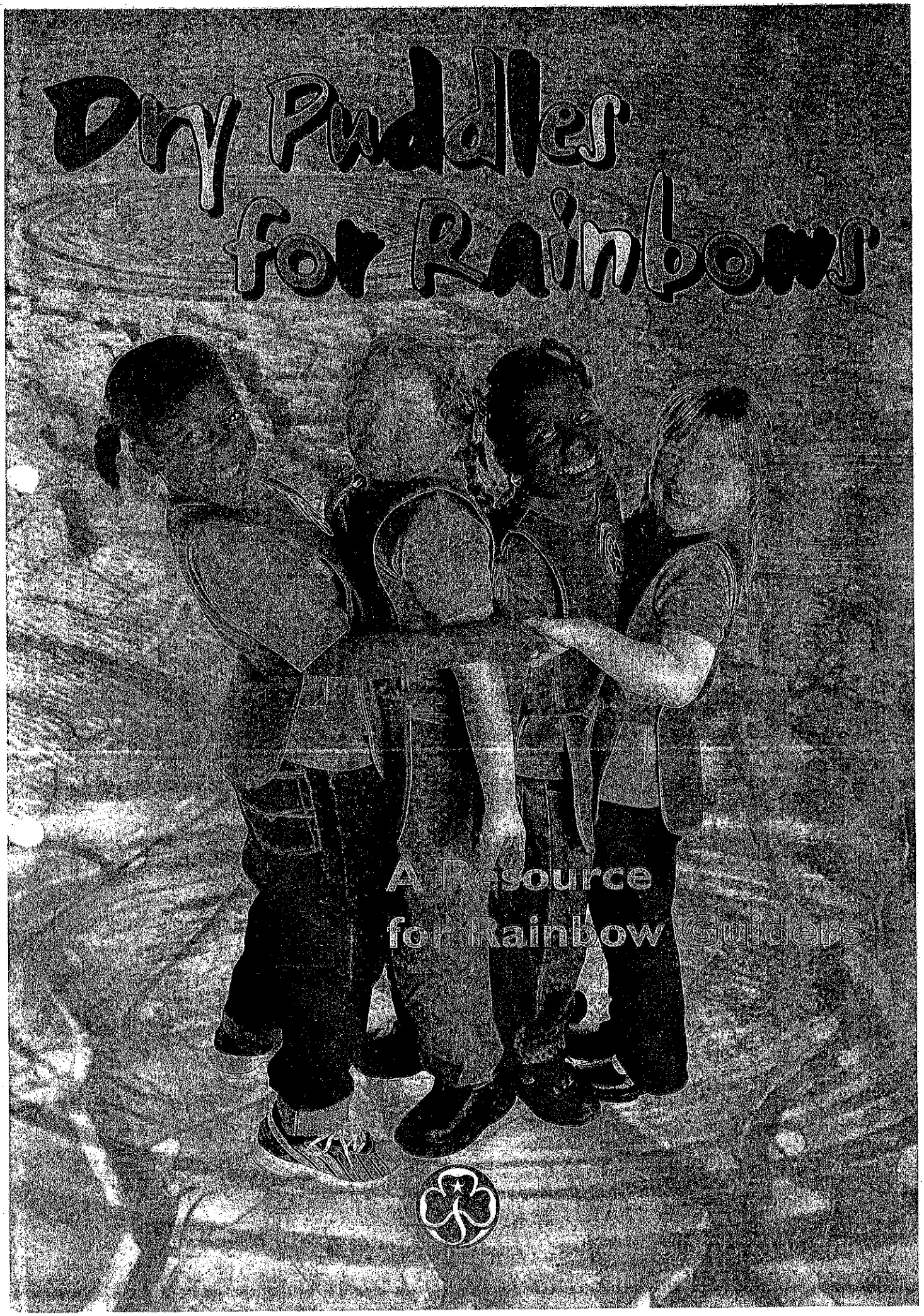
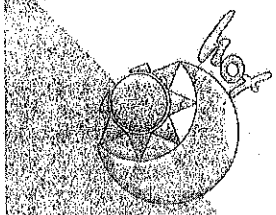
# Dry Puddles for Rainbows



A Resource for Rainbow Guiders



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The stories in this publication have been written by the following: 'Dance story' by Judy Edwards, 'The day Percy Polar Bear learnt his lesson' by Valerie Diebelius, 'Winnie and Sylvester look for water' by Georgina and Phoebe Piper.

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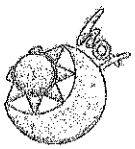


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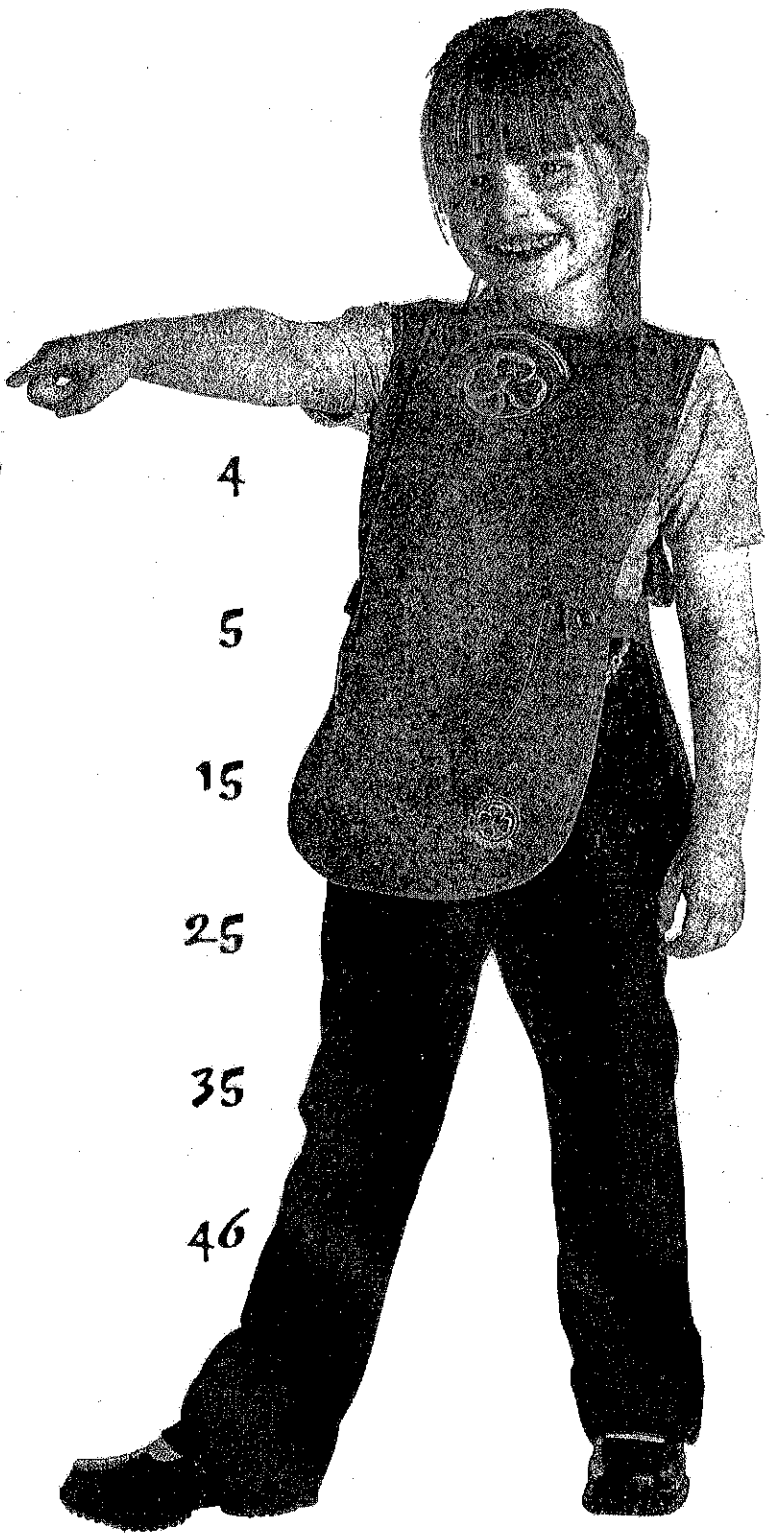


