

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.

November 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.

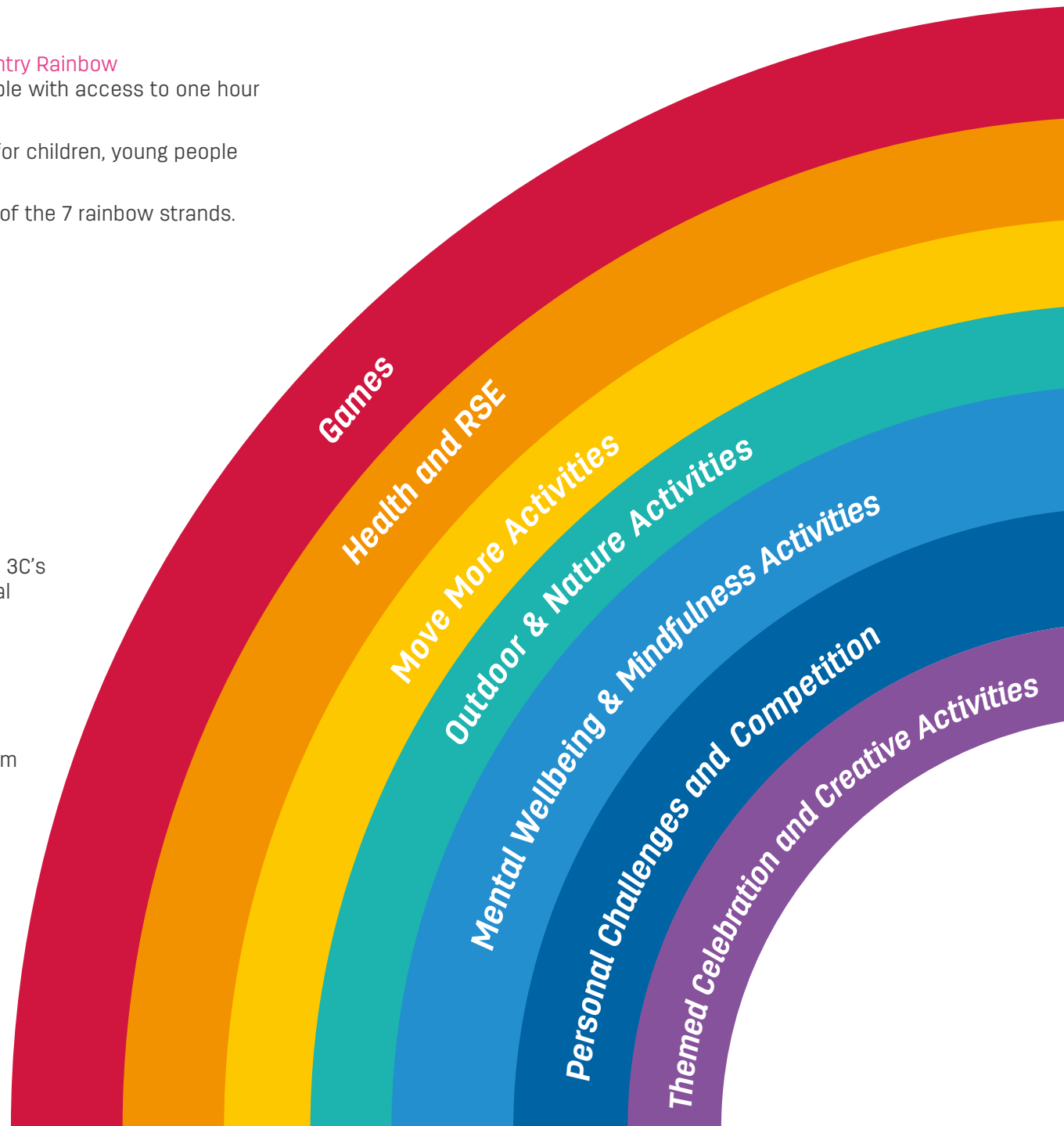
Who is the Rainbow Booklet for?

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

Cool Croquet - an Introduction

Activity courtesy of:



For more information visit: www.croquet.org.uk/

COOL CROQUET



COOL CROQUET IS A SIMPLE AND EXCITING VERSION OF CROQUET AIMED AT 4-11 YEAR OLDS TO ENGAGE THEM IN THE SPORT. IT IS A FUN AND INCLUSIVE GAME.

MEET CALLIE AND CHARLIE!



CALLIE AND CHARLIE ARE THE CHARACTERS WHO ARE INSPIRED TO GET INVOLVED WITH CROQUET. THEY WILL BE FOLLOWING ALL THE RECOMMENDED ACTIVITIES.



THE ACTIVITIES

INSIDE THIS BOOKLET THERE ARE VARIOUS ACTIVITIES THAT YOU CAN DO WHEN PLAYING COOL CROQUET. MAKE SURE TO GET INVOLVED AND TRY AS MANY AS POSSIBLE.

IF YOU DO, MAKE SURE YOU SHARE ON SOCIAL MEDIA:

@CROQUETENGLAND
#COOLCROQUET



Games

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

Cool Croquet - Warm up Activities

Activity courtesy of:



For more information visit: www.croquet.org.uk/

WARM UP ACTIVITIES

@CROQUETENGLAND
#COOLCROQUET



SPIDER TAG



ONE CHILD IS THE TAGGER, THEY ATTEMPT TO TAG OTHERS ON THE TEAM. IF THEY ARE SUCCESSFUL THEY THEN JOIN THE TAG TEAM BY HOLDING HANDS AND ATTEMPTING TO TAG MORE PEOPLE.

FIND THE HOOP

THE COACH WILL SHOUT OUT A CROQUET HOOP NUMBER AND THE CHILDREN WILL RACE TO THE HOOP. IT IS A COMPETITION TO SEE WHO CAN GET TO THE HOOP FIRST.

