

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.

Summer 2021



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.

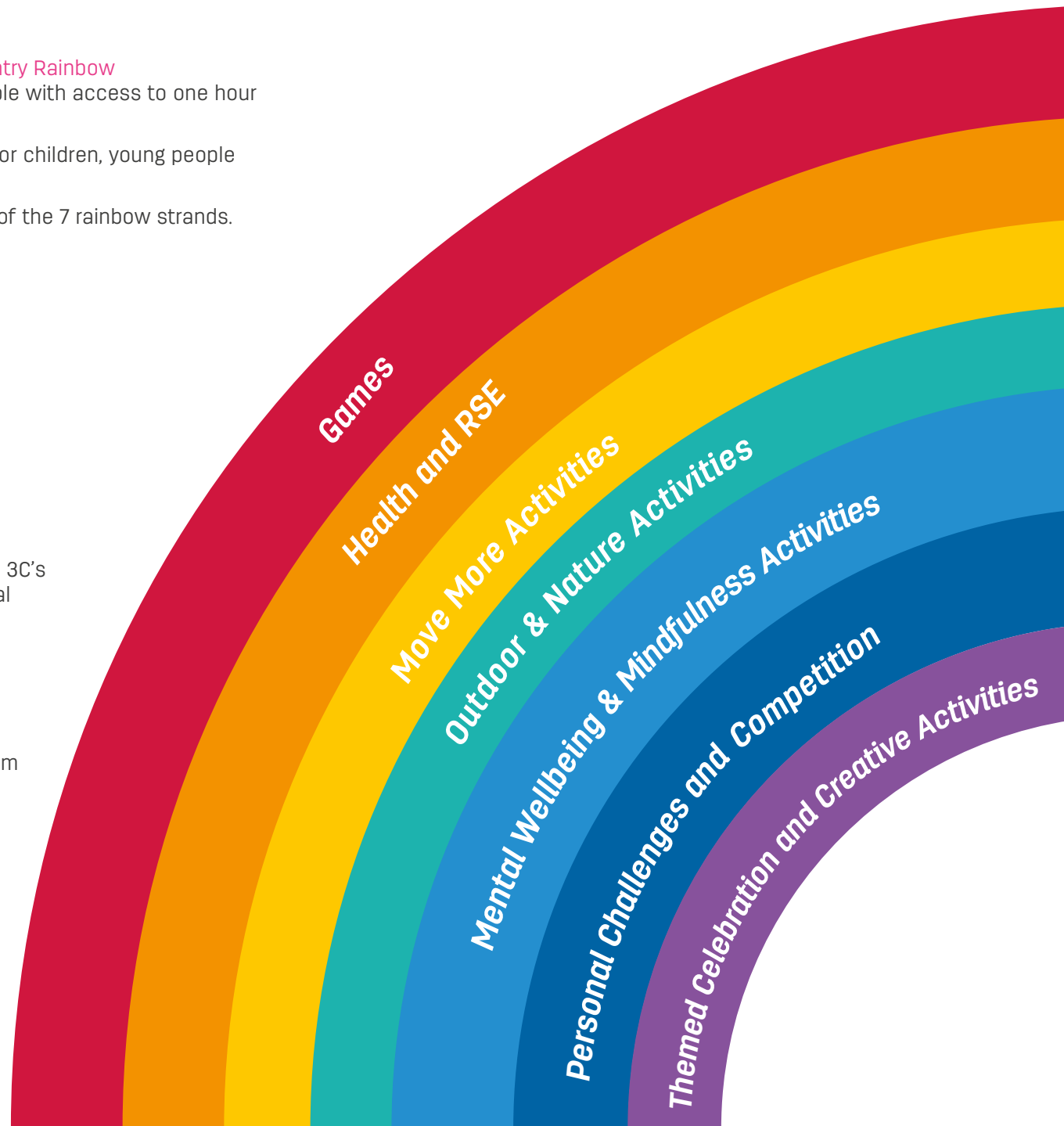
Who is the Rainbow Booklet for?

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

Summer Holiday Activities in your Local Area

In addition to the Rainbow Book, there are all sorts of activities available for children and their families to get involved with over the school holidays.

Scan the QR codes below or use the web address provided to take you to your chosen area.

Holiday Activities in Dudley



www.holidayactivitiesindudley.com/

Holiday Activities in Sandwell



www.sandwell.gov.uk/homepage/298/holiday_activities_and_food

Holiday Activities in Walsall



www.go.walsall.gov.uk/children_and_young_people/haf_signup

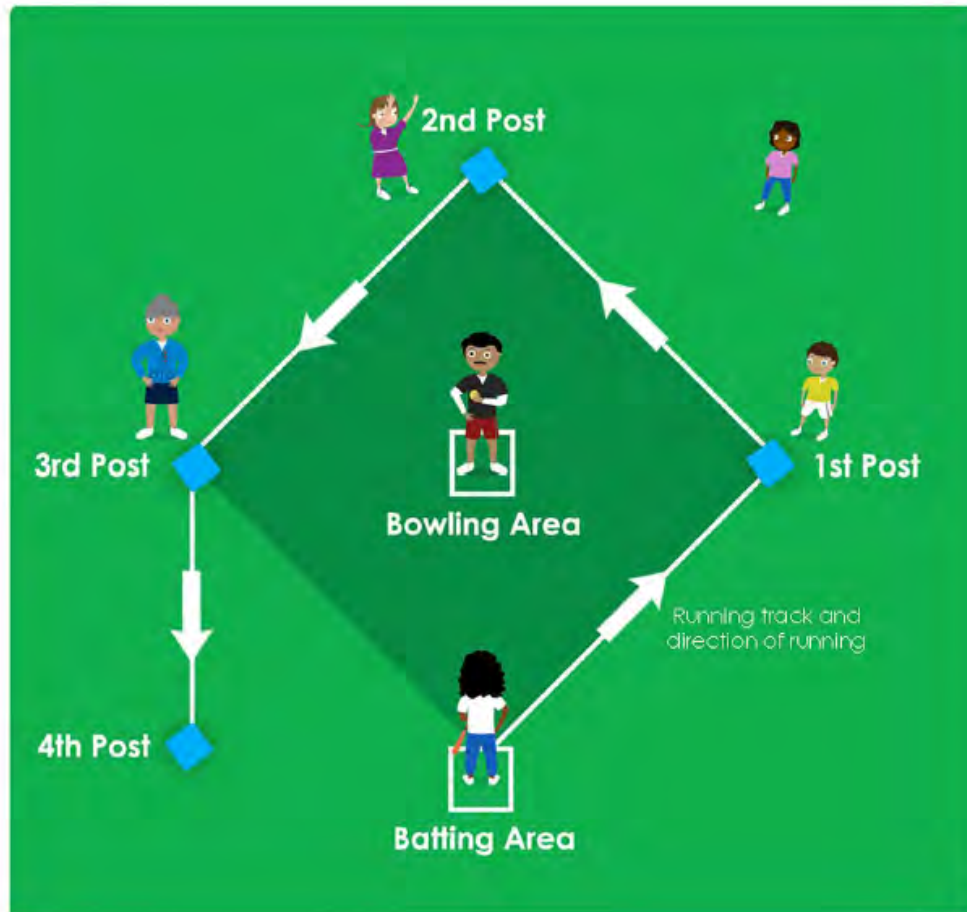
Games

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

Family Rounders - Simple Pitch Marking Guide



1. Choose your **batting** and **bowling** areas
2. Pace out your pitch and **mark your posts**
3. Get your **bat and ball** and **let's play!**



Please ensure that you set up your game in a designated area such as a ball game area

Family Rounders - Quickstart Rounders

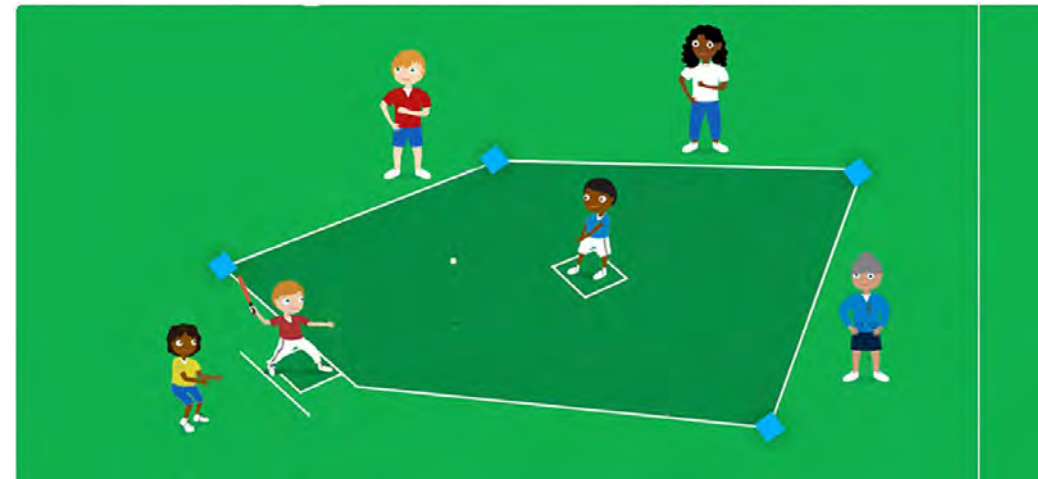
How to play

- Each team has an equal amount of players
- Each player gets 2 turns to bat, then teams swap over
- The bowler must throw the ball underarm

Scoring

1. Run to 2nd post without stopping on your turn and score $\frac{1}{2}$ a Rounder
2. Run to 4th post without stopping on your turn and score 1 Rounder

**WE ARE
ALL
ROUNDERS**



You can use the score sheet on the next page to keep track of all the scores for your Quickstart Rounders game

www.roundersengland.co.uk/

Games

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Family Rounders - Football Rounders



WE ARE ALL ROUNDERS

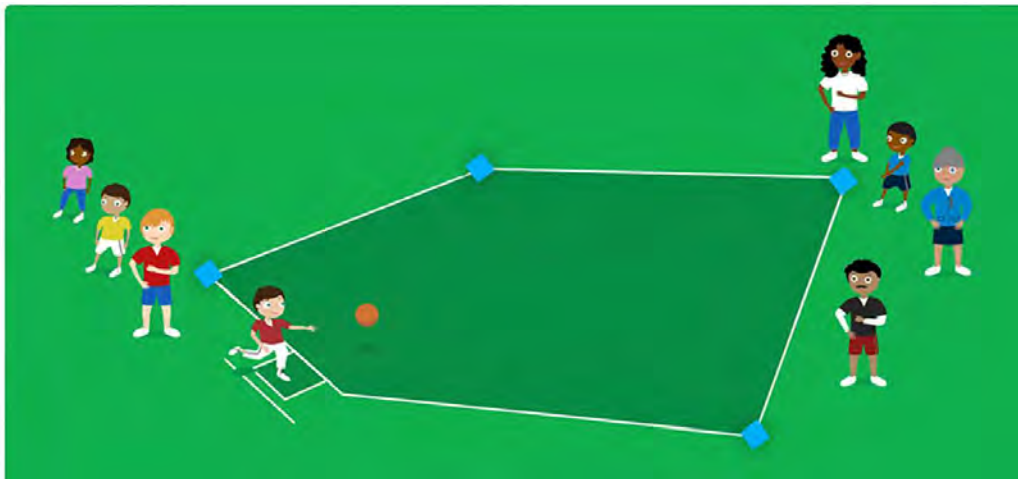


How to play

- Ditch the bat and grab a football
- Each team has an equal amount of players
- Each player gets 2 turns to kick, then teams swap over

Scoring

- Run to the 2nd post without stopping on your turn and score ½ a Rounder
- Run to the 4th post without stopping on your turn and score 1 Rounder



For both Quickstart Rounders and Football Rounders you can use the score sheet below to keep track of all the scores

Team:

Name		Score						Total Score	
Final Team Score									

Games

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Play Hop Scotch



Hopscotch was a favourite game with boaters' children because they could play it on the towpath when the boat was tied up for the night.