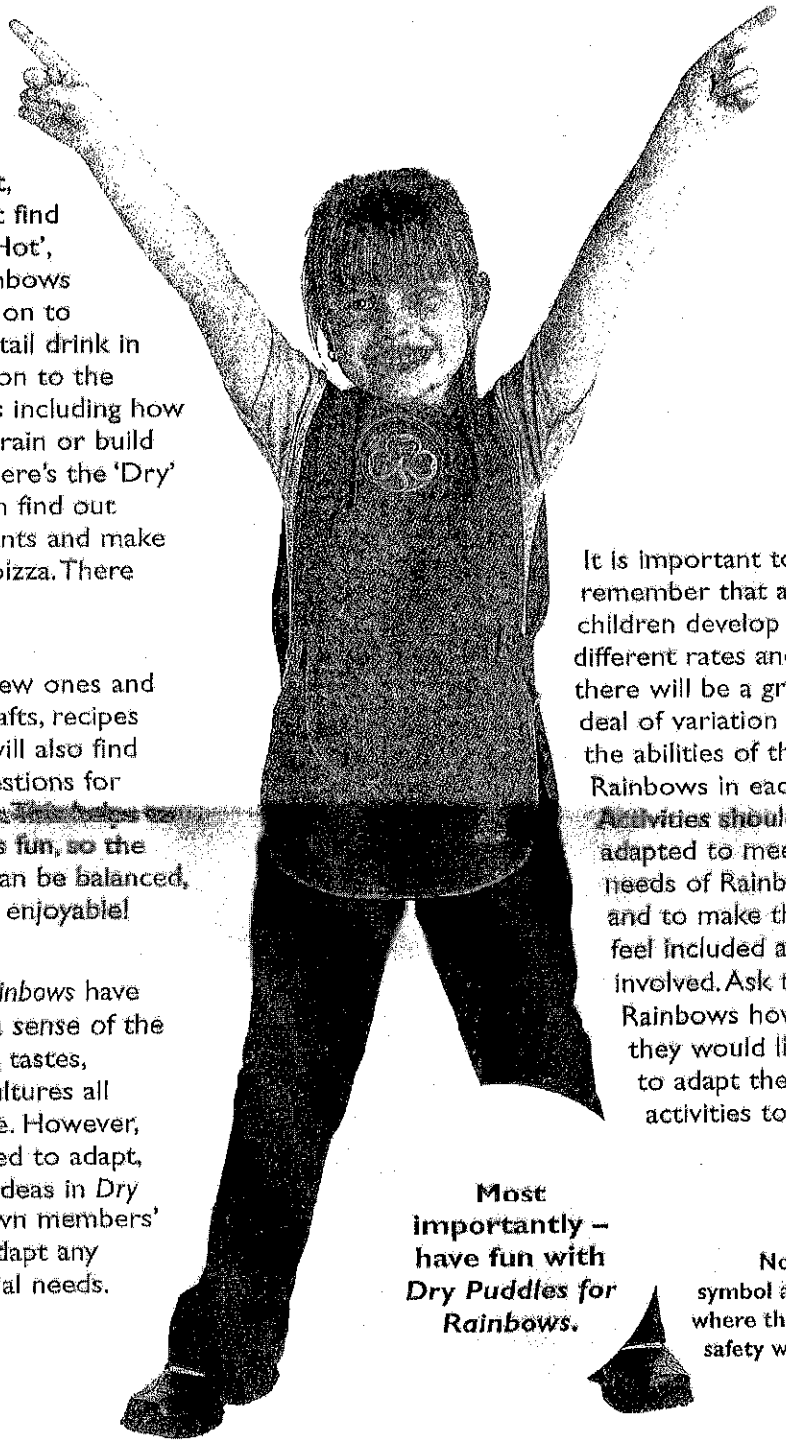
# Introduction

Introducing you to *Dry Puddles for Rainbows*, the exciting new resource for Rainbow Guiders. It is organised into four sections, each with a new theme to contrast with the next. The sections are Hot, Cold, Wet and Dry so they are all based on variety and opposites, encouraging the Rainbows to explore difference – where it is found, what affect it has and why.

Each section features activites, crafts, recipes*, games and more – all in keeping with the themes of hot, cold, wet and dry. So you might find a recipe for a hot salsa dip in 'Hot', and then fancy cooling the Rainbows down and flip to pages further on to discover a fantastic frosty cocktail drink in the 'Cold' section. Then, move on to the 'Wet' activities with great ideas including how to make natural paintings with rain or build some Viking longboats. Next there's the 'Dry' theme where the Rainbows can find out about desert dwellers, cacti plants and make their own french bread snake pizza. There really is plenty of choice.

As well as games (some new ones and the best old ones too), crafts, recipes and mini-challenges, you will also find interesting facts and suggestions for [illegible] offer knowledge as well as fun, so the programme in your unit can be balanced, innovative and most of all enjoyable!

The topics in *Dry Puddles for Rainbows* have been created to give meetings a sense of the adventurous, exploring different tastes, textures, sounds, feelings and cultures all relating back to a specific theme. However, Rainbow Guiders are encouraged to adapt, adopt, add to and improve the ideas in *Dry Puddles for Rainbows* for their own members' needs and abilities and please adapt any activity for Rainbows with special needs.