BOWLS DODGEBALL



TWO CHILDREN ARE GIVEN A LIGHTWEIGHT TENNIS BALL. THEIR GOAL IS TO BOWL THE BALL ALONG THE FLOOR AND TAG ANOTHER PERSON WITH THE BALL. GIVE THE CHILDREN A SET AREA THEY ARE ALLOWED TO RUN AROUND.



THE CROQUET ASSOCIATION

Games

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

Credit: www.livwellhealth.co.uk

LivWell Year 3/4 Team games - Warm up

BE HAPPY. BE HEALTHY.

focus

STEP

Equipment



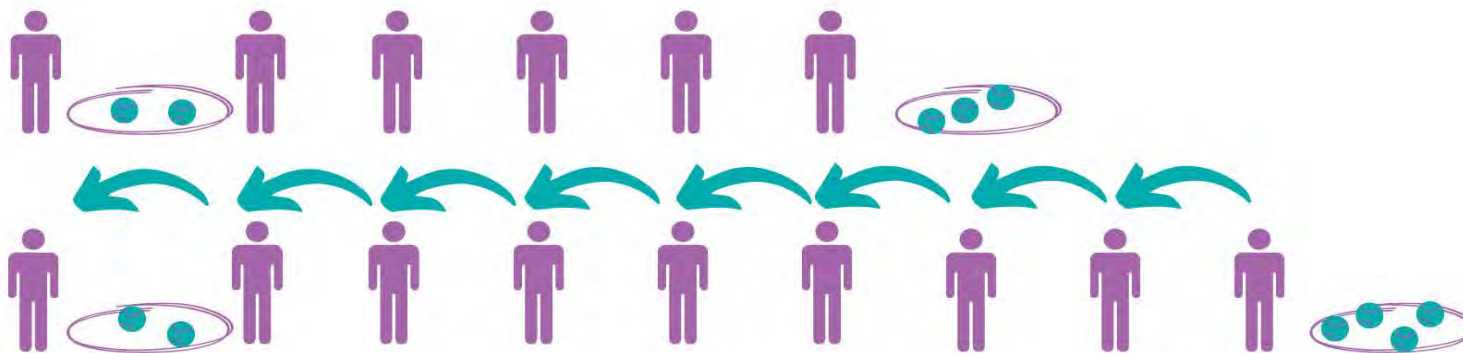
TEAMWORK COOPERATION RESPECT

Space -
Task -
Equipment -
People -

Open Space
Tennis balls
Bean bags
Hoops
Cones

SETUP

Children are split into equal teams. They start 10 metres away from the treasure chest with a hoop in front of them.



INSTRUCTIONS

Children are split into teams of 5 or 6. They are given 2-3 minutes discussion time on how to solve the problem ahead. They must get as much treasure from the chest into the base hoop, the rules are as follows.

- Everybody must touch each piece of equipment
- Children cannot move once the game starts.
- If treasure is dropped it is lost.

MAKE IT EASIER

- Decrease the distance that the children have to travel.
Children have fewer pieces of treasure to recover.

MAKE IT HARDER

- Increase the distance the children have to travel
Children are given a set time limit
Children have more treasure to recover.

Games

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

Credit: www.livwellhealth.co.uk

LivWell Year 3/4 Team games - Main Activities

BE HAPPY. BE HEALTHY.

focus

STEP

Equipment



TEAMWORK COOPERATION RESPECT

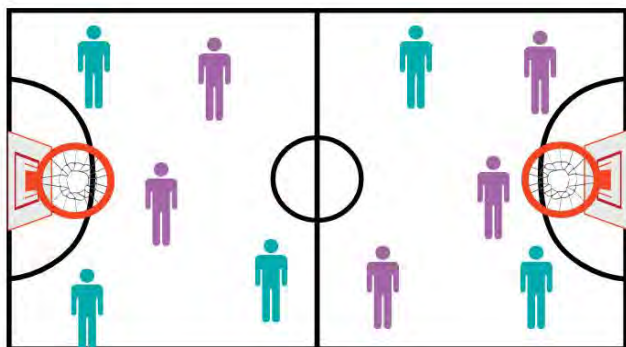
Space -
Task -
Equipment -
People -

Open Space
Tennis balls
Tennis net
Markers/Cones
Basketball
Bibs

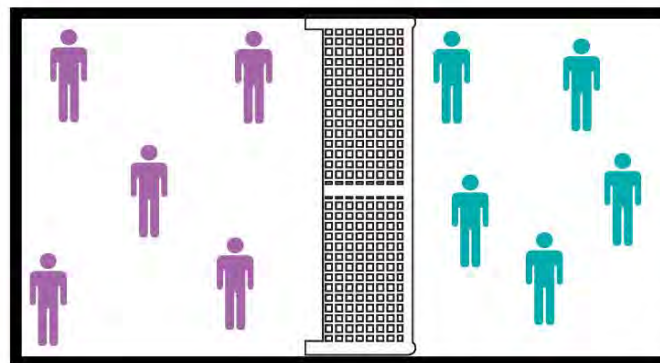
SETUP

Children remain in their teams and now play competitive games against the others in a round robin of games. Children should be encouraged to plan their methods and reflect on success/failure as a team at either side of the game.

A



B



INSTRUCTIONS

A) Basketball - Children play a game of 5 v 5 with simple basketball rules, they should score in hoops if available, if not then they should score by catching a ball in an opponent's hoop.

B) Team tennis - Children play over a tennis net and squared off areas. In their 5 v 5 situation they should serve the ball over the net using their hands and proceed to play. 2 bounces equal a point, first team to 10 wins.

MAKE IT EASIER

- Children play without a scoring objective, they can score by making 5 successful passes instead.
- Children may play over markers instead of a net.

MAKE IT HARDER

- Children are overloaded onto one team in a 6 v 4 situation.
- children must make at least 3 passes and score in an objective.