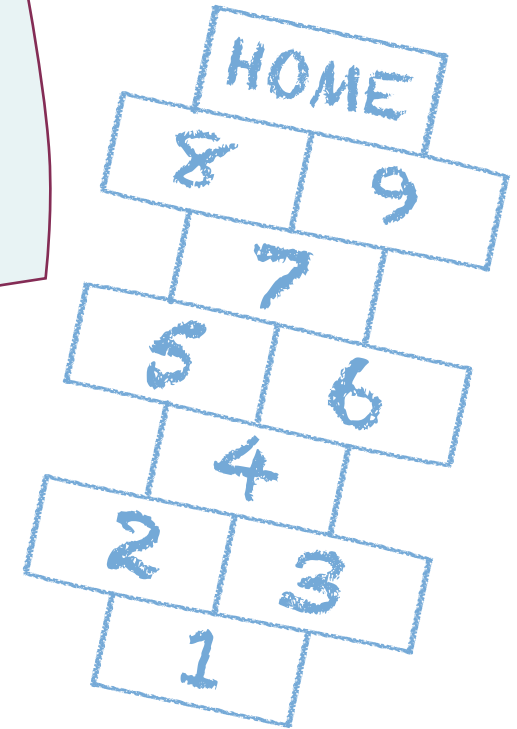
You will need

A stick of chalk; a pebble or coin

How to play

- With the chalk, mark out a 'court' on the ground and number the squares. The top square is labelled 'home'
- The first player tosses a pebble into the first square. The marker must land completely in the square without touching a line or bouncing out
- The player hops through the course skipping the square with the marker in it
- Single squares must be hopped on one foot. Double squares must be straddled with the left foot in the left square and the right foot landing in the right square
- When you reach 'home' you turn round and return through the course in the right order i.e. 9, 8, 7 etc. When you reach the square with the marker you must pick it up and continue on the course without touching a line or stepping into another square
- The person who completes the course in the quickest time wins.

NEXT STEP
Organise a tournament for your Patrol. The winner is first person to complete the course successfully in the fastest time!



TOP TIP

Did you know that the Romans played hopscotch? Today, it is played all over the world.

Credit:



Remember the **SAFE** message:
Stay Away From the Edge



Leaders: for advice on how to plan a visit go to

T: @CRTEsplorers

F: Canal and River Trust - Explorers

canalrivertrust.org.uk/explorers

Games

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

Living Room Volleyball



Discuss with children that tennis, volleyball, badminton, etc. are all net wall games. Then discuss with them that sometimes we have variations of games such as wheelchair tennis or seated volleyball. This activity is going to be played only by sitting on your bottom as in sitting volleyball; you will not be able to stand up to play the ball. Show children the short **YouTube clip** (https://www.youtube.com/watch?v=wxp3klvgT_o) of seated volleyball.

You can play this 1 v 1 in the living room or garden. Play with a beach ball or balloon as it will move more slowly in the air. The aim is to hit the balloon/ball back and forth over the centre line (net) without stopping.

Players cannot stand up and must play only sitting down. Remind children that the ball/balloon may not always come directly to them and they may need to shuffle over a little to be able to hit it back.

Note: If playing with a balloon, the point is won when the balloon lands on the ground in the opposition's area or is hit out of play (e.g. hits a wall or sofa) by the opposition. If playing with a beach ball, you may wish to allow the ball to bounce once before being returned (this makes it a lot easier for the children to play). Therefore when the ball bounces twice, a point is scored.

Easier: Children can hit the ball as many times as needed before it goes over.

Challenge: Can only hit once before sending back over.

Tip: Use a line of pillows as net and pick areas of the room/garden that are 'out'.

Balloon Rally - Goal Ball Variation

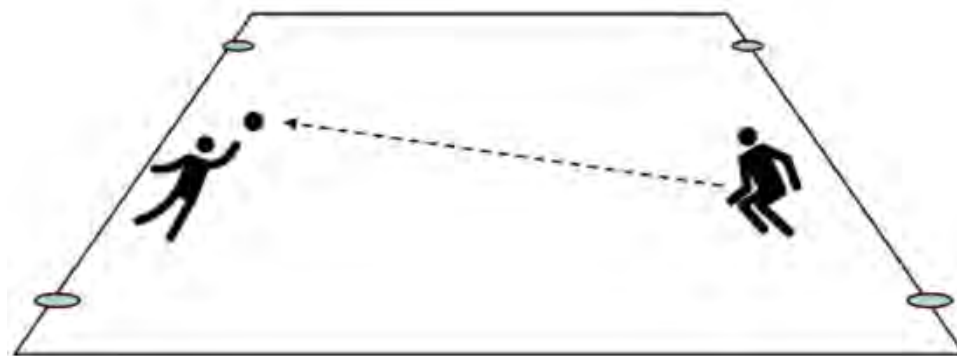


The game can be played 1 v 1.

The aim is for the player to roll the ball over the goal line whilst their opponent attempts to stop it. The game must be played in a sitting or kneeling position and players are able to lie down to stop the ball.

You may not walk, run or get onto your feet while playing the game. You can move side ways in front of your goal but not forward.

Make the goals wide, so players must stretch to save the ball and give the player shooting a chance to score.



Credit:

www.pehubportal.co.uk



Games

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



Table Tennis - Round the Table

Quick introduction

A very active game of table tennis with players hitting the ball and running to the other end of the table. Players lose lives if they miss the ball or the table. A great game to involve a lot of people if time is short.

Getting started

- Form two queues (even numbers where possible) at each end of the table – up to six players at each end.
- Player whose end has the most players starts the game with a simple service, player then runs round the table to join the queue at the other end.
- First player at the other end returns the ball and then runs round the table to join the queue at the other end.
- Play is continuous with one hit per player as players run round the table until a mistake is made.
- Player who makes a mistake loses a 'life'. Start with three lives; players are eliminated when they lose all three lives.
- When only two players remain, play one 'normal' point to determine the winner.

Think tactics

Try to place the ball in a difficult place for your opponent.



Games

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Table Tennis - Round the Table continued....

Organising the game

Use an older more experienced leader as the feeder.

Ensure players with three misses get the chance to carry on practising. This could be rallying on the floor or practising hitting targets.

Think inclusively

Find appropriate distances for some players to travel.

Officiating

Let players have another turn if the ball is not fed to them very well.

Try playing a short game (best of three or seven points) when only two players are left.

Keeping it enjoyable

Start by selecting one player per table to be Table Champion.

Next invite a second player to go to each table to 'Challenge the Champ'.

Other players queue behind a table of their choice (well away from the playing area), ready to make the next challenge.

In each game, serve alternately and the first to seven points is the winner.

The winner remains on the table as Champion.

- The loser selects any queue to join as a challenger in waiting.
- On each table a new challenger plays the Champion.

Spirit of the Games: *Excellence through Competition*



Tell yourself you can always get to the other end of the table in time to make a good shot.



www.yourschoolgames.com



Games

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Super Striker: Batting Dodgeball - This is a pairs activity



Confident Cricketer: Rocket Fuel Batting - This is a pairs activity

Learning Outcomes:

Develop techniques for striking the ball away from fielders and into gaps.

Equipment:

- A soft ball or rolled up pair of socks
- A bat (or something to strike with)
- Markers to create a circle with a 3m radius

Cricket Dodgeball Challenge:

- The fielder should stand on the edge of the circle and use an underarm throw to try and hit the batter's body from the waist downwards.
- The batter, standing within the circle, should aim to defend the space with the bat.
- Score = the number of balls the batter is able to defend.
- The batter's go will end if they are hit from the waist down, play and miss the ball 3 times or if they hit the ball outside of the circle without it bouncing first.

Coaching Points

- Aim to make contact with the ball under your eyes.
- Angle your bat slightly down to the floor so the ball goes down to the floor.

[Click here to take a look at the video to support this activity](#)

www.youtube.com/watch?v=KcCPOsNor_0



CHANCE TO SHINE
Spreading the power of cricket

Learning Outcomes:

Select and apply the appropriate batting, running, bowling, throwing and catching techniques to demonstrate the social skills of fair play.

Equipment:

- A cricket bat (or something to strike with)
- 3 balls (or something to hit)
- Markers to place the ball on and run between
- Something to note down the score on

Rocket Fuel Batting:

- The bowler should bowl 3 balls to the batter who will strike them into the playing area.
- After the 3rd ball is struck, the batter should complete as many runs as possible between the markers, keeping count whilst they do so.
- Meanwhile, the bowler should return the three balls to the starting point, and shout 'Stop' when they are done.

Adapt the Challenge:

- Alternate between bowling underarm and overarm
- Add wickets for the bowler to aim at
- Add in a bonus target zone for the batter

[Click here to take a look at the video to support this activity](#)

www.youtube.com/watch?v=E09nwNriHnE



Health and RSE

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

What our Eyes Tell Us About Food



Objective:

Using sight to compare the colours and shapes of different tomatoes, using speech and written language to describe the look of different tomatoes.

Who is this for? Key Stage 2 students, those aged 7 to 11

Before you start you need (guidance for parents):

- Ideally a range of tomatoes, something to compare, so they could either be big or small tomatoes or different colour tomatoes. If you only have one type of tomato that's fine, you and your child can compare how it looks different on the outside and the inside.
- A knife and chopping board to cut big tomatoes into bite size chunks.

Golden Rules:

While you are doing the TastEd activity, no one has to like any of the food or even to taste it (including parents!).

This may be different from the rules you have at mealtimes. But TastEd activities are about exploring food without any pressure to taste.

If your child doesn't want to taste the food maybe they can explore it by smelling, licking or touching it.



Let's Get Started:

- Let's wash our hands?
- Use soap and warm water.
- Wash your hands for as long as it takes to sing Happy Birthday two times!

Credit:



**What are our five senses?
And what part of our body do we use for it?**

We are going to focus on using our eyes to look at some food.

Our eyes send us messages about food and drink.

Can you use your eyes to say what fruit flavours these three juices are?