It is important to remember that all children develop at different rates and there will be a great deal of variation in the abilities of the Rainbows in each unit. Activities should be adapted to meet the needs of Rainbows and to make them feel included and involved. Ask the Rainbows how they would like to adapt the activities too!

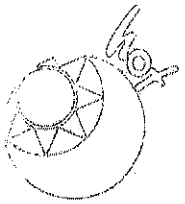
**Most importantly – have fun with *Dry Puddles for Rainbows*.**

**Note: this symbol appears where there is a safety warning.**



*** Each recipe for Rainbows caters for 15 girls. Please also make sure that you check for any food allergies before doing any of the recipes .**

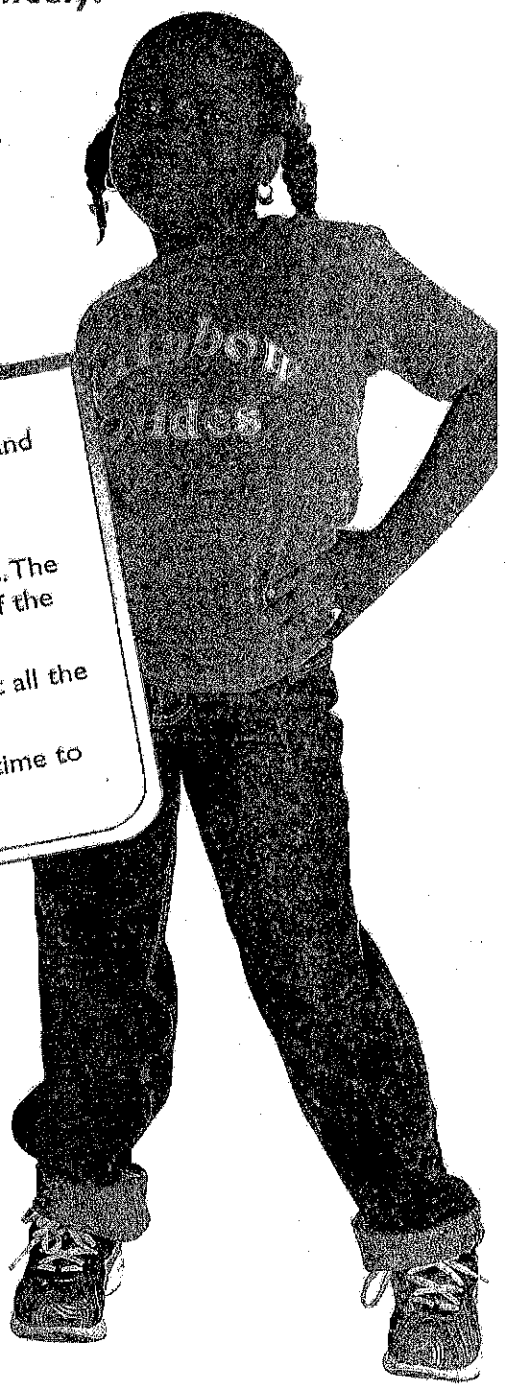
# Hot




***The following pages are full of all kinds of things to do that focus on the theme of 'hot'. You'll find crafts, recipes and musical activities, stories and painting. And there are games to get the Rainbows moving, which will warm them up nicely.***

## Dance story

*This story can be used to encourage the Rainbows to explore movement and interpretation of words. They need to listen carefully in order to make the appropriate response to the story. Alternatively, Guiders may prefer to make up their own story.*

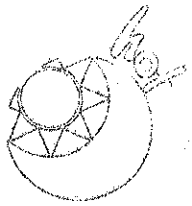


### Here's how

1. Split the Rainbows into three groups: children, seeds and weather (ie. sun, rain, wind, storm clouds).
2. The seeds sit down on the floor, spread out.
3. The children start off standing in between the seeds. The group that is the weather must stand to one side of the space until they appear in the story.
4. The dance story could be read three times so that all the Rainbows get to be different characters.
5. Don't forget to pause so the Rainbows can take time to think/act out the story. It will be much more fun.