LivWell
BE HAPPY. BE HEALTHY.

Games

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

LivWell Mix - Year 3/4 Team Games L5

Credit: www.livwellhealth.co.uk

LivWell
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Objectives:

To use throwing and catching skills to outwit opponents in simple team games.

Equipment and Resources:

- Mixture of large and small balls.
- Bibs and cones.
- Playground, field, or hall.

Starter Activity:

Children are split into teams of 5 or 6. They are given 2-3 minutes discussion time on how to solve the problem ahead. They must get as much treasure from the chest into the base hoop, the rules are as follows.

- Everybody must touch each piece of equipment
- Children cannot move
- If treasure is dropped it is lost.
- Children are given a set time limit or must use their non dominant

Plenary:

- Form a circle at the end of the lesson to review and give feedback on the lesson.
- Ask children what teamwork skills they may have used today?
- Ask the children what they did in the lesson to be successful.
- How did communication support the team in the lesson?



Key Vocabulary:

Teamwork, respect, determined, happy, resilience, cooperation, confidence, connecting, pressure, experiences, brain, perseverance, teamwork, growth mindset, positive, reflection, success, tactics, communication.

Curriculum Links:

- Develops character building (resilience, confidence, independence) and supports learners physically and mentally.
- Supports pupils to lead and maintain a healthy lifestyle.

Main Activity:

Children remain in their teams and now play competitive games against the others in a round robin of games. Children should be encouraged to plan their methods and reflect on success/failure as a team at either side of the game.

Basketball – Children play a game of 5 v 5 keep ball with simple basketball rules, they should score in hoops if available, if not then they should score by catching a ball in an opponent's hoop.

Adapt to zero movement and pivoting only (netball)
Specific amount of passes before scoring (3 or 5)

Team tennis – Children play over a tennis net and squared off areas. In their 5 v 5 situation they should serve the ball over the net using their hands and proceed to play. 2 bounces equal a point, first team to 10 wins.

Games

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

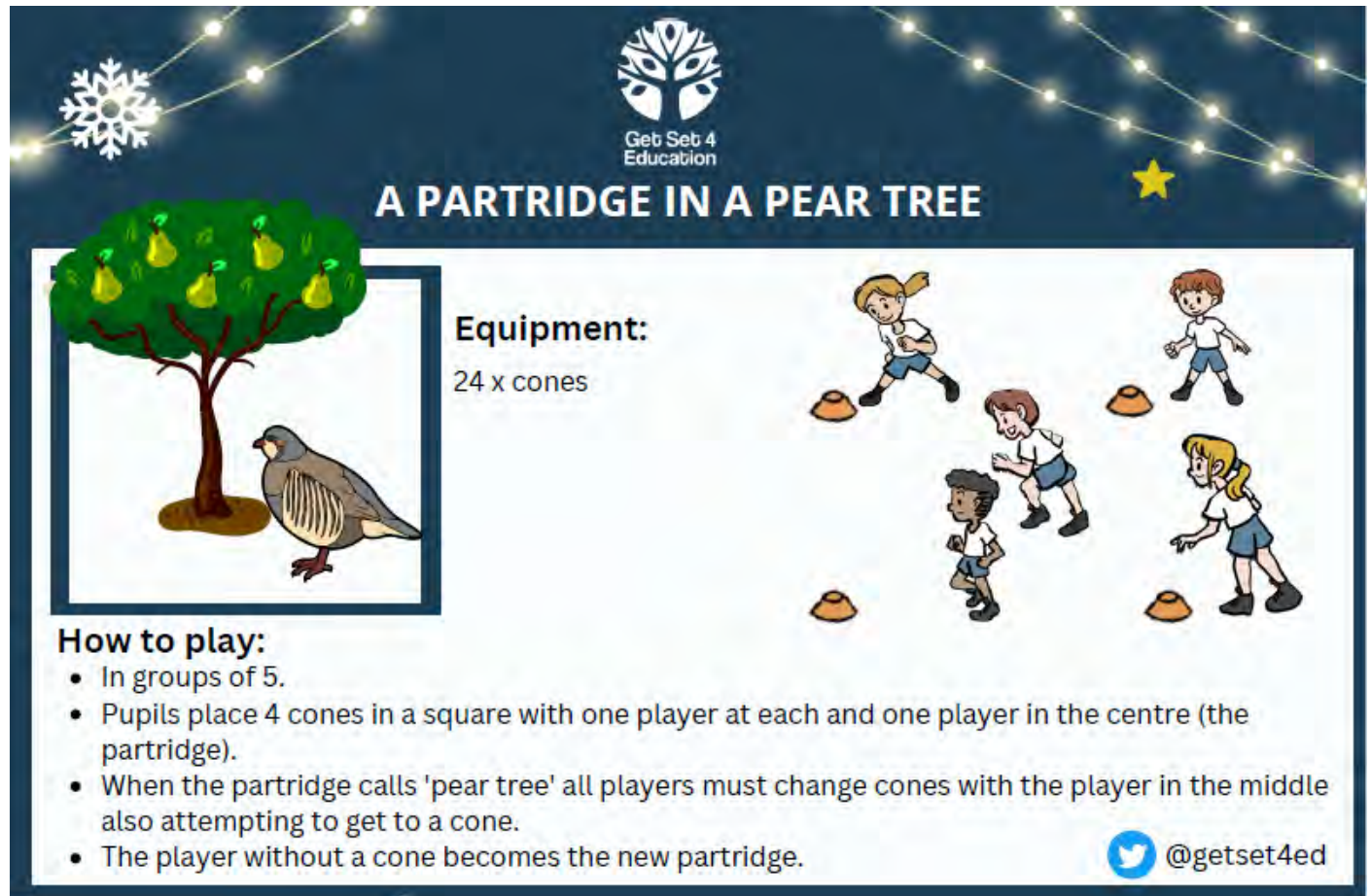
12 Days of Christmas - A Partridge in a Pear Tree

Play one game every school day from
1st - 16th December

Download all the days activities here!

www.getset4education.co.uk

Credit:



The poster features a dark blue background with string lights and a snowflake. At the top center is the 'Get Set 4 Education' logo, which is a stylized tree with a face. Below the logo, the title 'A PARTRIDGE IN A PEAR TREE' is written in white. On the left, there is an illustration of a pear tree with yellow pears and a grey partridge standing next to it. On the right, there is an illustration of five children playing a game with orange cones. Below the illustrations, the text 'Equipment: 24 x cones' is written. Underneath that, the 'How to play:' section is followed by a bulleted list of instructions. In the bottom right corner, there is a Twitter icon and the handle '@getset4ed'.