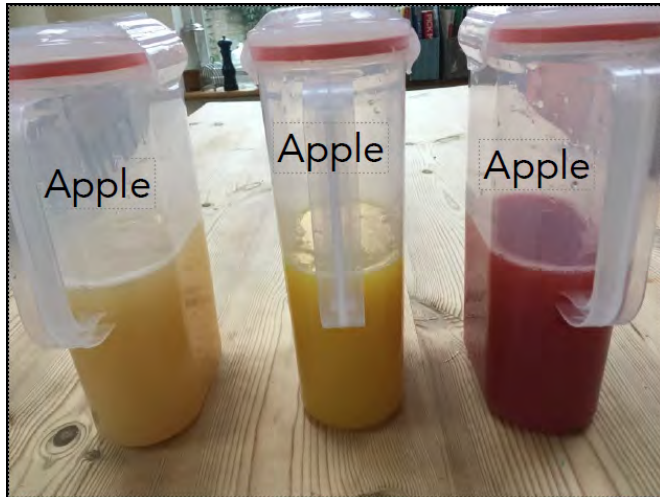
Health and RSE

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What our Eyes Tell Us About Food continued...



They are actually all apple juice! The colour comes from food colouring. We can't always trust our eyes to tell us how something will taste.



Lots of the food in the shops has words on it telling us that it is healthy. Do you think these words are always true?

'high fibre'

'low sugar'

'natural'

'low fat'

"high protein"

Credit:

TastEd



Have you noticed that cereal boxes often have pictures of fresh fruit on the front even though there are no real berries inside? Why do you think this is?

Food manufacturers know that if we see the fresh berries on the cereal box it will fool our eyes into thinking the cereal is healthier than it really is.

But our eyes also give us useful messages about food. To stay healthy, we need to eat lots of different fruits and vegetables. If we try to choose vegetables with different colours, that will give our body lots of different vitamins and minerals.

Do you like raw tomatoes? What about tomato sauce on a pizza?

Are tomatoes always red? What other colours can you see? Have you ever tried a tomato that isn't red?

Are tomatoes always the same shape? What do these two tomatoes remind you of?



Health and RSE

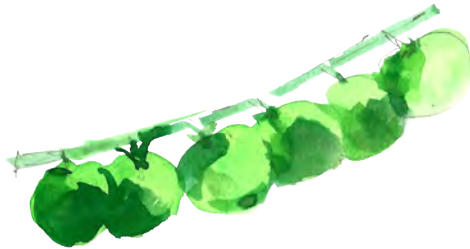
A range of activities to support pupils relationship and health education.

What our Eyes Tell Us About Food continued...



Why are some tomatoes green?

Usually it is because green tomatoes aren't ripe yet.



Some green vegetables are always green (like broccoli or green lettuce or peas). Other vegetables (like peppers or tomatoes) are usually only green when they are unripe.

A green pepper is exactly the same vegetable as a red pepper except that it is not ripe yet. A yellow or orange pepper is semi ripe.

- Are tomatoes always the same size? Do you like cherry tomatoes?
- Do you like big tomatoes?
- Can you say why?

Let's see if you have got any tomatoes in the house...
What you can see?

Try to be as creative as you can.

'The tomato looks like...'

www.tasteeducation.com/

T: @TastedFeed

F: @TastEdFeed

Now, with an adult, let's cut one open. What can you see now?



Now let's try some different tomatoes. Remember that no one has to try. If you don't want to taste, you can smell or lick the tomatoes instead.

Can you write down how the tomatoes looked and how they tasted (or smelled)? Did you like them or not and can you say why?

Did the tomatoes that looked different taste different too?

If you would like to, you could create a picture of tomatoes:



Optional further activities:

Persuasive Writing: Ask the children to research whether the tomato is a fruit or a vegetable? Can they write an argumentative letter trying to persuade a friend why it is a vegetable/fruit? (You can argue the case either way. Botanically it is a fruit but it is used in cooking as a vegetable).

Credit:

TastEd



Health and RSE

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

Banana and Apricot Bagels



Such a simple idea – yet these fruity bagels taste so good!

Prep time: 10 minutes
Cooking time: 2 minutes
Serves: 4



Ingredients:

- 4 wholemeal bagels, sliced in half
- 80g low-fat soft cheese
- 40g ready-to-eat dried apricots, chopped
- 2 bananas, sliced

Method:

1. Preheat the grill. Lightly toast the cut sides of each bagel.
2. Mix the low-fat soft cheese and apricots together and spread over the bagel bases. Top with sliced banana and sandwich the bagel tops in place.

If you can't eat dairy products, leave out the soft cheese. Mash the banana and spread over the toasted bagel, then sprinkle the chopped apricots on top.

Blueberry and Banana Smoothie



Make a delicious smoothie with fresh or frozen blueberries blended with bananas and semi-skimmed milk

Prep time: 5 minutes
Cooking time: none
Serves: 4

Ingredients:

- 75g blueberries (fresh or frozen)
- 2 small ripe bananas
- 400ml semi-skimmed milk
- 1/2 tsp vanilla extract



Method:

1. Tip the blueberries into a blender and slice in the bananas.
2. Add the milk. Whizz together for a few seconds until smooth and blended, then pour into 4 glasses. Serve at once.

Acknowledgment:
Crown Copyright
Source: PHE

Credit:

For more breakfast recipe ideas visit:
www.nhs.uk/change4life/recipes/breakfast#all-breakfast-recipes

change 4 life

Health and RSE

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

Breakfast Burritos



Wholewheat soft tortillas are topped with tomato and pepper omelettes, then rolled up. Perfect for a tasty breakfast or wrap up for a packed lunch.

Prep time: 10 minutes

Cooking time: 10 minutes

Serves: 4

Ingredients:

- 4 soft wholewheat flour tortillas
- 6 eggs
- 4 tbsp 1% fat milk
- 2 tomatoes, finely chopped
- 2 spring onions, finely chopped
- 1 pepper, any colour, deseeded and finely chopped
- 2 tsp vegetable oil
- 40g reduced-fat hard cheese, grated
- 1 pinch ground black pepper



Method:

1. Lay out the tortillas on a work surface. Preheat the grill.

You could use plain tortillas, though the wholewheat ones have a higher fibre content.

2. Beat the eggs and milk together in a bowl. In another bowl, mix together the tomatoes, spring onions and pepper, seasoning with black pepper.
3. Heat ½ tsp of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base.
4. Layer 1 tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.
5. Roll up the tortilla and slice in half, or wrap in foil to serve later. Repeat to make the other 3 tortillas.

To make the burritos more filling, try adding 100g drained mixed beans to the tomato mixture - you'll be adding extra fibre too.

Acknowledgment:
Crown Copyright
Source: PHE

Credit:

change 4 life

For more breakfast recipe ideas visit:
www.nhs.uk/change4life/recipes/breakfast#all-breakfast-recipes

Health and RSE

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

Get your Sports Day Sun Sorted



The Sun-Sorted! Quiz

For ALL cricket loving kids!

SUN-SORTED!

ADDING SUN PROTECTION TO THE GAME

Understanding sun protection is important.

Is your child a 'solar starter' or a 'solar superpower'?

Brought to you by:



To access the quiz visit the Outdoor Kids Sun Safety Code at www.melanoma-fund.co.uk

The Outdoor Kids Sun Safety Code is a free accreditation resource, offering a downloadable toolkit to keep sun protection effective in every outdoor session.

The campaign is partnered by the Association for Physical Education (afPE), Child Protection in Sport Unit (NSPCC), UK Coaching and the Youth Sport Trust and supported by 100's of sport and outdoor activity organisations.

The campaign was re-launched this year with a new website and resources, including the Sun-Sorted! quiz, designed for KS2. It offers children the opportunity to understand why sun protection is important, encouraging them to develop good sun habits, making your task easier.

As well as being educational and fun, all those completing the quiz receive a free personalised certificate, featuring their score, from 'Solar novice' to 'Solar superpower', ideal for incentivising, displaying and sharing.

THE BIG GIVEAWAY

The Melanoma Fund is offering 20 Rainbow Bookschools in the Black Country a FREE Sun-Sorted! kit containing 30 x bottles of SunSense Kids SPF50 and Sun-Sorted! wristbands. Items can be used to recognise/reward those taking Sun-Sorted! quiz or to encourage participation – your choice!

To find out more and to grab your kit click [HERE](#) and scroll down to the Big Giveaway! and use [#BlackCountryRainbowHour](#) in your application.

SUN-SORTED!
ADDING SUN PROTECTION TO THE GAME



Move More Activities

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

Water Safety



In the garden:

- Never leave your child unattended around water. Babies can drown in as little as 2cm of water.
- Watch kids when they are in or around water, without being distracted.
- Keep young children within arm's reach of an adult.
- Securely cover all water storage tanks and drains.
- Empty paddling pools, containers, buckets and watering cans, as soon as they have been used.
- Always turn paddling pools and containers upside down once empty, so they do not collect water.
- Securely cover all hot tubs and home spas as soon as possible after use.
- Make sure older children are accompanied every time when they swim or use hot tubs.
- Always install self-closing and self-latching gates, fences of at least four feet tall surrounding all sides of any pool, and locks to prevent children from gaining access to home pools or pools of water.
- Install secure fencing around garden ponds (at least four feet high) to act as a barrier or add mesh or a grill on top of the pond (strong enough to support a child's weight without dropping below the surface of the pond water).
- Always turn hosepipes off at the tap, so children cannot fill vessels themselves.

Indoors:

- Always supervise bath time (never leave children unattended).
- Empty the bath as soon as possible after use.
- Close toilet lids and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and utility rooms closed.
- Vulnerable adults and people who suffer from sudden seizures should consider using showers rather than baths.



Dangers of Open Water Swimming

Do not risk swimming in open water! However tempted you are during hot weather to swim in open water, local lakes or reservoirs – do not put yourself at risk. On average 40-50 children and young people drown every year in the UK because they do not understand the dangers of swimming in open water.

You may think you swim well in a warm indoor pool, but that does not mean that you will be able to swim in open cold water. It may look safe to you and your friends, but open water is deceptive and can be very dangerous.

What you won't see from the surface :

- It is very cold
- There may be hidden currents
- You can't judge the depth
- It can be difficult to get out (steep slimy banks)
- All the hidden rubbish, e.g. broken glass, or dumped metals.
- It may be polluted and make you ill.

Please think of these dangers and stop yourself!



Enjoy Water Safely



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.

Paddling Pool Games



Target Splash

Step back from the paddling pool and try to land an object in it. Have three attempts and if you can do it take another step back and have another three goes. How far can you go back? opponent. Race again but this time take off one item at a time until you have finished.

Clear / Fill the Pool

Fill the pool with a range of floating items (ball pool balls would be perfect). How quickly can you clear them out of the pool. Play it the opposite way round or clear them into a target area.

Courtesy of:



Blow Ball

Kneel outside the paddling pool and try to blow a lightweight object across the pool. Challenge an opponent to a race!

Obstacle Course

Create an obstacle course that involves the paddling pool and challenge your friends and family to complete it successfully

Olympics Challenge

Choose an appropriate toy that floats and challenge an opponent to a 50m / 100m race across the paddling pool. Each 'length' of the pool could be 25m / 50m. You can splash the water to make your toy move but the only time you can touch it is to turn it round. Race it on its back or front!



Move More Activities

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Family Bootcamp



Before:

- Agree what music you would like to play, maybe ask everyone to pick a selection of their favourite songs
- Know your area, doesn't matter if you are inside your house/room, outside in your garden or in a local park or school. Look around and make sure you have your space and its safe.
- Enjoy and encourage! Motivate your team, encourage them, tell them how well they are doing.

