winter safety or rescue.

1. ABOST
2. NMONSAW
3. DNANIL
4. IVDIGN
5. FURS
6. OLPIEC
7. EJFKICTLAE
8. IMYCHEPRHOT
9. ERLYOLT
10. OHSRE
11. NDOWR
12. LVEOGS
13. AUTOSCIU
14. LOFTA
15. BTFLIEAO
16. BUECNMAAL

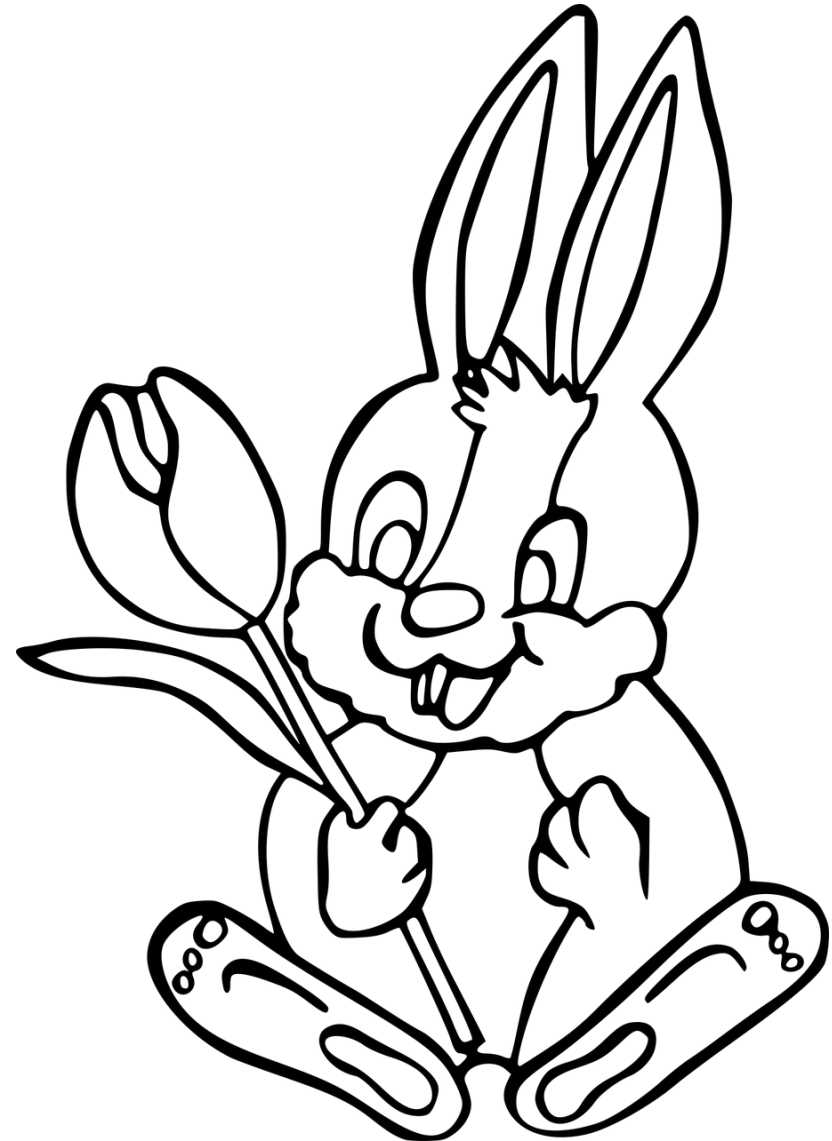