Get Set 4 Education

A PARTRIDGE IN A PEAR TREE

Equipment:
24 x cones

How to play:

- In groups of 5.
- Pupils place 4 cones in a square with one player at each and one player in the centre (the partridge).
- When the partridge calls 'pear tree' all players must change cones with the player in the middle also attempting to get to a cone.
- The player without a cone becomes the new partridge.

@getset4ed



Health and RSE

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

Healthy Relationships: Friendships

Credit: www.livwellhealth.co.uk

LivWell
BE HAPPY. BE HEALTHY.

Learning Objectives

- To can explain what I would like from a friend
- To be able to explain how I am a good friend
- To show that I can reflect on my friendships and share my thoughts

Quick Starter: What makes a good friendship?

Watch the video and discuss the friendship in the animation.

Ask the children to respond to the question, encouraging them to think about what they bring to a relationship, as well as what they receive from the other person.

Share ideas as a whole class and add to a working wall, flipchart, big piece of paper or any other way of keeping this present in the classroom while they work as a friendship word bank. Guide the children to include the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

Adaptive Teaching Suggestions

Finding a way in: Group work support through peer dialogue, teacher check ins for targeted children.

Taking them further: Display reflection questions on PowerPoint slides and use when children share their responses.

- How do you know you have a good friendship?
- How does a good friendship make you feel?
- Where can you make good friends?
- How do you make good friends?

Introduce the session with the lesson objectives along with the keywords pupils will hear.

Main Task 1: Friendship Cards

Give each child a card and ask them to write their name on the top. The children pass the cards around and write friendship statements on as many other children's cards as you can in the time you have.

The statements have to fit in with the following questions:

- How is this person a good friend to you?
- How are you a good friend to this person?

This could be done with the children moving around the room, sitting and passing the cards to the next person around the table or any other way that works with your setting and children.

Adaptive Teaching Suggestions

Finding a way in: Peer support to write, stop and show an example as a mini plenary once you see some good examples to share or model your own example before beginning.

Taking them further: Keep the following questions on the PowerPoint for the children to consider as they complete the activity:

- What do you notice about the things your friends do for you that you like?
- What do you notice you do for your friends?
- Have your friends written the same ideas on your card as you have written on theirs?

Bring them back together to discuss and reflect on the Take it Further Questions.

Health and RSE

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

Healthy Relationships: Friendships continued...

Credit: www.livwellhealth.co.uk

LivWell
BE HAPPY. BE HEALTHY.

Main Task 2: Making a new friendship

In groups, create a poster advertising for friendship.

You need to work together to include the following information:

- What are you looking for in a friendship?
- What qualities do you bring to a friendship?

Adaptive Teaching Suggestions

Finding a way in: The children can use their cards and the friendship word bank to support them with key vocabulary. The groups can be mixed ability to support dialogue in the written activity and possibly assign roles for the task too.

Taking them further: Ask yourself how you have shown your friendship skills as you work together as a team to create the friendship poster. Is there any way you would do this differently if you did it again?

Key Vocabulary:

Friendships, feelings, choice, healthy, lonely, excluded, trust, uncomfortable, secure, respect, loyalty, kindness, generosity, difficulties, solving problems

Resources:

- Whiteboards and paper

Plenary: Reflecting on Friendship

Ask the children to sit and breathe deeply while they count in and out. Encourage them to reflect on the Take it Further Question.

Ask them to look at their friendship card from the beginning of the lesson and think about the wonderful things their friends appreciate about them. Is there any way they would like to be a better friend? The children can then share or keep it to themselves, what they plan to do.



Health and RSE

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

Bubble Breathing



Bubble Breathing

1.

Imagine you have a bubble wand in your hand.

2.

Take one big breath in through your nose!

3.

Slowly and calmly breathe out through your mouth - as if you are blowing a big bubble!

4.

Repeat as many times as you like, until you feel calmer



Design a Hot Chocolate



The winter months get darker earlier and are colder too so a DIY luxury hot chocolate night could be just the way to warm both your mood and your bones. It works both later at night and as a treat for youngsters returning from a blustery school run. It needn't be too expensive as there are plenty of hot chocolate mix recipes online.



Credit:



Health and RSE

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

Fruit and Veg Bingo Cards



Allocate children to six groups and distribute the bingo cards.

Each group should have one bingo card.

Use the flash cards randomly to see which group can call 'Bingo' first.

This activity will help children recognise different healthy fruit and vegetables.

Acknowledgment:
Crown Copyright
Source: PHE

Credit:

change 4 life



[Download all the flashcards here!](#)

Fruit and veg bingo cards



Allocate children to six groups and distribute the bingo cards. Each group should have one bingo card. Use the flash cards randomly to see which group can call 'Bingo' first. This activity will help children recognise different healthy fruit and vegetables.

Flash cards

Remember to print these pages on single sides.


Apple

Banana

Flash cards


Strawberry

Cherry

Fruit and veg bingo cards





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.

Activity Alphabet

Spell out your full name with our activity alphabet! To collect a letter, complete each corresponding activity. Too easy? Add your middle name in or try a few different names. Why not set up a zoom call and challenge your friends or grandparents to have a go too? Make sure you have a clear space - in the living room, garden or local park.