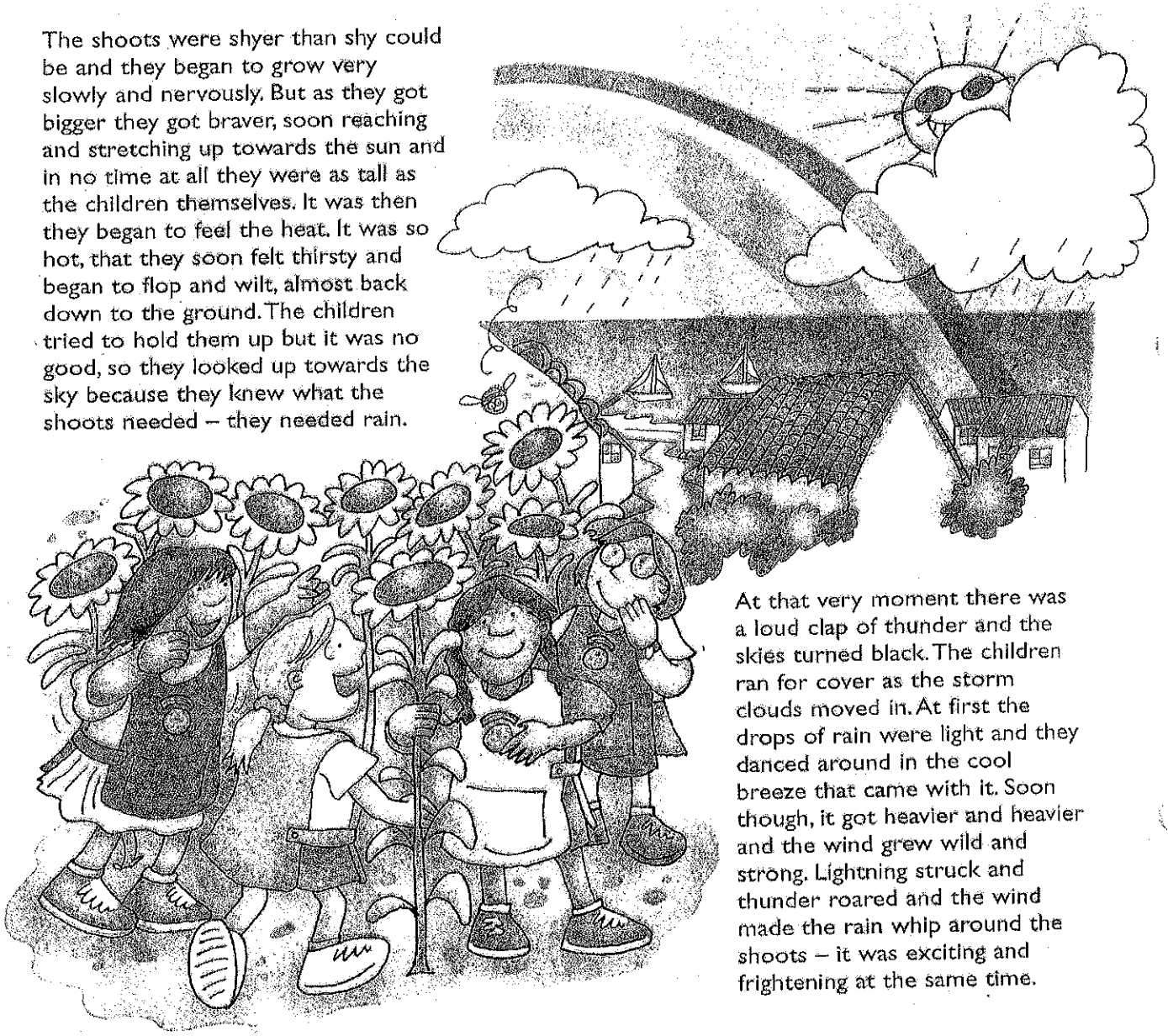
### The story

It was such a hot afternoon in the village that everybody had gone quietly to their houses for a siesta, out of the sun and out of the heat. The children from the village were sleepy and the village was quiet. It was when the town clock struck three that everybody began to stir and slowly wake up. The yawns were big and loud and the stretches were long and wide. The children slowly climbed out of bed and got ready to go back to school. They drank some water, put on their sandals, and opened their front doors, stepping out into the heat. Phew! it was hot, and there was a slight wind. As they walked, the street got very, very busy with the comings and goings of village life. Everybody was weaving in and out of each other and seemed to be in a hurry. Cars and bicycles passed by noisily. It was a colourful scene.



Then, out of the corner of their eyes, the children noticed some very strange looking seeds at the side of the road... they looked closely, they bent down and then they saw that the seeds were moving, very gently, all on their own. At first they wobbled, and then they swayed and then they quickly spun round, until they came to a complete stop! The children jumped back in surprise, but soon crept forward again, just in time to see a tiny green shoot emerge from each of the seeds.

The shoots were shyer than shy could be and they began to grow very slowly and nervously. But as they got bigger they got braver, soon reaching and stretching up towards the sun and in no time at all they were as tall as the children themselves. It was then they began to feel the heat. It was so hot, that they soon felt thirsty and began to flop and wilt, almost back down to the ground. The children tried to hold them up but it was no good, so they looked up towards the sky because they knew what the shoots needed – they needed rain.



At that very moment there was a loud clap of thunder and the skies turned black. The children ran for cover as the storm clouds moved in. At first the drops of rain were light and they danced around in the cool breeze that came with it. Soon though, it got heavier and heavier and the wind grew wild and strong. Lightning struck and thunder roared and the wind made the rain whip around the shoots – it was exciting and frightening at the same time.

After a short while, the children noticed that the rain was getting lighter and the skies were becoming brighter. It was still raining but the sun peeped out from behind the clouds. The shoots, now wet and watered began to feel the warmth of the sun and they lifted their heads. All at once they began to stretch up and then, much to the children's delight, they began to flower into bright beautiful sunflowers. The children looked up in amazement as across the sky a brilliant rainbow stretched far and wide.

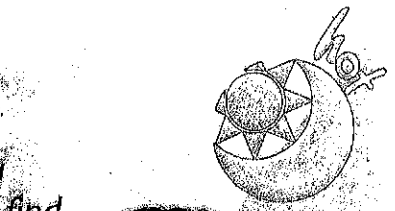
## More ideas

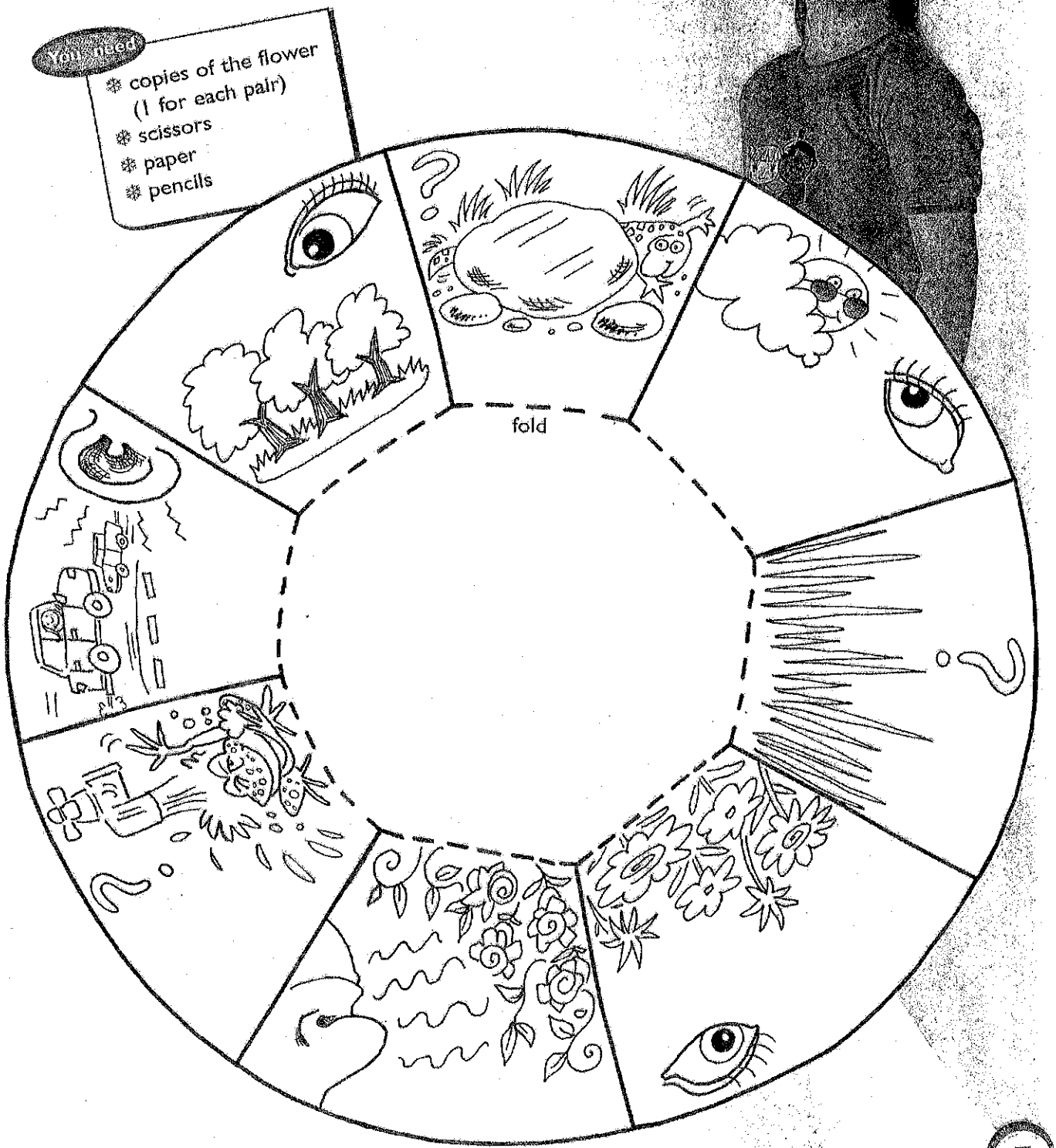
- Use musical instruments or taped music as an 'extra'.
- Make musical instruments from recycled material.