Warm up: (3min total)

- 30 Seconds: Marching
- 30 Seconds: Try to touch the floor (or as low as you can go) scoop your arms and reach as high as you can
- 30 Seconds: March this time raise your knees higher
- 30 Seconds: Try touching the floor, scoop your arms and reach as high as you can but this time also add a jump up!
- 30 Seconds: Running on the spot using your arms to mimic sprinting as fast as you can
- 30 Seconds: Try reaching the floor bending your legs, jump up to reach for the ceiling then land with bent legs and repeat

Main family bootcamp: (Approx. 6-8mins)

- 10x High jumps – jumping as high as you can and high five your team mate as you jump
- 5-10x Press ups - (using the floor or wall, full or half on your knees)
- 20 seconds - Walk like a crab – squat down a little keeping your legs bent and making sure your knees aren't hiding your toes. Walk forwards and backwards like a crab
- Walk the plank – not literally but hold your best plank for 10-20 seconds
- Pretend you're a Russian dancer – try kicking your legs one at a time in front of you as fast as you can, stay a little lower in your squat and go at your pace....

Get a drink of water!

Time to repeat: This time can you add or do you need to slow it down? It's about you and your personal experience.

Some ideas to make it more challenging are lengthen time 20 seconds to 30 or higher repetitions, so increasing the number of push ups as an example or do the whole routine again, get explosive!

Add some jumps, move higher, lower and explode that movement.

Cooldown:

- Let's slow it down – standing still make a large circle reaching round and down till your hands touch in between your feet then reaching up and round till you hands meet above your head
- Gently march – can you feel your heart racing a little?
- Keep marching trying to make you feet as soft making little to no sound
- 15x seconds now Reach as high as you can, go up on tip toes
- 15x Seconds stand with feet hip width trying to keep your legs straight and reach as low as you can, can you touch the floor?
- Repeat the last two



Now time to high five your team mates!...Well done !

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.

Ball Dancing



All children will need a ball to bounce, a basketball or netball is ideal.

Complete the following ball bounce routine.

Everyone should aim to be in time with one another. It make take a few attempts to get your timing.

- Start by holding your ball and jumping with it in your hands x4
- Bounce it with your left hand x4
- Bounce it with your right hand x4
- Bounce it with your left hand x4
- Bounce it with your right hand x4
- Bounce and catch x 4

Can you come up with your own ball dance routine?

Can you find some music to create a ball dancing class or family routine?



Bear Game



Gather plenty of teddies and dolls! The parent will call out instructions which children need to respond to, mix up the commands to bring an element of surprise.

To the cabin – Children must run to an area of the house labelled the cabin.

To the woods – Children must run to an area of the house cabin labelled the woods.

To the river – Children run to a different area of the hall labelled the river.

Keeper's coming – Children lie flat still on the floor. After this command, they cannot r until you call 'All clear' – even if you call another command.

Climb the tree – On the spot children mimic climbing a tree until next command.

Bear Crawl – On all fours crawling round like a bear until next command.

Mummy Bear – Grab a teddy and put on your back and crawl around until next instruction.



Credit:

www.pehubportal.co.uk



Swimming bears – Lie on tummy pretending to swim.

X number' of bears eating honey (2 or 3, 4, 5 etc.) – Children grab teddies and dolls and sit down with them.

Adapt the instructions above to suit your needs.

Move More Activities

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

Movement Patterns



Devise and perform a simple movement pattern on the floor. The pattern should include four different elements including jumps, rolls, rocks, spins, balances, and shapes. It should also include a definite start and end shape.

Shapes can be tall and wide, tucked, thin, symmetrical or asymmetrical.

Easier: Less elements e.g. 2 or 3 with start and end shapes.

Challenge: Increase the number of elements included. Include equipment such as a ball or hoop e.g. can they carry a ball through out the movement sequence in an interesting way.

Performance: Allow children time to perform. Then discuss how the sequence can be improved and perform again. Allow time for children to discuss with you and others how they can improve.



Stop Ready



Mark out a grid or square in the playing area (garden/living room). Children stand around the outside of the area. On your command the children need to jog around the outside of the space (no overtaking).

On the call **STOP** children need to freeze and perform a shape or balance. Start the command again for children to jog around the grid.

Extension: Children can sidestep around, jog backwards, different travelling movement and also change direction.

Tip: Types of balance e.g. 1, 2, 3 point, using different areas of the body such as knees and elbows. Hold each balance for 3 seconds.



Credit:

www.pehubportal.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.



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future

Snakes and Ladders

49 Move and complete 10 laps of your house or garden	50 Skip for 60 seconds	51	52 Play a game of active noughts and crosses	Pass a ball around your waist or head 25 times	54 Throw an object into a target 10 times in a row	55 Move up and down 250 steps	
Perform 25 push ups	47 Learn a karate sequence	46 Jump up and down in a space 40 times	45 Ride a bike or a scooter	44	43 Balance on a part of your body for 90 seconds		41 Balance an object on your head for 30 seconds
33 Throw and catch a ball 25 times	34 Create and complete an obstacle course	35	36 Dribble a ball through 3 objects, 10 times	37 Play a game of Boccia	38 Have a relay race	39 Throw or roll a ball against a wall or with a sibling	Perform 45 star jumps
32 Perform 50 sit ups	31 Perform 25 squats	Perform 40 of the same type of jump	29 Tap a ball on a racket 25 times	28 Play 10 pin bowling	27 Jump over a pillow 60 times	26 Dribble a ball through 3 objects, 10 times	25 Invent and play a new game
17 Complete 25 shuttles (running or moving)	18	19 Have a running race	20 Perform a dance sequence	21 Research and perform the Haka	22	23 Hop on the spot 30 times	24
16 Run/Move on the spot for 60 seconds	15 Keep a balloon in the air for 60 seconds	14	Balance on one leg without it touching the floor	12 Throw or roll an object into a target 10 times in a row	11	10 Create a short gymnastics sequence	
Start Here	2	3 Perform 50 mountain climbers	4 Play musical statues or musical chairs	5 Perform a short fitness workout	6 Jump up and down in a space 40 times	7 Play a new game with a sibling, parent or carer	8 Balance in a plank position



How to play:

- Each player begins by putting their marker on the space that says 'Start Here'.
- Each player takes it in turns to roll the dice.
- Move your marker forward the number of spaces shown on the dice.
- If your marker lands at the bottom of a ladder, you can move up to the top of the ladder.
- If your counter lands on the head of a snake, you must move down to the bottom of the snake.
- If your counter lands on a red circle you must complete the challenge within 60 seconds. If you complete the challenge within 60 seconds move forwards two spaces, if you don't move back two spaces.
- Players are not allowed to roll the dice again until they have completed the activity they have landed on.
- The first player to get to the trophy is the winner.

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.



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Bingo

Jump up and down in a space 40 times	Play musical statues	Ride a bike, scooter	Balance on a part of your body for 60 seconds	Jump or Move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttles (running, walking or moving)	Skip or Move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	Perform 40 squat jumps / sit forwards	Throw or roll a ball against a wall or with a sibling	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
Perform 30 push ups	Perform dance movements	Perform a short fitness workout	Perform 30 sit ups or lean forwards	Perform a gymnastics routine	Invent and play a new game



How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line



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



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Making a Walk Sensory



Sensory walks help individuals to engage with nature, so that they can use their senses to connect with their surroundings, have meaningful experiences and be active. The walks are designed for people with complex disabilities, but can be enjoyed by anyone.

Bark rubbings

- Take a mixture of crayons, pastels, pencils or pens and some small sheets of paper.
- Put the paper onto the bark of the tree and colour over the top with the crayons, pastels, pencils or pens. You could try this on leaves or any other surface too.
- When someone has finished, you could support them to bind them together, or make a collage of their rubbings.



Nature paintbrush

- All you will need to take with you are some elastic bands.
- Find a small stick to use as the paint brush handle, and a material to act as a brush. This might be grass, flowers or leaves.
- Use the elastic band to keep these attached to the stick.
- When this is finished, try painting with the different types of paintbrushes created.



Tel: 0300 330 9256 (voice)
Text: 0300 330 9256
Fax: 0300 330 9251
Email: info@sense.org.uk
Website: www.sense.org.uk

Journey stick

- You will need a stick and some string/tape for this activity.
- As they go along on their walk people can gather any items that have interested them.
- Wrap the string around an individual item and the stick to hold them together.
- By the end of the walk individuals will have a range of items to remind them of the walk.
- As the stick is moved around it may make different sounds.



Sensory nature hunt

- Before you leave, create a list of things to look out for that engage different senses.
- As people notice them on your walk, they can tick them off their list.
- This may include different types of trees, the smell of flowers, bugs, birds singing or soft leaves.



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Make your own Tree Decorations



Children will really enjoy making meaningful decorations to display on their tree. Encourage them to get creative and use their imaginations.

Here are some ideas to get you started:

- Make paper leaves to hang from your tree. Children could colour them in and write messages or poems on them.
- Cut lengths of colourful ribbons and tie them to branches so they ripple in the breeze.
- Make your own bunting by cutting out paper triangles and attaching them to ribbon. Use the bunting to tell a story – children could draw pictures showing the wildlife that lives in the tree or how people enjoy it. When it's finished, wrap the bunting around the trunk.
- Use fallen leaves and seeds to make natural garlands and decorations.



Tree Dressing Celebration



Celebrate a special tree with your handmade decorations .

Tree dressing is celebrated in different cultures all over the world. It's a tradition that brings people closer to trees and highlights the important role they play in our lives. It's also a great way of saying thank you to trees for all the benefits they provide.

Your tree dressing celebration

Choose a tree, or group of trees, that are important to your school or community. Research tree dressing in other cultures for inspiration and make your own decorations to adorn your tree.

Encourage children to find out about the history of your tree and share stories about it. You could even hold a tree dressing event and invite friends and family to be part of the celebration.

Remember to take photos of your tree and the decorations made by the children.

Please remember to take all the decorations down after your celebration so they don't harm the tree or the wildlife that lives in it.

For more ideas on things to do during the summer, visit: www.woodlandtrust.org.uk

Outdoor & Nature Activities

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Footprints - humans and animals walking



Aim

To enable children to identify animal tracks, know and name common animal groups and compare their walking habits to the listed animals.

Objectives

This will enable children to:

- Identify the tracks of local animals.
- Place animals into common animal groups.
- Identify the habitat for each animal and look at which animals may live close to us.
- Discuss how far each animal travels from their habitat and compare our travel from home (our habitat) to school.

Resources

- Animals, footprints and distances' resource sheet (available by clicking on the download to the right)
- Washing line and some pegs (optional)
- A bag of flour (for children to look at their own shoe prints –optional)
- Instructions to make a footprint trap. Many options are available online. Simply search 'animal footprint trap'.

Part 1

Start by asking children to think about their own footprints they leave behind in the snow/mud/sand.

Are these prints of our shoes or wellington boots?

What about the prints we may leave in the sand (barefoot prints)?

