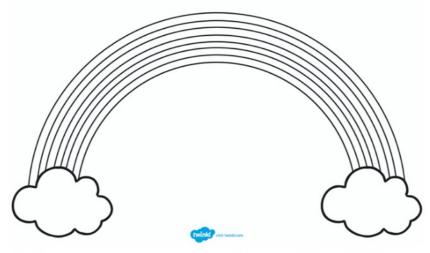
Colour the Rainbow



Rainbow resources from Twinkl.co.uk

I can feel a rainbow

I'm like a rainbow, if you please, I'm pretty sure that everyone can see, what I feel and when, When I turn white I am full of fear, when I'm Green I feel as jealous as can be, Blue like the waves in the deep sea I feel sad, no smiles from me,

Yellow I feel happy, bright like the sun, dancing on everything until the moon comes,
Pink I feel love, growing like a balloon, maybe I'll pop

soon!

Black I feel lonely, with no one to play, the sun isn't

Black I feel lonely, with no one to play, the sun isn't shining today,
Purple I feel friendly, and ready to lend a hand, when I am orange I feel hot inside, I'm embarrassed, not sure where to hide my face,
But sometimes I am red, full of anger and frustration when things aren't going right,
I can feel a rainbow sometimes just one colour, sometimes all at once, my rainbow is a part of me







How to Grow a Rainbow Science Experiment

Did you know that you can grow your own rainb

You will need a scientific process called the capillary action. This action happens when a liquid moves up through a hollow tube or into a spongy, solid material. It happens when three forces work together: cohesion, adhesion and surface tension.

Water molecules like to stick to each other - this is called cohesion. They also like to stick to solids in a process called adhesion.

In this experiment, you are going to use kitchen roll. The fibres in kitchen roll have lots of little holes. Water is **absorbed** through the kitchen roll because when the first water molecule **adheres** to it and begins to move upward, it pulls the next water molecule up with it, like a chain.



What To Do-

- 1. Cut the kitchen roll into the shape of a rainbow.
- 2. At each end, use the felt-tip pens to colour a rainbow about 2cm up from the bottom. Remember the order of the colours: red, orange, yellow, green, blue, indigo, violet.
- 3. Attach the paperclip to the top of the rainbow and tie a piece of thread to it. This will allow you to hold your rainbow.
- 4. Add water to the two bowls.
- 5. Hold the rainbow with both ends slightly submerged into each bowl of water and watch your rainbow grow.



Eat the rainbow to stay healthy -Colour in a rainbow square every time you eat something healthy.



Magic Wand Fruit Kebabs

Ingredients

Apples

Strawberries

Watermelon

Equipment

Sharp knife (adult use only) Child-safe knives

Star-shaped cookie cutters

Wooden kebab skewers (blunt-ended if possible)

- skewers by boiling them in hot water. This will stop them from splintering.
- 2. Wash your hands and put on an apron.
- 3. Next, wash the fruit.
- 4. Then, an adult should remove the skin from the pineapple, watermelon and apple (opti
- Cut the apple, pineapple and banana into chunks, and the strowberries into halves. Children can use child-safe knives to cut the soft fruit like the bananas, pineapple and strawberries.
- 6. Cut the watermelon into slices
- Use the cookie cutters to cut star shapes out of the slices of watermelon.
- Lug out the fruit pieces and carefully place onto the skewers. Children should be closely supervised for this activity, as the skewers can be very sharp. Model how to push the fruit onto the skewers, without putting their hands behind the fruit where the skewer will come through it.
- 9. A star-shaped piece of watermelon can be the final piece of fruit placed onto the top of the skewer to finish the magic wand fruit kebab.







Relaxation Spin Wheel

The relaxation spin wheel is designed to give young people ideas about how to relax. This can be used to calm down after a behaviour incident or when a young person is feeling anxious

You will need to make the relaxation spin wheel below. Please cut it out and put a split-pin in the middle. You could also paint or draw on a lazy Susan if you want to be more creative.

Encourage the young person to spin the wheel and practise doing the relaxation exercise together.

Whenever they feel anxious, they can take the relaxation spin wheel out of their pocket or their bag and choose which relaxation strategy to use.













Who can you be today ...?







Thinking About... Role Play

Who are you dressed as? What is your character's name?

What can you tell me about your character? Where would your character live?

Can you show me how your character would talk? Can you show me how your character would move?

Why does your character behave that way? Why does your character live in...?

Can you tell me what your character would say? Why did you choose to ...?

What is your character going to do next? Can you create a story with your friends?



Remember Understand Apply Analyse

Evaluate Create









Colour the clothes!