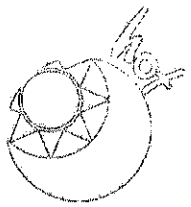
**What a wonderful day.**

## Flower trail

*This is a brilliant way to get the Rainbows exploring and talking about nature and the environment. Make sure you prepare for this activity, so that the Rainbows are able to find anything they need on their flower trail. This is a perfect activity for outdoors and the template can be adapted for other ideas (see overleaf for details on what to do).*







## Here's how

1. Copy the flower, like the one shown. Cut out the circle and cut along the lines leading into the centre to make petals, then fold the petals inwards, one on top of the other.
2. Before starting, explain to the Rainbows what the pictures mean, ie. the ear means they should listen, the eye means they must say if they can see what is drawn, the nose means to note what they can smell, the question mark means they must find what's drawn.
3. Put the Rainbows in pairs with a flower already folded and a pencil and paper to note or draw what they discover.
4. Open one petal and see what the picture says to do. Open the next petal and so on.

### Chat

When each pair has collected their item, bring the group together to chat about what they saw, smelt and heard etc.

## More ideas

Another time, try some of these ...

- Grow cress on a damp tea bag.
- Make a weather mobile.
- Grow sunflower seeds.

## Super skipping for scorching fitness

*Skipping is a great way to improve fitness and co-ordination. A straightforward rhyme helps with the timing. Below are some suggestions but encourage the Rainbows to come up with some ideas of their own. This activity can be done inside or outside.*

## Here's how

1. For skipping alone the rope should come up to the Rainbow's armpits when she is standing on it.
2. For skipping in pairs the rope should come up to both Rainbows' armpits when both standing on it.
3. For group skipping ropes should be between 3 and 5 metres long.

**Rainbow colours**

Red and yellow and pink and green
Purple and orange and blue
I can sing a Rainbow
Sing a Rainbow
Sing a Rainbow ... too ... three ...
four ... five ... six, etc

**Oldest Rainbow**

I'm the oldest Rainbow in town/village
Can you guess how old I am?
One, two, three ...

**Ronnie the hummingbird**

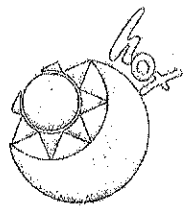
Ronnie was a hummingbird
His wings flapped o' so quick
And when we tried to count his flaps
We sounded just like this
One, two, three, four, five, six ...

**CD-ROM and computer mouse**

CD-ROM and computer mouse
Came upon a cyber house
They clicked around until they found
A file called the Counting Sound
Click one, click two, click three, click four ...

## Busy bumble bees keep you warm

*If Rainbows are as busy as bumble bees, they can stay warm. This is a great way to keep cosy on a cold day, or be like a bumble bee in the summer. This activity can be done indoors or outdoors.*




- paper or card for instructions
- pens
- a ball
- a dice
- skipping rope
- beanbag
- box or bucket

### Here's how

1. Rainbows are divided into small groups, each with an adult or young leader. Each group is made up of bees, with their own beehive, which is their base.
2. Each group of bees has a dice. Next to the beehive or 'base' is a piece of paper with a picture or written instruction and any equipment needed to complete each task. Guiders must demonstrate first how to do each task.
3. Rainbows must complete the tasks one by one by throwing the dice. The group goes to that number beehive and everyone has a go at their task. If a number has already done throw again until all six activities have been tried.

We can balance a ball on our feet. Lie on your back, bend your knees and balance a ball on your feet for ten seconds.

Throw a ball up in the air and catch it. How many times can you do it? Add up the group total.

We love to skip. Can you manage to skip five times or more?

Hop all the way to the door and back. First on one leg then again using the other leg, or find another way of travelling.

How far can you jump? Stand in a line and see who can jump the furthest.

Throw the beanbag into the box or bucket. Everyone has three tries. Make sure you are all the same distance away.

### Top tip

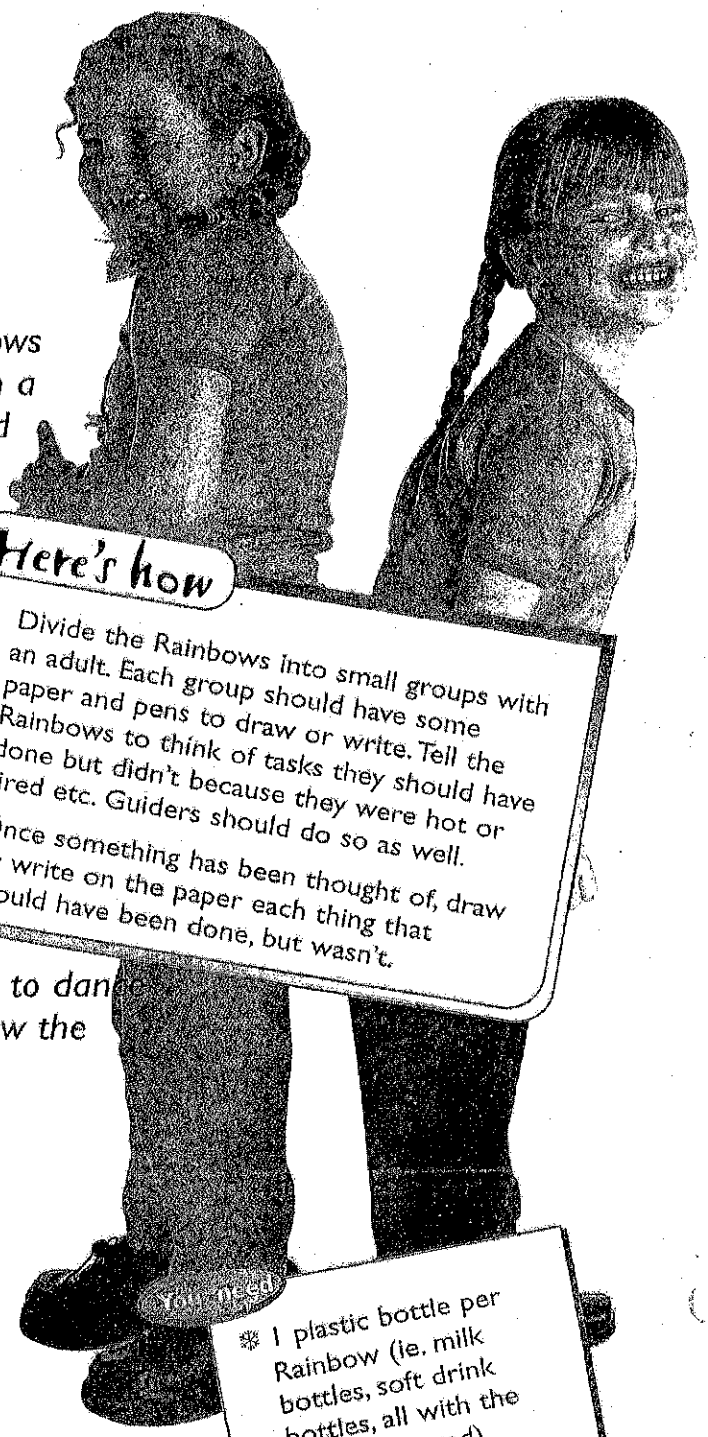
If you want to play this game outside, you could laminate the card for the pictures and instructions to make it last for future use.