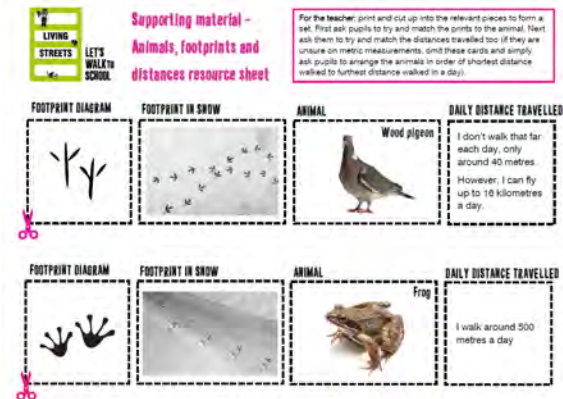
What might these tell us about the people who have left them?

What can we measure to give us some clues?



Click here to access and print the full resource and supporting materials

<https://bit.ly/3y4XWEV>



Outdoor & Nature Activities

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Footprints - humans and animals walking continued....

Optional activity:

Have a tray with damp sand in (or sprinkle flour onto a tray/box or small section of the floor) and invite children to put one foot in the tray to see what print their shoes leave behind (or do it barefoot).

How do they compare to each other's and the teacher's footprint?

Talk about how animals like humans also leave footprints, but they don't wear shoes!

Part 2

Card matching activity. Ask the children to work together to try and match the prints to the animals (using the 'Animals, footprints and distances' resource sheet).

Can children match the prints to the animals?

What are their reasonings for the matches they make?

You can use either the photographs or drawings of the footprints, depending on how easy/hard you wish to make the task (or use both).

Share the answers and discuss any discrepancies.

Of the animals discussed, talk about how far they think each of these animals walks/flyes from their home each day (e.g. short, medium or long distance).

Can they line the photos of the animals, up on the optional washing line or on a desk in order, from the ones that walk the least to the ones that walk the most?

Additional Activities:

- Ask the children to look at which animals may live close to them. What might their habitat be? Woodland, fields and meadows, ponds etc.
- Can the children group the animals into common groups: mammals, amphibians, birds? Are there any missing groups, and what animals do they know of from these groups? Reptiles, insects, and mini beasts, for example. How far do these animals travel?
- Feel free to use the 'Distance' cards to further challenge the children.
- Build an animal footprint trap/insect bug trap and see which animals visit your neighbourhood. Instructions to build your trap can be found online. Simply search 'animal footprint trap'.
- We've looked at animal tracks, habitats and how far they travel. Can children create a map of the local area surrounding their home? What habitats can they identify? Can they place them on the map? Can they show them in drawings or writing?

These learning resources support participation in WOW – the year-round walk to school challenge.
For further information on WOW, visit www.livingstreets.org.uk/WOW
Get in touch: walktoschool@livingstreets.org.uk 020 7377 4900

Credit:



Outdoor & Nature Activities

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Head on a Summer Stroll



Lush green landscapes, glorious sunshine, rainbows of wildflowers – a visit to the woods in summer time is not to be missed. The days are long and the nights are short, so make the most of the woods in the daylight, smell the flowers, watch wildlife or even enjoy a picnic.

Summer is a wonderful time for a wander around the woods. Escape the heat and enjoy a walk under the dappled, cool shade of the tree canopy. Watch as bees and butterflies glide from flower to flower in search of nectar, and see if you can spot deer, foxes or squirrels on your way around the wood.



#BlackCountryRainbowHour

Pack a Picnic

The warm, sunny days that summer supplies us with are perfect for picnicking. Get your family and friends together, pack a picnic and head out to the woods for some food and fun! Or, why not throw a Tree Party and help raise money for woods and trees? Just remember to take any litter away with you!

Go on a Family Adventure

Summer is one of the best times for family fun. If you're looking for ways to keep the kids entertained over the summer holidays, look no further! Why not head on a scavenger hunt, make a flower crown out of flora you find in the woods, play pooh-sticks or try pond dipping? Check out our blogs for more inspiration.

Stop and Smell the Flowers

During the warmer months the woods are filled with a kaleidoscope of colour. Wildflower meadows sway in the warm breeze, the sweet scent of fragrant honeysuckle fills the air and striking foxglove attracts the buzzing of bees.

Watch Wildlife

The hazy days of summer are filled with the buzzing of bees, bevies of butterflies fluttering among the wildflowers and lots of activity from other insects, including grasshoppers, beetles and ladybirds. Reptiles bask in the sun, tiny toadlets venture out of the ponds they were born in and during the evening bats abound in search of prey.

For more ideas on things to do during the summer, visit: www.woodlandtrust.org.uk

Credit:



Outdoor & Nature Activities

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Feed the Ducks



We all love to feed the ducks but did you know that bread – especially white bread – is **BAD** for them?



A family feeding the ducks

TRY:

Chopped vegetable peelings

Like you, we need a healthy diet.



Grain and birdseed

Porridge oats

Duck feed pellets

NEXT STEP
Try copying a duck's funny little waddle! You should flap your arms and keep your feet flat. You're not allowed to bend your knees!

Defrosted peas

Chopped lettuce

TOP TIP
Don't follow the crowds, spread the love and visit a new family of ducks who may need a new friend.

Credit:



T: @CRTEsplorers

F: Canal and River Trust - Explorers

canalrivertrust.org.uk/explorers

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.

How Animals can help our Mental Wellbeing



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

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

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

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

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

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

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

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

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

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

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



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Kooth - free online counselling support



Kooth.com is a free, safe and anonymous mental health and wellbeing online community available to children and young people across the Black Country from age 11. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a Kooth team member, about anything that is causing them worry, stress or anxiety. The Kooth team consists of qualified counsellors and emotional wellbeing practitioners.

The team is available from 12 noon to 10pm on weekdays and from 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day. The website itself is accessible 24 hours a day.

When a young person registers with Kooth they will have support available to them now and in the future. Support can be gained not only through talking to a member of the Kooth team but through articles, forums and discussion boards which form our self-help and peer to peer support on the website.

All content is age appropriate, clinically approved and fully moderated to ensure that children and young people are 100% safe when they access **Kooth.com**.

There is no referral required to access Kooth and no waiting list or threshold criteria to meet. To find out more visit **www.Kooth.com** where young people can register and others can find out more about the service.



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Express Yourself - Create your own Superhero



Unleash your superpowers by doing something creative! Expressing your creativity can be fun and uplift your mood.

Step 1
Think about what powers you would have if you were a superhero (e.g. invisibility, the ability to fly, turn yourself into something else etc.)

Step 2
Think about what you'd do if you had these powers. Would you do something to help others, help yourself, animals or even the environment?

Step 3
Think about what your outfit would be.

Step 4
Think about your superhero slogan.

Step 5
Draw or create your superhero and take a look at your masterpiece!



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

Mental Wellbeing & Mindfulness Activities

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Stormbreak - Ten Ways to B you!



Breathe - Self Care

https://www.stormbreak.org.uk/videos/self-care/kb_monkeymind_sc_01

Bounce - Resilience

https://www.stormbreak.org.uk/videos/resilience/lc_classroomcrosscountry_live_res_01

Be with Nature - Self Care

https://www.stormbreak.org.uk/videos/self-care/kb-_makefriendswithacreature_sc_01

Be Present - Self Worth

https://www.stormbreak.org.uk/videos/self-worth/dw_busstopmeditation_01

Be You - Self Worth

https://www.stormbreak.org.uk/videos/self-worth/dw_classroomrockstars_sw_01

Brain Boost - Hope & Optimism

https://www.stormbreak.org.uk/videos/hope-optimism/kb_ranagram_live_h-o_01

Break it Down - Relationships

https://www.stormbreak.org.uk/videos/relationships/kb-dw-cw_copycats_rel_01

Balance - Resilience

https://www.stormbreak.org.uk/videos/resilience/kb_lifeinbalance_live_res_01

Be Brave - Hope & Optimism

https://www.stormbreak.org.uk/videos/hope-optimism/kb_moonandstars_live_ho_01

Buddy Up - Relationships

https://www.stormbreak.org.uk/videos/relationships/cd_buddy-run_live_rel_01

Ten ways to **B** you! Moving with Stormbreak

Breathe - Self-care
Recognising the importance of knowing how you are feeling and using breathing to calm and regulate yourself.
Monkey Mind

Bounce - Resilience
Building stamina through raising heart rate, endorphin release and feel good hormones gives us bouncebackability to overcome obstacles and reach success.
Classroom Cross Country

Be with nature - Self-care
Being in nature calms and uplifts us. We can feel awe and wonder and it helps us take care of ourselves. Be mindful and use your senses to notice and connect, allowing serotonin release which is good for our wellbeing.
Make Friends with a Creature

Be present - Self-worth
Knowing inside we matter and celebrating who we are and want to become. Be mindful, notice, release and allow time between emotion and reaction.
Bus Stop Meditation

Brain boost - Hope & Optimism
Exercise changes the brain, it focuses the mind, enhances memory and improves thinking skills. It helps us to reach our potential, believe in ourselves and achieve our goals.
Ranagram

Balance - Resilience
Using inner strength to keep your balance even when things are difficult. Being strong, focusing on mind and body to keep steady.
Life in Balance

Buddy up - Relationships
Connection with others through movement releases oxytocin which makes our relationships stronger. We can communicate more easily with each other and feel that we belong.
Buddy Run

Be brave - Hope & Optimism
Be aware of our hopes and aspirations and the challenges we can set ourselves. Be brave in stepping outside your comfort zone, by trying something new and believe in yourself.
Moon & Stars

Be you - Self-worth
Find your place in the world, be unique, it's ok to be different and to know you matter!
Classroom Rockstars

Break it down! - Relationships
Keeping movement simple so we can all join in. In movement and friendships there are ups and downs but we can break it down and simplify things and know that we can reflect, reconnect and repair.
Copy Cats

stormbreak.org.uk

Mental Wellbeing & Mindfulness Activities

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Manage Emotions - Create your own Activity Jar



A creative activity to distract, soothe and pass the time!

Having a collection of activities could help with feelings of boredom, loneliness or anxiety.

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

Step 1

Find a jar/container (e.g. a washed out jar or even a shoe box) and decorate it. You could use paint, glitter or anything else that you like.

Step 2

On small pieces of paper, write down some achievable activities (e.g. games to play, challenges to complete, jobs to do, things to create or funny jokes to play).

Step 3

Put all of your pieces of paper into your container or jar.

Step 4

Anytime you feel bored/anxious/lonely/stressed, take an activity to complete (if you pick one you don't like, put it back and choose another).

Step 5

Afterwards, think about how you feel now compared to before (e.g. what does it feel like to try something new?)



Mental Wellbeing & Mindfulness Activities

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Connect with Others - The Kooth Word Challenge



Test your mind and find as many words as you can. Taking part in activities like this is a great way to pass the time and have fun!

Step 1

Get yourself a pen and a piece of paper and a timer (if you have one on your phone or watch this will be perfect)!

Step 2

Take a look at this sentence - **THE KOOOTH COMMUNITY IS AMAZING**

Step 3

Using the letters in the sentence, make as many words as you can in a minute (For example, we can see 'MOON') Ready...steady...go!

Step 4

When your time is up, submit your answers in the comments if you want to.

If this was tricky, feel free to try again and give yourself more time.



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

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.



American Football - Quarterback Challenge



Quick introduction

The Quarterback challenge is about practicing the skill of throwing an American Football. The aim of the game is to throw the ball accurately to the player opposite you as you try to perfect that spiral!