Credit:



A B C D E F G H

Do 10
star
jumps

Pick up a ball
without using
your hands

Do 3
push ups

Hop on
one leg
10 times

Run on the
spot for 1
minute

Skip round the
room/garden
for 30
seconds

Balance on 3
parts of
your body

Walk backwards
10 steps and
march
forwards



I J K L M N O P

Bend down and
touch your toes
20 times

Do 10
shuttle
runs

Hop like a
rabbit 10
times

Do a standing
jump as far as
you can 5
times

Reach for
the sky 3
times!

Walk like a
bear to the end
of the room
and back

Spin in a
circle 3 times

March up and
down the
space 10 times

Q R S T U V W X Y Z

Step up
and down
a step 20
times

Walk in a
zig-zag
across the
room

Lie on your
back and
pretend to
pedal a bike

Circle your
arms
backwards 10
times

Do 20 sit
ups

Throw and
catch a ball
or balloon
20 times

Put some
music on
and dance
for 2 minutes

Do 5 tuck
jumps

Gallop
around the
room like a
pony

Throw an
object into a
target 10
times in a row

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.

HEADS, SHOULDERS, KNEES, BALL



Aim

- ✓ Fast reactions
- ✓ Listening
- ✓ Competition

Equipment



Organisation

- ✓ All Stars find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each All Star is another cone.
- ✓ All stars touch body parts as instructed by activator.
- ✓ When they hear 'cone' they race around the cone behind them.
- ✓ When they hear 'ball' they race to pick up the ball quicker than their partner

Heads, Shoulder, Knees...Ball



COMPETITION CORNER

Scores can be kept in one to one matches or accumulate scores for one team versus another. A great way to rotate who plays against who is by forming a competition ladder where after five rounds, the winners move in one direction and the losers move the other way.

CHANGE IT! Adaptation / Variation

Easier:

- More time between each instruction
- Use small number of instructions
- Shorten distance to cone behind them
- Use larger balls

More Challenging:

- Speed up the rate of instructions
- Vary instructions to complete tasks as well as finding body parts
- Start with their backs to each other
- Increase distance to cone behind them

GET THE ADULTS INVOLVED

All Stars can play against their adults. Adults can also keep score between a pair of All Stars.

Credit:

Activity provided by
Worcestershire
Cricket and the ECB



www.worcestershirecricket.co.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.

Active Advent Calendar

Your Christmas mission this December is to have tonnes of fun being super active EVERY DAY for 10 days!

Your class at school can download their very own Active Advent calendar to display on the classroom wall.

Children can track their progress throughout December - place a sticker, stamp or simply cross out each day as you compete it!

Features handy reminders about activities you might want to try!

Download your copy here!

Active Advent is a completely FREE way to get your children more active in school this December.

Courtesy of:



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 Blast Activity Cards



Use these downloadable Active Blast cards every day in your classroom - easy to use and quick to deliver!

Features 24 'boot camp' style activities from star jumps to yoga poses.

Create your own fun brain breaks anytime, anywhere!

We have a few here for you to try, but you can [download some more here!](#)

Turn the page for more!



Courtesy of:



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 Blast Activity Cards continued...



90 seconds

Squat jump



imoves Active every day

45 seconds


Power squats



imoves Active every day

30 seconds

Chair pose



imoves Active every day

30 seconds

Twisted chair pose

Repeat on both sides



imoves Active every day

Courtesy of:



Download more activities here!

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.

12 Days of Christmas - 7 Swans a Swimming



Play one game every school day from
1st - 16th December

Download all the days activities here!

www.getset4education.co.uk

Credit:



The activity card features a dark blue background with string lights and a snowflake. It includes the Get Set 4 Education logo, the title '7 SWANS A-SWIMMING', an illustration of seven swans, and a diagram of seven children lined up on a starting line. A speech bubble labeled 'swimming' points to the children. The card also lists 'Equipment: none' and 'How to play:' instructions.

7 SWANS A-SWIMMING

Equipment:
none

How to play:

- Pupils line up on the starting line.
- When the teacher calls out 'swimming' everyone moves toward the finish line until the teacher calls out 'swans' at which point everyone must freeze as quickly as possible.
- If they move after 'swans' has been called they must return to the start line.
- The game is played until 7 players have crossed the finish line.
- The movements pupils use in moving toward the finish line are up to you; they could run, skip, dance, star jump, high-knees etc.

@getset4ed

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



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.

Outdoor Games and Adventures



Be an outdoor adventurer with these games and activities. You'll need to rope your parents in for a few of them - so they can get active with you.



Credit



40-40 In

Agree on a home base. The searcher stands facing the base while covering their eyes. They count to 40 while the other players hide. The searcher looks for the other players. The other players need to try to reach the base without being seen. If they reach the base they shout "40-40 in" and are safe. If the searcher finds a player they shout "40-40 I see (name) behind that (object)" and the person returns to base. The last person to be caught wins!

We're going on a bear hunt

Remember the popular children's book? Go on an adventure and act out the different motions, making your way through the wavy grass, stomping through the mud, wading through the river and more. Look out for the bear!



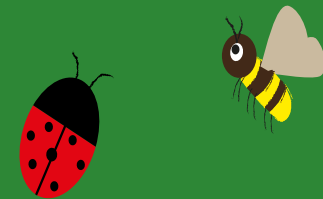
Hopscotch

Use chalk to draw hopscotch on the pavement or patio and then get jumping! What sequences can you come up with to make it more challenging?



Go on a bug hunt

Find yourself a mini-beast checklist and head out to your nearest green space. Search for bugs under logs, check the undersides of leaves & look at the cracks in bark. Can you identify the bugs?



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.

Outdoor Games and Adventures continued...

Animal Walks

Choose some animals and challenge the kids to walk the same way across the garden.