## I should have but I didn't

*This acitivity is a good way to get Rainbows thinking about why they may have felt in a particular mood on a hot day. Join in and ask them to consider times when they 'just couldn't be bothered'.*

### Chat

When each group has finished, encourage them to discuss what happened because 'they didn't'.

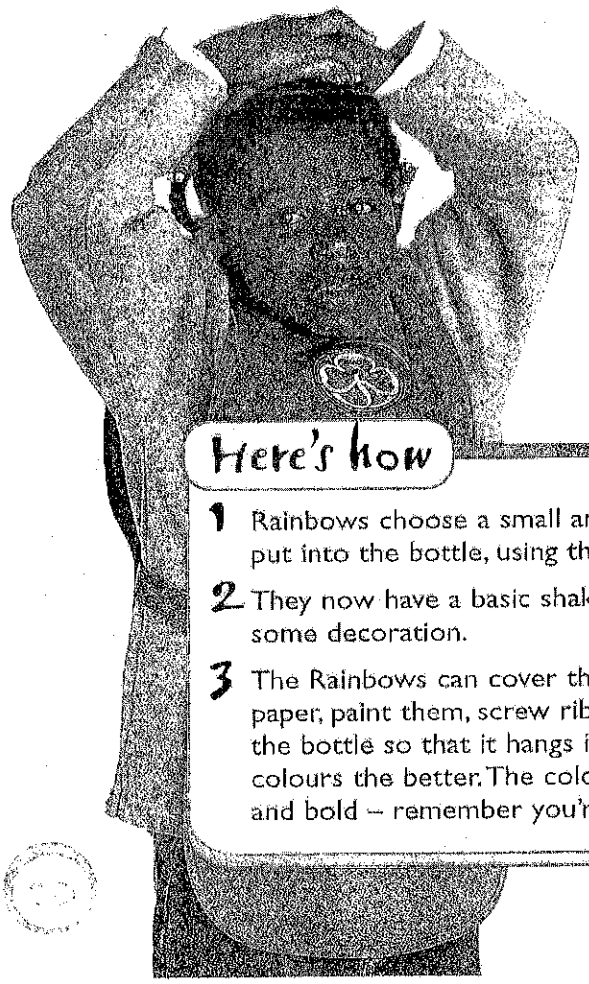


### Here's how

1. Divide the Rainbows into small groups with an adult. Each group should have some paper and pens to draw or write. Tell the Rainbows to think of tasks they should have done but didn't because they were hot or tired etc. Guiders should do so as well.
2. Once something has been thought of, draw or write on the paper each thing that should have been done, but wasn't.

## Music from Mexico

*Mexican music is full of life and is great to dance to. These activities test dexterity and allow the Rainbows to exercise their own choice.*



### You need

- 1 plastic bottle per Rainbow (ie. milk bottles, soft drink bottles, all with the labels removed)
- buttons/beads/dried peas/rice/pasta/lentils
- a funnel (piece of paper made into a cone)
- ribbons
- paints
- paper
- glue
- colour pens or pencils

### Here's how

1. Rainbows choose a small amount of filling and put into the bottle, using the funnel.
2. They now have a basic shaker and need to add some decoration.
3. The Rainbows can cover the bottle in coloured paper, paint them, screw ribbon into the lid of the bottle so that it hangs inside. The more colours the better. The colours should be bright and bold – remember you're in Mexico!

## Mexican castanets

*Why not have half the group making the Mexican shakers on page 10 and half making castanets, for a really rhythmic Rainbow rave-up!*

- cereal packet card
- bright-coloured wrapping paper or paint
- plastic milk bottle tops
- double-sided sticky tape

### Here's how

1. Cut the shape out of the card, about 12cm long by 8cm wide.
2. Cover one side in bright-coloured wrapping paper, or paint.
3. Fold as indicated and then glue plastic milk bottle tops on the insides, close to the end.

### Top tip

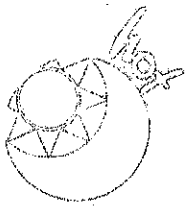
It makes more noise if glued with one top up and one with the top down.

## Salsa rhythms

*Create dances for hot days and cold days, for birthdays and for Rainbow days.*

### Here's how

Get the Rainbows to make up their own song and dance by creating a beat. Then, put words to some of the rhythms, and others can dance along to them. Half of the Rainbows accompany the others with their own Mexican beats and songs, then they swap over. Better still, they can work in groups of four or five and decide amongst themselves who does what.



## Chips and dips

*Make some dips with the Rainbows and have a little party afterwards.*

**You need**

- 15 small bowls or yoghurt pots
- 10 tomatoes chopped finely
- 1 large mild onion chopped finely
- 3 tbsp freshly chopped coriander
- 15 paper plates
- 2 large bags of tortilla chips
- 500ml sour cream or fromage frais

**Here's how**

1. In a small bowl, or mousse tub, the Rainbows mix their own salsa, by putting a spoonful of chopped tomatoes, a pinch of onions and a sprinkle of coriander and mix well.
2. On a paper plate pile up some tortilla chips and then tip the salsa on top.
3. The whole 'inferno' can be finished with a dollop of soured cream or fromage frais. Enjoy eating!

- **Check if any of the Rainbows have any allergies.**
- **Remember: clean hands and aprons are a must.**

## A trip to the beach

*A fun way to stress the message of staying safe in the sun is to set up a shopping mall where the Rainbows can buy the things that they need for a trip to the beach. Begin with a chat about why it is important to be prepared when going out into the hot sun.*

**You need**

- sunglasses template
- suncream bottle (or picture of one)
- colouring pens
- paints
- scissors
- paper
- card

**Here's how**

1. Set up a chemist and get the Rainbows to cut out the sunglasses shape from the template. Attach the arms to the glasses at the length required. Decorate as brightly as possible.