Equipment

- One ball per team of up-to 10
- Cones

Getting started

- You should start this game with a catching and throwing warm-up. Line the participants in pairs facing each other 5-10 yards apart. Players should practice throwing back and forth concentrating on an overarm throw and catching the ball with palms facing outwards.
- For this challenge, teams of 5 or 6 (mixed or same gender) line-up one behind the other facing a cone with a football on it.
- The activity starts by the first player running to the ball, picking it up and then throwing it back to the next person in line.
- This player catches the ball (or recovers it if they drop it) and runs forward to the cone then turns around and throws in back to the next player
- After each player throws the ball they must run to the back of their team line and wait for their next turn. All players must run, catch and throw three times each.
- The game ends with the winning team sitting down.

Health and safety

- Use an appropriate ball that every player feels comfortable gripping, throwing and catching.
- The player that has thrown the ball and is running back to their team line, must run to their right.
- Reinforce constantly that players should watch the ball into their hands (until they catch it).



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.



American Football - Quarterback Challenge continued...

Physical ME

- The ball should be held with a firm, but not too tight a grip with fingers spread from one end of the ball towards the middle on the top. The thumb squeezing the bottom of the ball, ideally with a small gap between the ball and the palm. At least one finger should be able to grip the lace.
- Instruct players to throw the ball using an over-arm one-handed throwing action.
- The pointy end of the ball should be facing your target with your throwing elbow at shoulder height.
- Players should stand side-on to their target with the non-throwing shoulder, arm and foot facing the target.
- Encourage players to make sure the inside of the index finger is the last part of their hand that touches the football as they release the ball to perfect the ball spiraling!
- Encourage throwers to step through as they throw.
- Discourage underarm passes.

Social ME

Leading and volunteering

- Leaders can be used to support players to choose the best distance to throw.
- Leaders should also support with the correct catching technique to ensure the passes are being completed – palms facing outwards. watching the ball in.

Think inclusively STEP

Space: For any throwing or catching challenges the distance of the throw should be adjusted to match the ability of the players. Rules and roles, speed and direction can be adapted to suit – for example:

- Task:**
- Good tacklers could be asked to try to take both tag belts
 - Players who are less confident catching can do so at walking speed until they build confidence to move faster
 - Alternate throws between above the head and below the waist catches.

Equipment: Use an appropriate (sized) ball for all throwing and catching challenges. If you do not have enough balls available, rugby or tennis balls can be used as an alternative in the festival format.

People: All challenges are about personal best so just ensure that all players have a chance to take part in each challenge multiple times.

Thinking ME

- How hard should I throw the ball?
- How can I ensure the ball travels in the direction of my receiver?

Tactical ME

- I always make sure I have a firm but not too tight a grip on the ball and try to release the ball so that it comes off my index finger last by making a rainbow shape with my wrist as the ball comes out.

Sporting ME Spirit of the Games

Excellence through competition



Determination: I always give my best every time I play.



Determination: I support and listen to my teammates and provide positive encouragement.



Personal Challenges & Competition

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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

Credit:

www.pehubportal.co.uk



Personal Challenges & Competition

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Wall Ball - 60 Second Challenge



Wall Ball 60 Second Challenge



Which skills do you think are needed to enable you to succeed?

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



The Plank - 60 Second Challenge



The Plank 60 Second Challenge



Can you keep trying even if you feel that you want to stop and give up?

Can you hold the 'plank' position for 60 seconds?



Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

No equipment is required.
Just make sure you use a clear, open and safe space.

If you're finding it tough stop after 30 seconds and have 5 second rest.

Achieve Platinum!
To achieve platinum can you perform the plank for 90 seconds?

Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



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.

Active Kids do Better - Sling Shot Tennis



You will Need:

- Family or friends
- A skipping rope
- A pillowcase and ball, balloon or sponge



How to Play:

- Divide an area in two, using a skipping rope as a net.
- Each pair or team should hold a pillowcase out flat between them.
- One team places a ball in the middle of their pillowcase. If playing indoors use a balloon or a soft sponge. Without touching the ball, try to sling it over the net while the other team tries to catch it on their pillowcase. Get the ball to fall on the floor on the other team's side of the net to score a point.
- The first team to score five points wins; the teams then change sides.

Remember:

- Make sure you have enough space around you. Use a balloon or sponge if playing inside.



Credit:

www.activekidsdobetter.co.uk

Find the Rainbow



Why not challenge yourself to this activity, courtesy of Get Set 4 PE?

Find the rainbow



What you need: 5x5 grid. This could be paper taped to the floor or with chalk, and a picture of a rainbow.

How to play:

- Place your rainbow in the centre of the grid.
- Fill the rest of the grid with numbers from 1 - 4.
- Players try to get to the rainbow in the centre of the grid.
- Begin in the green box with number 1 and jump one jump in any direction **except diagonal**.
- Continue through the grid jumping with the number of jumps indicated on the square you are standing on until you reach the rainbow.
- Make this harder by completing the corresponding exercise for every number landed on 1 = 1 x squat, 2 = 2 x hops, 3 = 3 x high knees 4 = 4 x star jumps

3	2	4	1	3
2	3	1	3	2
1	2		2	3
3	4	3	2	2
3	2	1	3	4

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.

Active Kids Do Better - Yoga



You will Need:

- Family or friends



How to Play:

- Each person chooses a balance to practice until they can perform it with control, without wobbling.
- Each person then teaches their move to the others. Remember to help each other to be the best you can.
- Try performing the moves in a sequence, moving fluently from one to the next.
- When someone has held a balance for as long as they can, give them a high five!

Remember:

- If you need to lean on a chair or against a wall for a bit of support, that's fine too.



Credit: www.activekidsdobetter.co.uk

Shooting Challenge



If you have a variety of balls that is great, if not use bundles of socks of different sizes.

Set up a target on the floor and measure out 4 – 5 distances from the target. From the first marker throw onto the target once.

Move to second marker back and throw into target twice, if you miss go back to the previous marker.

Move to third target and score three consecutive goals, continue in this manner to the fifth target.

Extension:

1. Change the target to a bin or bucket.
2. Place target on an elevated surface such as chair.
3. Increase the distance of the markers.
4. Change the ball size/size of the sock bundle.
5. Shoot one hand only, dominant and non-dominant.
6. Decrease the size of the target.

Credit: www.pehubportal.co.uk



Personal Challenges & Competition

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Beat the Street Wolverhampton



How to Play:

Beat the Street is a FREE community challenge running in Wolverhampton!

Local schools, families, workplaces, community groups and individuals compete to see who can walk, run, cycle, scoot, and roll the furthest by the end of the game.

Winning teams win hundreds of pounds worth of prizes!

Playing the game is easy:

1. Register your card/fob at beatthestreet.me/wolverhampton to join your chosen team.
2. Find your nearest Beat Box and hover your card/fob until it beeps and flashes.
3. Walk, run, cycle, scoot or roll to a different Beat Box within an hour. Hover your card/fob to earn 10 points for your team.
4. Carry on your journey. Score 10 points for each extra Beat Box you visit.
5. Visit beatthestreet.me/wolverhampton and follow them on social media to find out more about the game, the teams and events and activities.

Full details on events, bonus boxes and T&Cs on beatthestreet.me/wolverhampton

[f @btswolves](#) [t @btswolves](#) [i @btswolves](#) #beatthestreet

Discover Wolverhampton with **Beat the Street** A Yo! Activity

20 July - 17 August 2021

Play the fun, free walking, cycling, and rolling game!

How far will you go? Visit beatthestreet.me/wolverhampton to find out more, including where to pick up your free player card.

Be Covid safe while playing Beat the Street

- Beat the Street is played outdoors individually, with your household or in small groups according to current COVID-19 guidelines
- Beat the Street Beat Boxes are contactless so it's a perfect way to exercise and have fun with friends outdoors
- Don't touch cards/fobs belonging to others
- Wash your hands after playing!

Be COVID-19 Safe!

[f](#) [t](#) [i](#)

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.

Kite Flying



Kite Kit

This can be purchased. They can come in various designs.

Things to think about:

- When choosing a kite ensure that it is robust and able to fly in the wind and land on the ground.
- Have some sellotape handy to repair kites when needed. Model kites are useful as you can easily assemble the kite (*not all kits have instructions but its fun to assemble*).

How to Make a Paper Kite Making your own kites can be fun. You will need:

- Bamboo sticks or kebab sticks will do
- Paper - you can recycle your newspaper
- Sellotape
- String.
- *Optional:* ribbons for decoration



The common shape of a kite is diamond.

- Cut your paper into a diamond shape.
- Put sticks in a cross position and secure with tape.
- Attach paper to sticks and run string along the bottom to the top of the sticks.
- Secure it in the middle of the sticks. If you like you can use separate strings to make a tail, decorate with paper cut out in ribbon shapes and attach to the string. Use as many ribbons as you like.

Where to Fly your Kite:

Find an open space away from:

- overhanging trees
- people
- animals

Weather conditions:

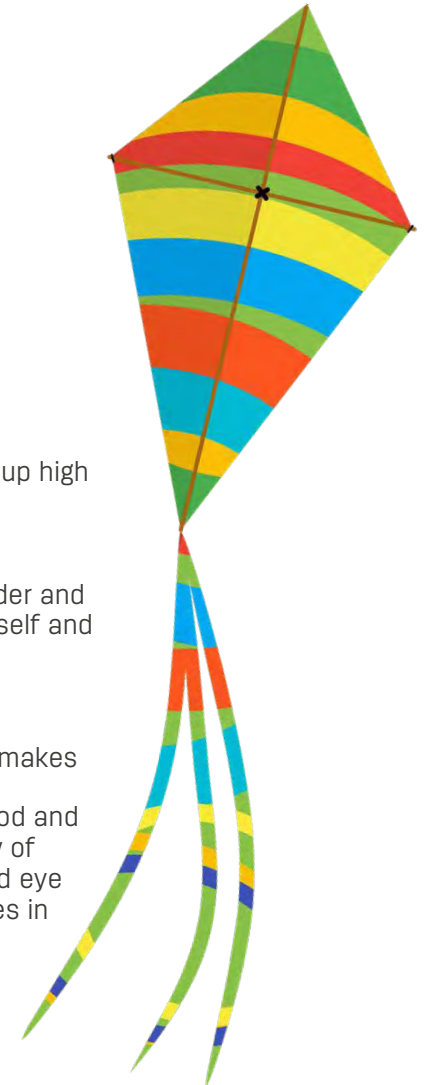
Nice gentle breeze - not blustery winds

How to Fly a Kite:

- Hold your kite up in the air with both hands.
- When the wind starts to blow lift your hands up high in the air and let go of your kite.
- Use the string to control the kite as it flies.
- Alternatively place the kite on the ground.
- Take the string and extend it over your shoulder and run. This way you will generate the wind yourself and the kite will fly as you run with it

Health and Wellness:

- Being outdoors in the sunshine and fresh air makes you feel good.
- Running with the kite also makes you feel good and increases your heart rate, increasing the flow of blood around your body. It improves your hand eye coordination, expands your chest and muscles in arms and legs.



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Leaf Crown



Collect fallen leaves from along the towpath and make them into a crown fit for a king or queen!