Who can do the best impression? Slither like a snake, hop like a frog, gallop like a horse or walk like a bear.



Leave a trail

Looking for something to do with friends but at a distance? Go on a secret spy mission. One family uses chalk, or sticks and stones to make arrows to create a trail leading to a secret message. The other family then has the challenge of following the trail - can they find the message and record it?



What's the time Mr Wolf?

Mr Wolf stands at the opposite side of the garden or playing area facing away from the others. All other players then chant "What's the time Mr Wolf?". Mr Wolf can answer in one of two ways.

1. Calling a clock time "2 o'clock". The other players then take that many steps, counting them aloud. Then they ask the question again.
2. Mr Wolf calls "dinner time!" and turns around and chases the others back to the start. If he catches anyone, they are Mr Wolf in the next round.

Duck, Duck, Goose!

Time for an old-fashioned game of Duck, Duck, Goose. Everyone sits in a circle.

Tap each person on the head and say either "duck" or "goose". If they say "duck", things continue. If they say "goose", the person tagged needs to run after the tagger and catch them before they get back to their spot. If the tagger gets caught, they sit in the middle and play continues.

Credit:



Be an artist

Get arty! Can you build a nature sculpture? Collect sticks, leaves, stones, fallen petals or whatever you can find in the garden or park. You could use mud or old plant pots as a base and see what can be built!



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.

Beginners Guide to Stargazing



Forests are a great place to see stars because there is so little light pollution

Stargazing top tips!

Super star facts!

Your first night under the stars!

Have a game of torch tag!

Download the full activity guide here!

www.forestryengland.uk

Credit: Forestry England



Forestry England

Stargazing top tips

Get ready for your stargazing adventure with our five tips

- 1 Keep warm**
Make sure you have an extra layer of clothing or a blanket to wrap up in.
- 2 Get comfy**
Use a comfy chair or mat to lie on so you can gaze up at the stars for longer.
- 3 Choose somewhere dark**
Whether in the garden or forest, choose a spot that's away from artificial lights so you can see more stars.
See page 3 for our recommended places.
- 4 Use a red torch**
This will help you to see where you're going in the dark and enhance your night vision.
Use a normal torch and fix a piece of red cellophane over the light.
- 5 Pick up a star chart**
Find easily recognisable stars and constellations with a star chart, map or app.
Start with our simple objects and constellations on page 5.

4

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.

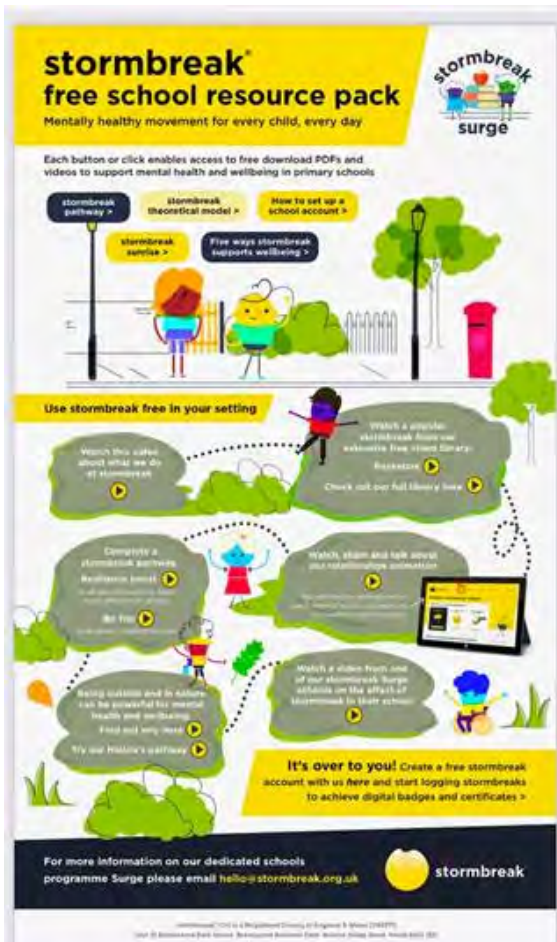
Free Stormbreak Resources



Free stormbreak resource pack for schools now available

Mental health and movement charity Stormbreak have recently created a document that allows schools, teachers and other trusted adults to access all of our free content easily in one place. This includes sample pathways, example stormbreaks, animations and the theory behind what we do.

Please share this with anyone you feel would benefit from what we do via this link:
www.stormbreak.org.uk/free



Credit:



My Jar of Positivity



My Jar of Positivity



You will need:

- 1 clean empty jar
- Craft/lollipop sticks
- Colourful pens
- Stickers (optional)

1. Find a jar (or plastic bottle), empty and clean it so it can be reused
2. Put your jar aside - you could decorate this with stickers or write on a positive message
3. Take a lollipop/craft stick and think of a positive affirmation - for example, today will be a great day, I am creative, I believe in myself, I am enough
4. For each lollipop/craft stick, write one affirmation - keep going until you have used them all up
5. Add your affirmation sticks to your jar
6. Think of a special place to keep your jar - somewhere you could access them in the morning. A bedside table would be a great example
7. Each morning pick a stick - this will be your positive message to yourself for the day
8. If you think of another affirmation - you can add more sticks to your collection!



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@CAMHS_BCHFT



www.blackcountryminds.com

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Inspiration	Day 1 I feel: <hr/> My self-care action: <hr/> I am grateful for: <hr/>	Day 2 I feel: <hr/> My self-care action: <hr/> I am grateful for: <hr/>	Day 3 I feel: <hr/> My self-care action: <hr/> I am grateful for: <hr/>
	Self-care goals  ✓  ✓  ✓  ✓  ✓	Day 4 I feel: <hr/> My self-care action: <hr/> I am grateful for: <hr/>	Day 5 I feel: <hr/> My self-care action: <hr/> I am grateful for: <hr/>

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What does it mean to be a friend?