### Chat

Why are sunglasses important when the sun is very bright? What does UV stand for and why is it important?

# COOL

### Here's how

2 Then present Rainbows with pictures of sun protection cream (or the real thing) at different factors e.g. 8, 16, 40.

**Chat**

Which suncream is best to use and why? What are the other essential items needed for protection against the sun? ie. hat, t-shirt.

### Here's how

3 In the sports shop, the Rainbows can design their own swimsuit by drawing and labelling it. Display the designs and ask Rainbows to try to guess whose costume is whose. Were they right? How did they know?

## Wave dance

*The Rainbows are now raring to go to the beach. This is a good way for Rainbows to relax and use their imaginations.*

### You need

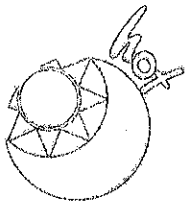
- calm music (something reminiscent of the sea)
- a sheet or parachute

### Here's how

1 When the Rainbows get to the beach ask them to imagine that they are the sea. Play some music to help their imagination. Get them to lie down, how do they feel? Warm or cold? Big or small? Happy or sad? Empty or full?

2 Tell the Rainbows that it is a calm day. Can they move like the sea around the room? The wind is now picking up and the sea is getting rougher, how should their movements differ? Then, the sea calms down again and is perfectly still.

3 Do the same again but with the Rainbows holding the edge of a sheet or parachute. This now becomes the sea and they should show how it changes.

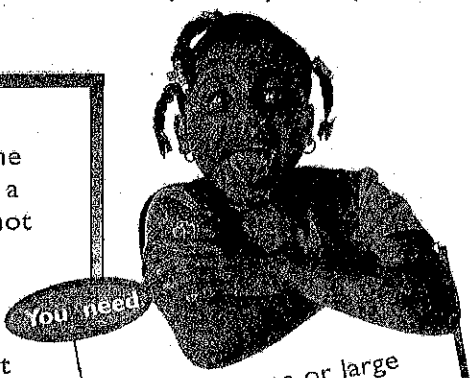



## Sombrero relay

*This is a relay with a difference. It has a Mexican touch and it is lots of fun as well as teaching Rainbows how to be friendly in Spanish.*

### Here's how

1. Divide the Rainbows into two teams and line them up at one end of the hall. Place a sombrero, or large floppy straw hat, a poncho and a big pair of cowboy boots at the other end (not too close to the wall so they don't run into it).
2. Each Rainbow takes it in turns to run to the clothes, put them on, shout 'hola' (pronounced 'ola' meaning 'hello' in Spanish) to their team mates. When their team mates shout 'hola' back they take the clothes off and run to the back of the line and sit down whereupon it is the next team mate's turn.
3. The team that wins is the one that has everybody back home and sitting down first, then they shout 'hola' all together.



**You need**

- 2 sombreros or large floppy hats
- 2 ponchos or capes
- 2 pairs of cowboy boots

## Sunny hands

*Hands dipped in yellow and orange paints can be used on paper to make unique suns.*

**You need**

- yellow and orange paint
- lots of paper
- aprons

### Here's how

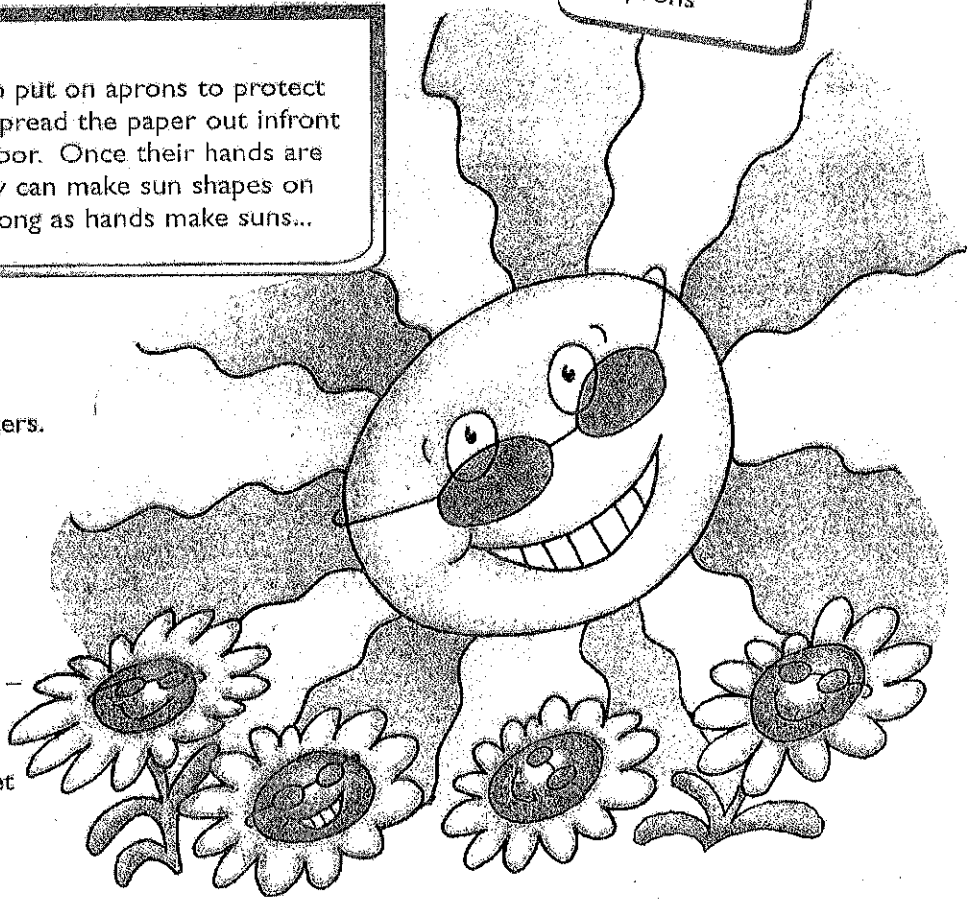
Get the Rainbows to put on aprons to protect their clothing, then spread the paper out infront of them or on the floor. Once their hands are covered in paint they can make sun shapes on the paper. Sing this song as hands make suns...

**Sunshine**

Try and hold the sunshine
in your hand –
It will slip through your fingers.

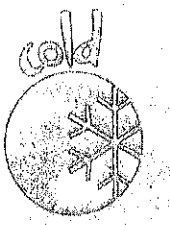
Try and catch the sunshine
as you run –
It will slide behind the hill.

But watch,
and you'll find the sunshine –
Hidden in a flower,
Beaming in a smile,
And sparkling like the secret
In the best friends eyes.