BOATS

Credit



For more details visit: www.rlss.org.uk

Colour in an Easter Bunny





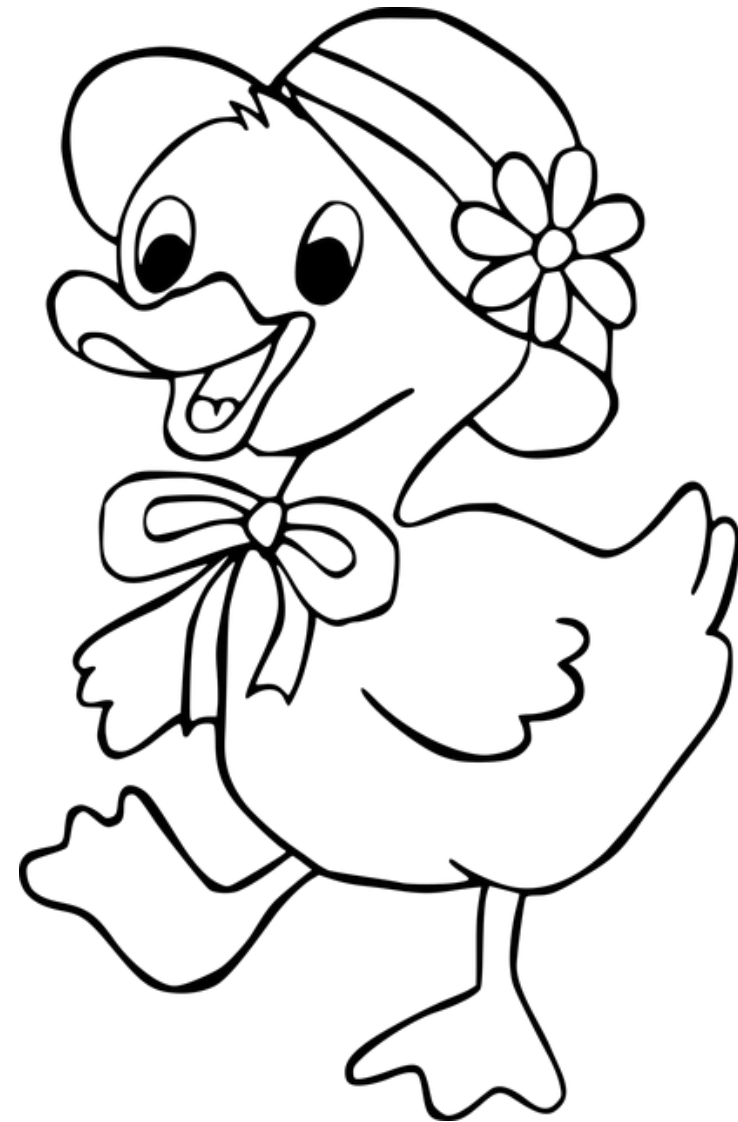
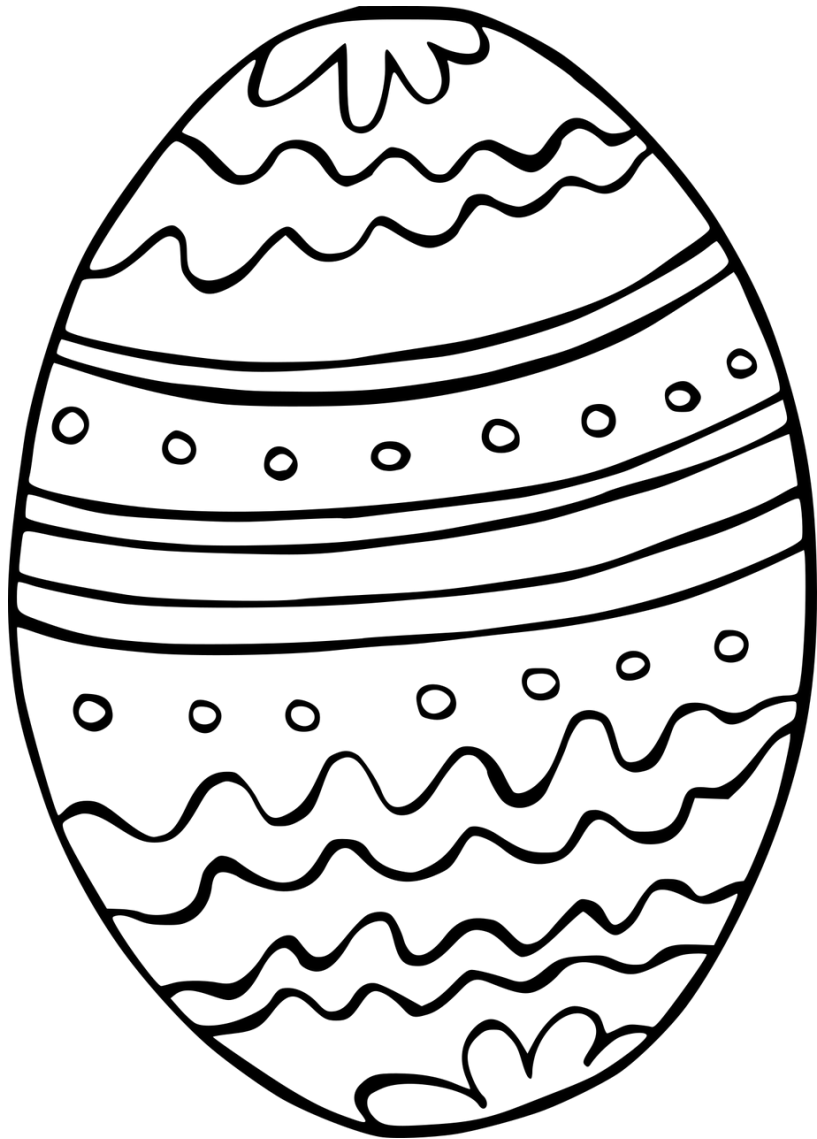
Celebration and Creative Activities