Make a long chain of leaves by piercing the stem of one leaf with a pin. You may need a grown up's help for this.

Pull the stem through as far as it will go. The knobby bits at the end will keep them from pulling out.

Continue until you have enough to go round your head. Finish your crown by poking the last stem into the first leaf.



Credit:



canalrivertrust.org.uk/explorers

T: @CRTEsplorers

F: Canal and River Trust - Explorers

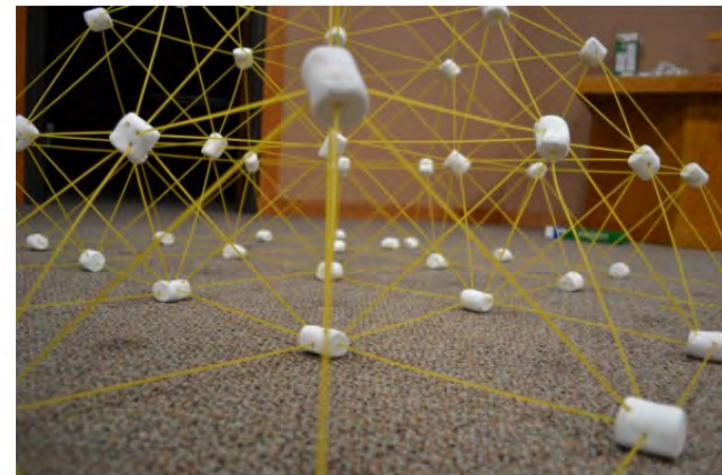
Marshmallow Tower



- Pair children up or work with your child if they are younger
- Give each team a bag of mini marshmallows (at least 50) and a bag of spaghetti
- The task is to build the tallest tower possible in the time set (20–30 mins)

Rules

- The building materials cannot be eaten!
- The spaghetti can be made smaller.
- It must be a complete structure, i.e. everything attached.
- They can draw inspiration from anything they can see from their building area.



Credit: www.pehubportal.co.uk



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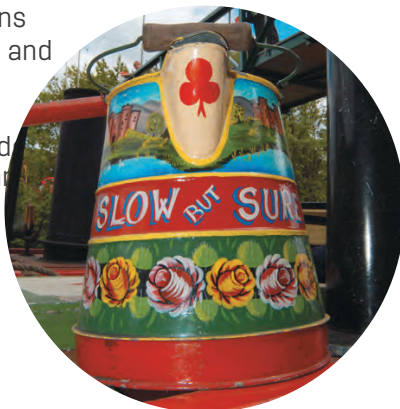
Roses and Castles



Narrowboats and household items such as plates and water cans were often decorated with traditional patterns of stylised roses and fairy tale castles and called **Roses and Castles**.

No one is sure how the patterns developed but the most likely idea is that they were copied from everyday china popular in Victorian times.

In this activity you design a new Roses and Castles pattern for a narrowboat.



You will need:

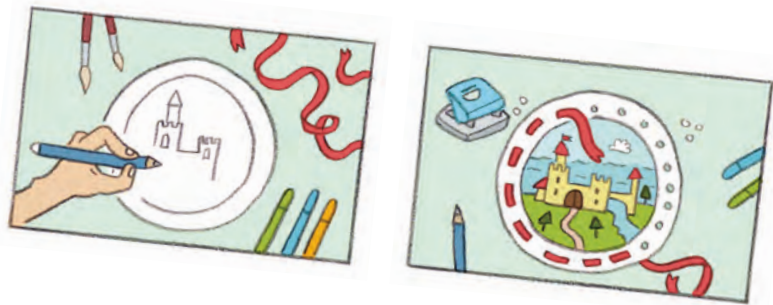
- A paper plate
- Paint and paint brushes

What to do:

Things to think about:

- A bold pattern to make the boat look cheerful
- A pattern that can be painted quickly and easily
- Painting a picture of your house or school instead of a castle (if there is a stately house or a castle nearby, you could use that)
- Use another flower instead of roses.

Then draw out your design on the paper plate in pencil and colour in.



TOP TIP
Use soft paint brushes that come to a nice point and create the same sort of effect as traditional Roses and Castles.

NEXT STEP
Test out your design by pinning it up several feet away to see if it is visible from a distance just as Roses and Castles would have been on a narrowboat.

Credit:



T: @CRTE Explorers

F: Canal and River Trust - Explorers



Remember the **SAFE** message:
Stay Away From the Edge



Leaders: for advice on how to plan a visit go to

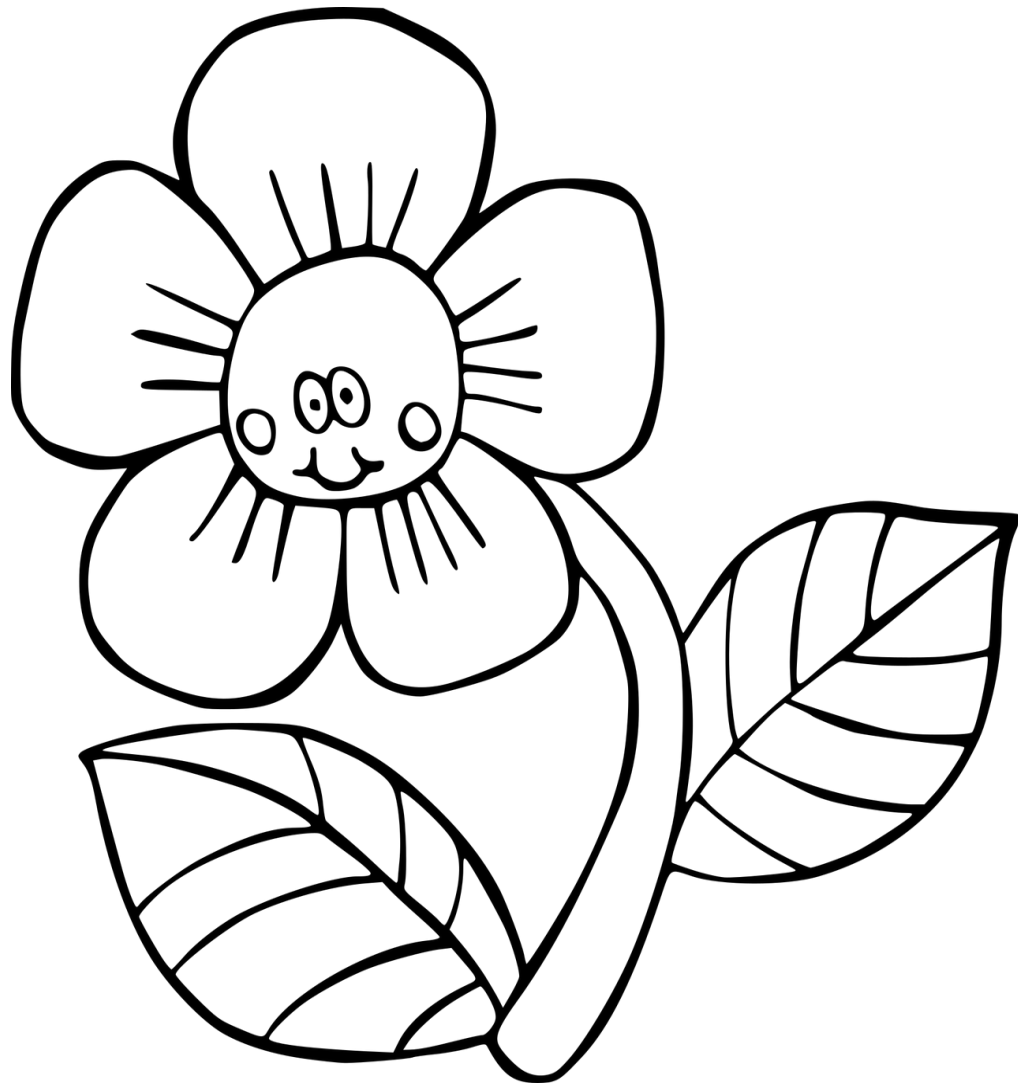
canalrivertrust.org.uk/explorers



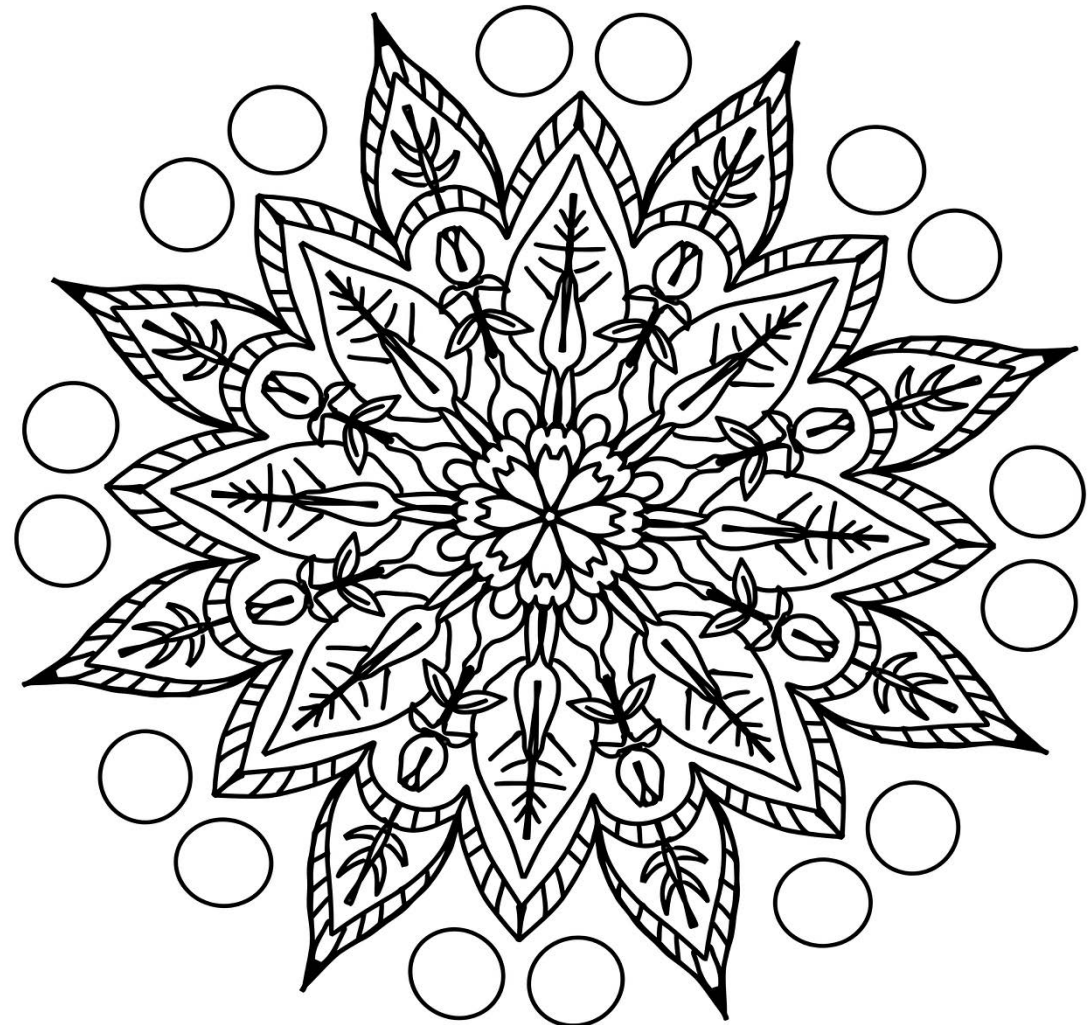
Celebration and Creative Activities

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Colour in a Summer Flower



Colour in a Pattern





Celebration and Creative Activities

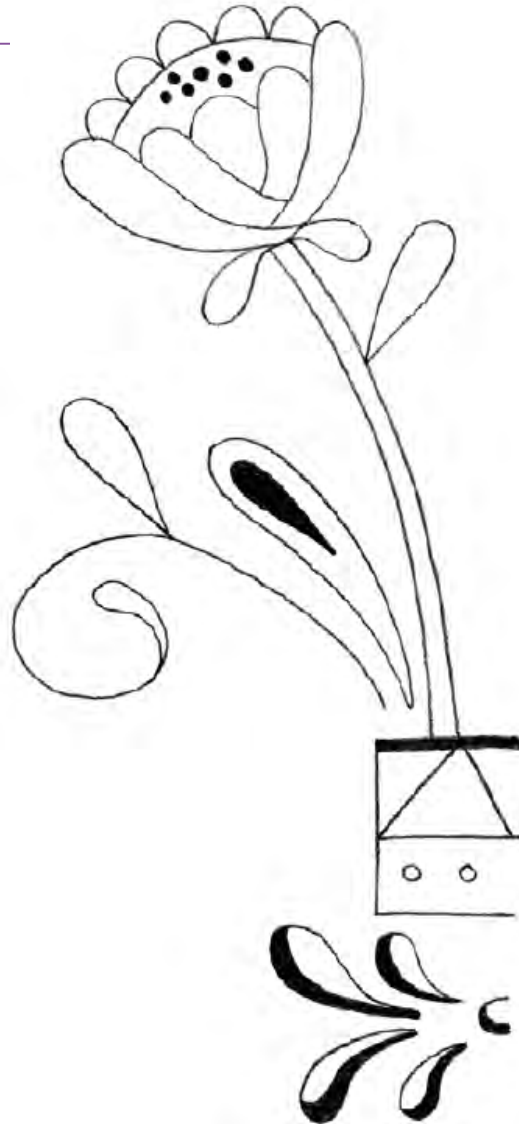
Providing a range of creative ideas and activities around a different theme for each edition of the Rainbow Book. The themes will vary and include local Black Country initiatives or celebrate and promote regional or national campaigns.

Colouring Out



Narrowboats are full of wonderful artwork.

A style called 'Roses and Castles' is traditional.



Credit:



T: @CRTEsplorers

canalrivertrust.org.uk/explorers

F: Canal and River Trust - Explorers

Celebration and Creative Activities

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Make Bubble Foamers

www.creativeactivelives.org.uk



The Best Giant Bubble Liquid Recipe



You can use these to make bubble snakes and bubble sculptures, and huge piles of sensory, squishy, and even scented bubble foam.

Step 1

Take an empty, small plastic bottle and cut off the bottom of the bottle about half way down. You will need sharp scissors, so let a grown up do this bit! Once you have cut off the bottom of the bottle, you can recycle the bottom part – we are just going to use the top section. Check around the edge for any sticking out bits that may be sharp, and cut these off.

Step 2

Take an old sock, or a square of material from an cloth or old T-shirt for example big enough to be able to easily cover the wide end of the bottle and hang down the sides for a few centimetres. Place this over the end of the bottle and secure in place using an elastic band.

Step 3

Dip the fabric covered end into your bubble mixture, then put the narrow end in your mouth and BLOW! You can use any bubble mixture you have, washing up liquid mixed with water and even shampoo! Baby shampoo is ideal so that if foam goes flying while you play, it won't sting if it gets in your eyes.

Bubble Foam Play Ideas

You can have so much fun with bubble foam! You can use the different sized foamers to make bubble foam sculptures, make bubble mountains that you can squish with your hands, or by using some spare cloth to flatten down for soft, sensory fun.



Watch the Youtube video on how to make your bubble foamers

(www.youtube.com/watch?v=vuVXHZYeUEM&t=3s)

Ingredients:

Makes 1 litre.

1/4 teaspoon of Guar Gum powder

1-2 tablespoons Vegetable Glycerin

1 litre of warm water

50ml washing up liquid (Fairy Green or Blue is the best for the biggest bubbles)

(Optional) You can add 1 tsp baking powder to balance the pH of the water, but this isn't essential

How to Make The Giant Bubble Liquid

1. Mix the Guar gum and the Glycerin together stirring well, until the mixture is free of lumps, and not too thick
2. Add this to the warm water in a mixing bowl, at a slow trickle, stirring well and continue to stir.
3. Measure out 50ml of Fairy Liquid, and slowly pour this into the mixture in the mixing bowl, gently stirring. Try not to make a lot of foam, as if it's foamy, your won't get lovely big bubbles.
4. Gently stir to combine. If you have Baking Powder, you can add that – it fizzes as it comes into contact with the water! Stir well but gently.
5. If you can bear to wait until the next day to use it, giant bubble liquid is better the next day. But don't worry! You can use it now if you want to.



Watch the Youtube video on how to make giant bubbles with your hands!

(www.youtube.com/watch?v=8II5yPJzfNc)

Celebration and Creative Activities

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Water Safety Search



ACCIDENT
ADVICE
AID
AMBULANCE
BICYCLE
BRIGADE
BUOYANCY
CAREFUL
CAUTIOUS
COMMUNITY
EMERGENCY
EQUIPMENT

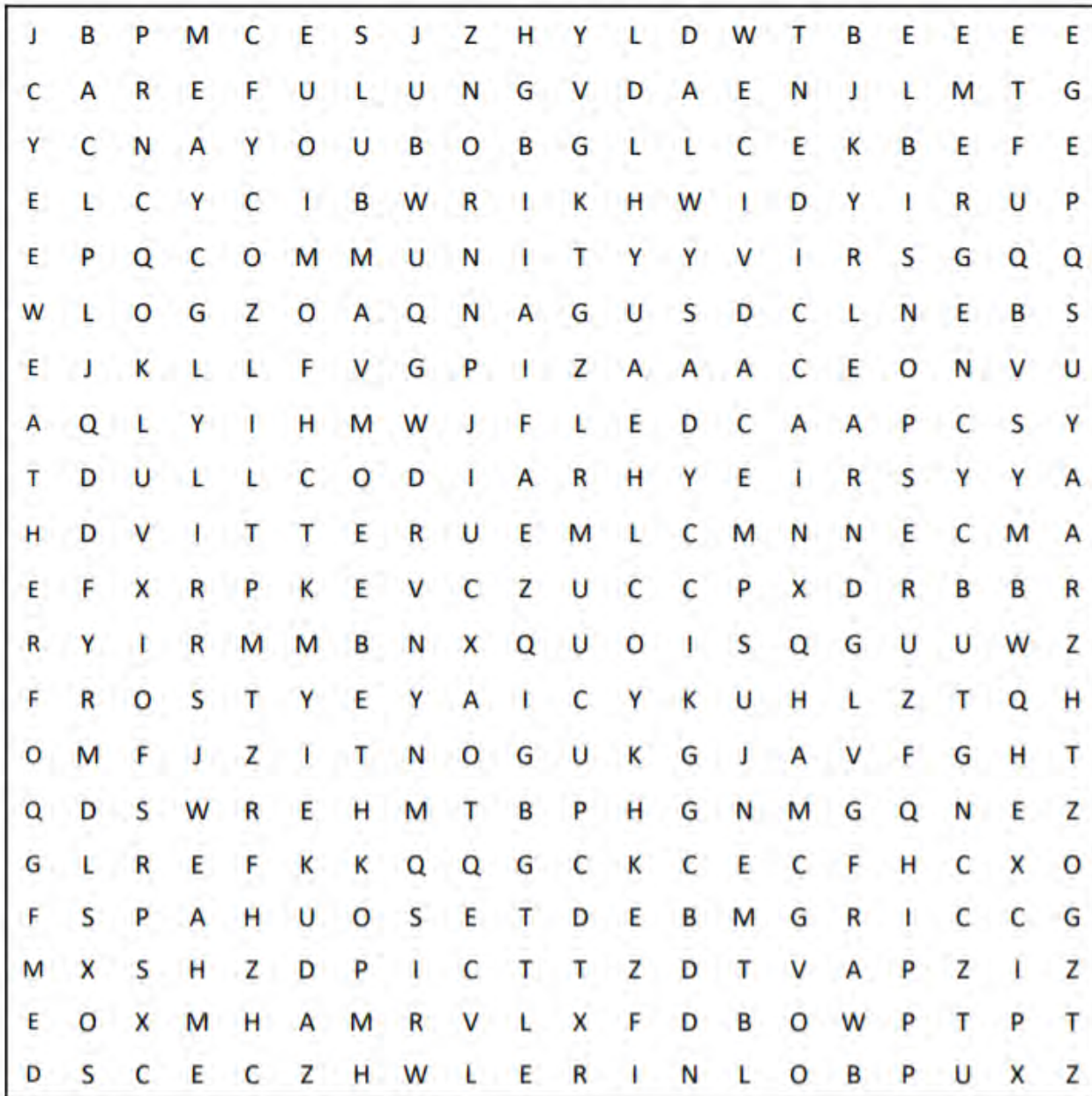
EXPERIENCE
FIRE
FROSTY
HAZARD
LEARN POLICE
RESPONSIBLE
SAFETY
TOWPATH
WALKING
WEATHER



Enjoy Water **Safely**



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



Celebration and Creative Activities

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Stay Safe Crossword



Across

1. When around water you should _____ and think (4)
2. _____ on your back is a good skill to learn (8)
4. When you jump into the pool you get ____ (3)
6. Children should always be under _____ when swimming (11)
10. _____ are there to help you if you get into trouble (10)
13. Check the depth of the water before _____ (7)
14. Signs at the pool tell us what the _____ are (5)

Down

1. Beware of others _____ when jumping into the water (8)
3. Call for _____ if you are having difficulty in the water (4)
5. You can learn to swim by having _____ (7)
7. In an _____ call 999 or 112 (10)
8. Read the _____ before entering the swimming pool (6)
9. If you cannot swim stay away from the _____ end (4)
11. Always swim with an _____ (5)
12. Check the _____ of the water before diving (5)

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 slippy underfoot.
- Make sure any equipment used is not too heavy or too large for children.
- Ask children to wear appropriate clothing and footwear for the activity
- Tie back long hair
- Remove any jewellery
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do.

afPE Statement for Schools Jan 2021

We will ensure all elements of the Rainbow Hour campaign will continuously follow all national and local guidance to ensure compliance and be deliverable in accordance with current social distancing legislation.

For more information please refer to [DFE Guidance for schools](#).

For further details regarding the Rainbow Hour campaign please visit blackcountryrainbowhour.co.uk.

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

#BlackCountryRainbowHour
blackcountryrainbowhour.co.uk

Co-ordinated, developed and supported by:



Walsall Council



CITY OF WOLVERHAMPTON COUNCIL