NHS



What does it mean to be a friend?

How do friends make each other feel?

What words could be used to describe a positive friendship?

What are some signs that people are friends?
How might they know?

What do friends do?



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What does it mean to be a friend? continued...

NHS



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Features of Friendship



Features of friendship

Trust

Boundaries

Respect

Privacy

Honesty

Consent

Support

Loyalty

Kindness

Reconciliation

Generosity

Task 1: Choose 3 of these features of friendship that you think are the most important and explain why they are so important.

Task 2: In pairs, write your own definition of a positive friendship.

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Healthy Relationships - Yr 1/2: Anti-bullying

Credit: www.livwellhealth.co.uk



Learning Objectives:

- I can explain the importance of respecting others by being kind, even when they are very different from me
- I can explain how to be kind to others
- I know the rules for keeping safe from people who are being unkind

Quick Starter:

Watch the Video: <https://youtu.be/hhH9NCtaZt8>

Ask the children what the word bullying means.

Link to the characters in the story by asking the following questions:

- Who is being unkind?
- Why might they be being unkind?
- What did Topsy and Tim do to help?
- How did the adults help?

Adaptive Teaching Suggestions

Finding a way in: Adult support as required.

Taking them further:

- How can we help each other if someone is being unkind to us at school?
- What can we do if someone is doing something unkind outside of school?

Introduce the session with the lesson objectives along with the keywords pupils will hear.

Main Task 1:

Where can you be bullied and what can you do about it?

Children work in groups to think about the places that they need to keep themselves safe and the way that they can do this.

Bring the children together to share ideas and lead the discussion to include all places in their lives (school, home, hobbies and sports), support to understand that the step to take is to tell an adult.

Then talk about how people can be bullied online too. Remind the children that the way they can stay safe in the same online- tell an adult.

Adaptive Teaching Suggestions

Finding a way in: Adult support as required.

Taking them further: Use responsive questioning to ask the pupils to deepen their responses with reasons and examples to support their answers.

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Healthy Relationships - Yr 1/2: Anti-bullying continued...

Main Task 2:

Teacher to model activity: Children to draw around their hands and create hands of kindness (or use a hand template).

Add a step to each finger, thinking about how we can be kind to others.

Adaptive Teaching Suggestions

Finding a way in: Modelling will support, as well as scaffolding through a template if required.

Taking them further:

On the palm of the hand, add- what to do if I am upset, uncomfortable or think I might be being bullied (talk to an adult).

Plenary:

Share examples of the children's kindness ideas and recap on the key messages- keep yourself safe and tell an adult if something makes you feel uncomfortable or upset.

Additional Videos for cyber bullying:

Video 1

Video 2

Credit: www.livwellhealth.co.uk



Key Vocabulary:

Uncomfortable, upset, bully, bullied. love, care, respect, safe, help, kindness,

Resources:

- Hand Template
- Colouring pens / pencils



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.

Autumn term fundraising for Acorns Children's Hospice

Here you will find lots of fun and useful ideas to fundraise in your school for the Autumn term - we can't wait to see what you get up to!

If you need any support or materials, we are on hand to help. Please get in touch by emailing supporterservices@acorns.org.uk or calling 01564 825037.



Movie night

A fun fundraiser as the nights draw in. Pick a blockbuster or two and gather in the classroom or hall. Raise a few extra pounds by selling popcorn and chocolate or organise a tuck shop.



acorns

Your local children's hospice

Bonfire night

Is your school holding a fireworks display for bonfire night? Why not charge an entry fee, set up a tuck shop and/or sell glow sticks and donate the proceeds to Acorns?



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.

Acorns Children's Hospice continued....

Credit:

acorns

Your local children's hospice

'I'm a Celebrity' eating challenge

One for older year groups - who doesn't love an 'I'm a Celebrity' challenge? Set your peers the ultimate challenge to rival any bushtucker trial!

'Tis the season to be jolly

Get in the festive fundraising spirit and hold a Christmas jumper day, or make and sell Christmas cards and decorations. If singing is more your forte, consider holding a concert, or try carol singing at your local supermarket.



The difference you could make

£35

could pay for one hour of care for a child in one of our hospices

£250

could pay for 10 complementary therapy sessions for family members

£50

could cover the cost of a family member staying at Acorns overnight

£850

could pay for a child to have a 24 hour short break in one of our hospices

Personal Challenges & Competition

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Interested in Playing Rugby?

Wolverhampton Rugby Club have re-launched their girls' section, with coaches lined up to train girls from the age of 11 to 17.

When: Thursdays 6.00pm - 7.15pm

Venue: Wolverhampton RUFC, Castlecroft Rd, WV3 8NA

For more info contact Jen on weemac79@googlemail.com or 07522 323601



 **WE PLAY RUGBY**

PLAY GOOD

FEEL GOOD

 **1875**

Thursdays 6.00pm - 7.15pm
Wolverhampton RUFC, Castlecroft Rd, Wolverhampton, WV3 8NA
contact Jen on weemac79@googlemail.com or 07522323601

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.

World Cup Quiz

Can you name the 3 Goalkeepers who have been included in the England squad?

- _____
- _____
- _____

Unscramble these footballers names (Clue - they are forwards!)

__ _ R Y __ _ N E
M _ R C __ _ R _ H F _ _ D
__ _ K _ _ E A L _ _ H

Activities courtesy of : Leah Goode

Can you link up the correct player with their correct club?

Jack Grealish
Callum Wilson
Jude Bellingham
James Maddison
Eric Dier
Connor Coady

Tottenham Hotspur
Everton
Wolves
Borussia Dortmund
Newcastle United
Leicester City
Manchester City



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.

Non-screen activities you can do at home

What can you do when there's no school and you're at home with the family?

Here are 25 fun ideas to choose from.

Choose from creating your own secret code to designing and making an obstacle course!

There's lot's to choose from!