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Colour in an Easter Egg



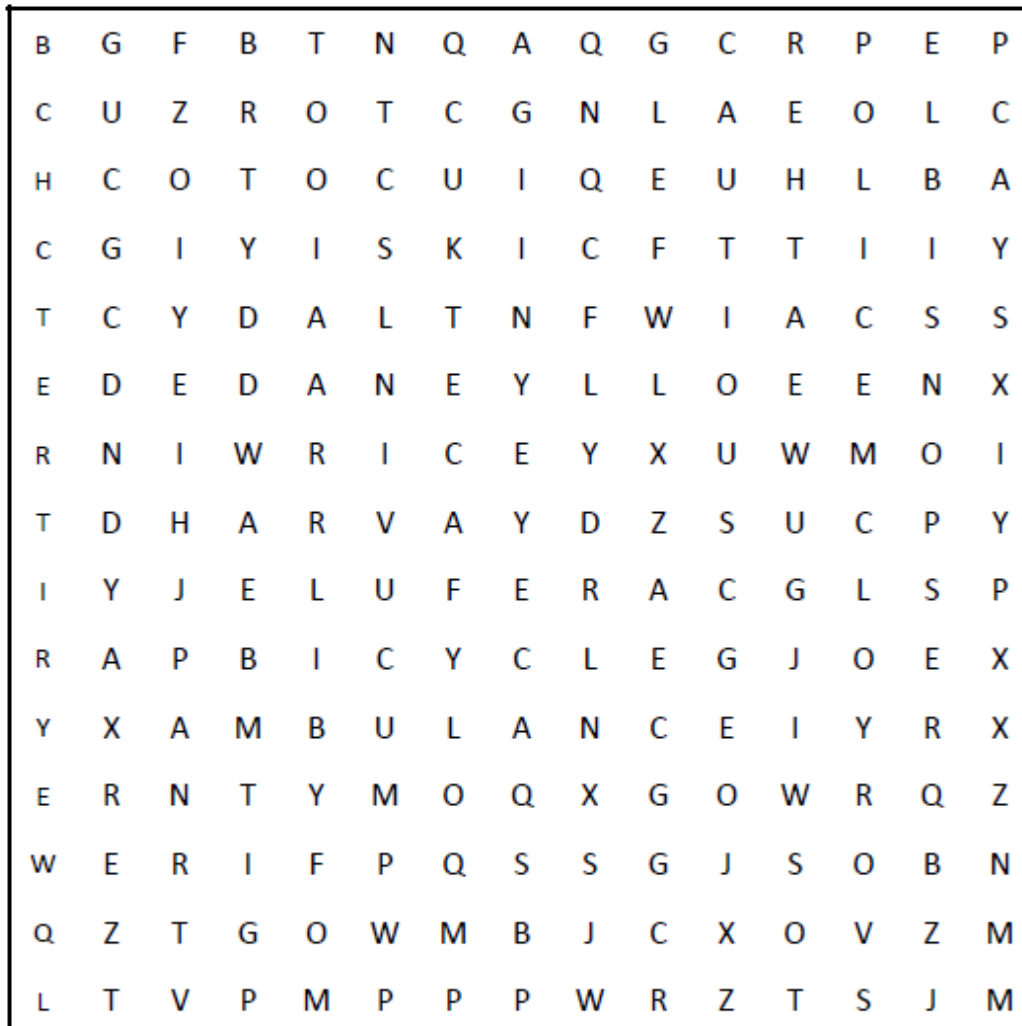
Colour in an Easter Duckling



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.

Water Safety Search



ACCIDENT	EXPERIENCE
AID	FIRE
AMBULANCE	FROSTY
BICYCLE	NOTICE
BRIGADE	POLICE
BUOYANCY	RESPONSIBLE
CAREFUL	WALKING
CAUTIOUS	WEATHER

Credit:

Enjoy Water **Safely**



For more details visit: www.rlss.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 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.

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