Download the flyer here!

Credit: www.pobble.com



Non-screen activities you can do at home

Pobble

25 Ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

Learning from home is fun! Thanks!

- 1 How many different words can you make from the letters in this sentence, below?** Grab a pencil and paper and write a list!
- 2 Thank a community hero.** Think of someone that helps you in some way and write a short letter to thank them.
- 3 Get building!** You could build a Lego model, a tower of playing cards or something else!
- 4 Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?
- 5 Start a nature diary.** Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
- 6 Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- 7 Build a reading den.** Find somewhere cosy, snuggle up and read your favourite book!
- 8 Use an old sock to create a puppet.** Can you put on a puppet show for someone?
- 9 Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?
- 10 Design and make a homemade board game and play it with your family.**
- 11 Do something kind for someone.** Can you pay them a compliment, make them something or help them with a task?
- 12 Can you create a story bag?** Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.
- 13 List making!** Write a list of things that make you happy, things you're grateful for or things you are good at.
- 14 Design and make an obstacle course at home or in the garden.** How fast can you complete it?
- 15 Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.
- 16 Keep moving!** Make up a dance routine to your favourite song.
- 17 Write a play script.** Can you act it out to other people?
- 18 Read out loud to someone.** Remember to read with expression.
- 19 Write a song or rap about your favourite subject.**
- 20 Get sketching!** Find a photograph or picture of a person, place or object and sketch it.
- 21 Junk modelling!** Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.
- 22 Draw a map of your local area and highlight interesting landmarks.**
- 23 Write a postcard to your teacher.** Can you tell them what you like most about their class?
- 24 Draw a view.** Look out of your window and draw what you see.
- 25 Get reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.

Personal Challenges & Competition

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12 Days of Christmas - 10 Lords a Leaping



Play one game every school day from
1st - 16th December

Download all the days activities here!

www.getset4education.co.uk

Credit:



The activity card features a dark blue background with string lights and a snowflake icon. At the top center is the Get Set 4 Education logo, a stylized tree with a face. Below the logo is the title '10 LORDS A-LEAPING' in white. To the left is an illustration of ten children in white shirts and blue shorts running in a line. To the right of the illustration is the 'How to play:' section, which lists ten exercises. At the bottom left is a Twitter icon and the handle '@getset4ed'.

Get Set 4 Education

10 LORDS A-LEAPING

How to play:

Pupils begin in their own space and complete the following exercises:

- 1 x press up
- 2 x burpees (place hands on the floor, jump feet out backwards and back in, and then jump up)
- 3 x touch the floor and jump high
- 4 x lunges
- 5 x sit ups
- 6 x heel flicks
- 7 x squats
- 8 x high knees
- 9 x star jumps
- 10 x leaps

Equipment:
none

@getset4ed



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 Snowman



Colour in a Christmas Picture

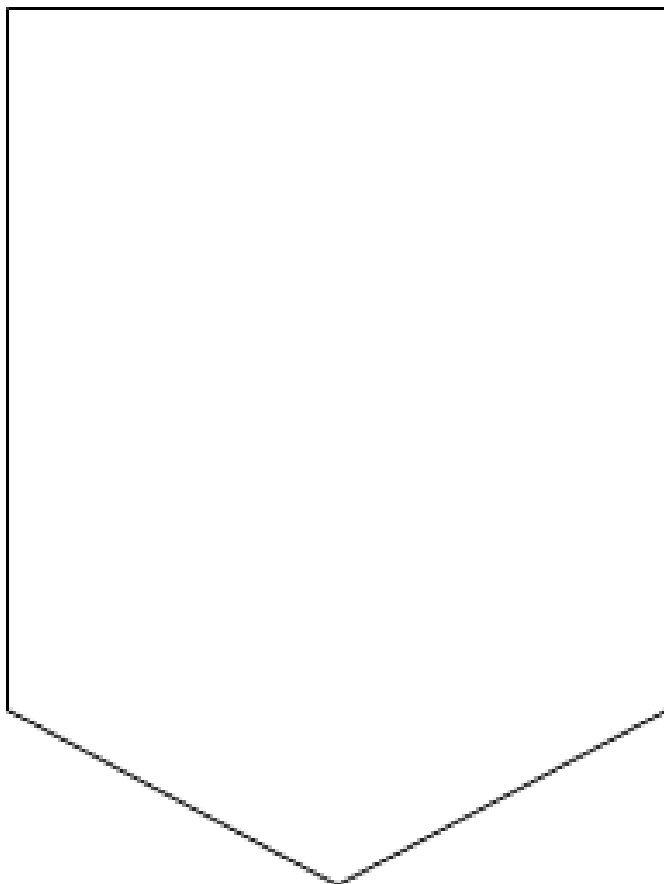


Celebration and Creative Activities

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.

World Cup Creations - Design your own team badge

Have a go at creating your own team badge - why not compare your designs with those of your friends!



Credit: Leah Goode

Colour in a Christmas Tree



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.

My hopes and dreams for 2023



What to do:

- Cut out the shapes on this page and the next.
- Write your hopes and dreams for 2023 on the back.
- Get an adult to help you put a hole in the top and attach a piece of ribbon or string.
- Hang them on your Christmas tree.





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.

My hopes and dreams for 2023 continued....





Celebration and Creative Activities

Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

How to Draw Father Christmas

Follow the steps below to draw your own Father Christmas.

- 1 First draw his hat.



- 2 Then his big white beard.



- 3 Add his eyes, nose, and mouth.



- 4 Next draw a warm coat and gloves, and a black belt.



- 5 He'll need some cosy trousers!



- 6 Finish off with a pair of black shiny boots to keep his feet toasty.



www.oxfordowl.co.uk/christmas

@OUPChildrens

@OUPChildrens

K71080 Illustrations © Tom McLaughlin

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 an@Curriculum 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

CITY OF WOLVERHAMPTON COUNCIL