Dave Ward from *Language in Colour* (Belair Publications Ltd, 1989)

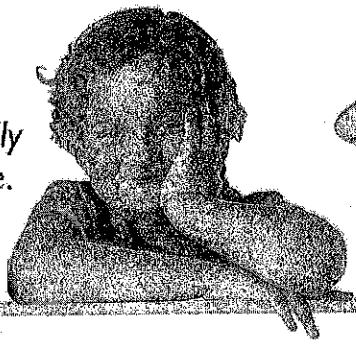



# Cold

*In this part, there are some chilly activities and stories plus exciting things to make and draw. The animals featured in the story or in the games or the crafts are, in keeping with the 'cold' theme, from icy places. There are some great questions to make for interesting chats as well.*

## Penguin skittles

*Knock 'em out with this chilly version of the popular game.*



You'll need:

- thin card
- scissors
- felt tips
- glue
- 1 cardboard tube each
- newspaper
- sticky tape
- tennis ball

### Here's how

1. Each Rainbow should cut out and colour in a penguin.
2. Stick penguin onto the front of the tube.
3. For their snowballs, the Rainbows will need a piece of newspaper that they can screw up into a ball, and wrap some sticky tape around it.
4. Stand all the penguins up at one end of the room and the Rainbows can have a go at knocking the penguin skittles down with their snowballs, first by rolling, then by throwing – which is the best method? How about using a tennis ball and see what works best then? What is the difference?

### Chat

**Q** Where do penguins live?

**A** On every continent in the southern hemisphere (e.g. Australia, South America).

**Q** Have they got skin or feathers?

**A** More feathers than most other bird species.

**Q** How do they keep their eggs warm?

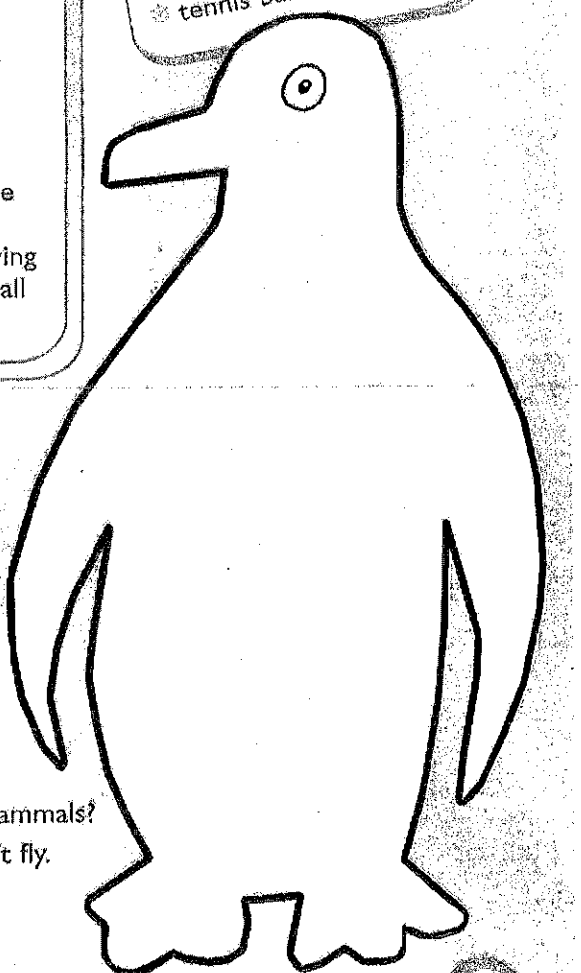
**A** By keeping them off the snow and ice by rolling them onto their feet and fluffing their feathers around them.

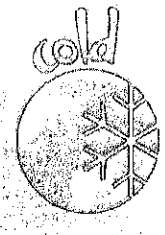
**Q** Are they fish, or birds or mammals?

**A** Birds, even though they can't fly.

**Q** What do they eat?

**A** Fish.



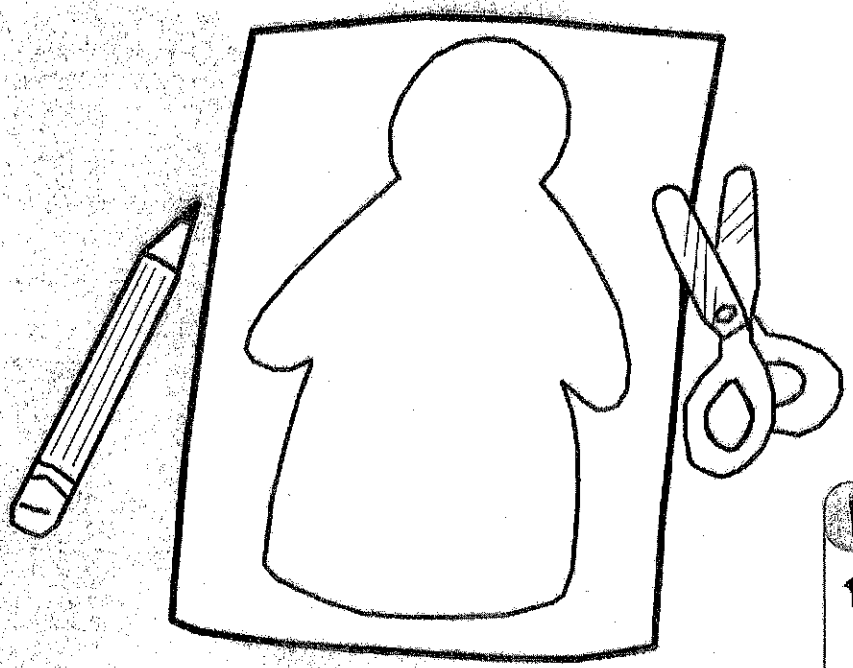



## Snowmen are human too! ... aren't they?

*Make these exciting snowmen, then have a chat about them so that Rainbows learn more about snow, what it is and where it comes from.*

You'll need:

- white card
- scissors
- white wool
- small coloured sticky spots
- scraps of card for hat
- wooden letters 'n' and 'u' or card
- felt tips

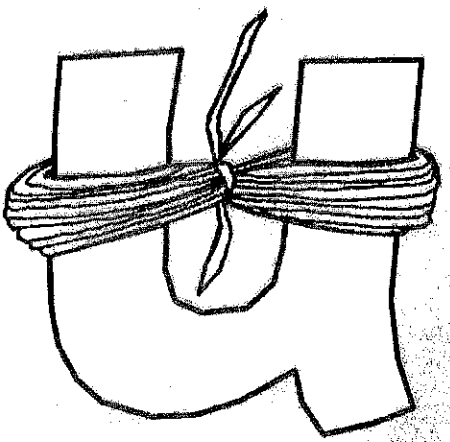


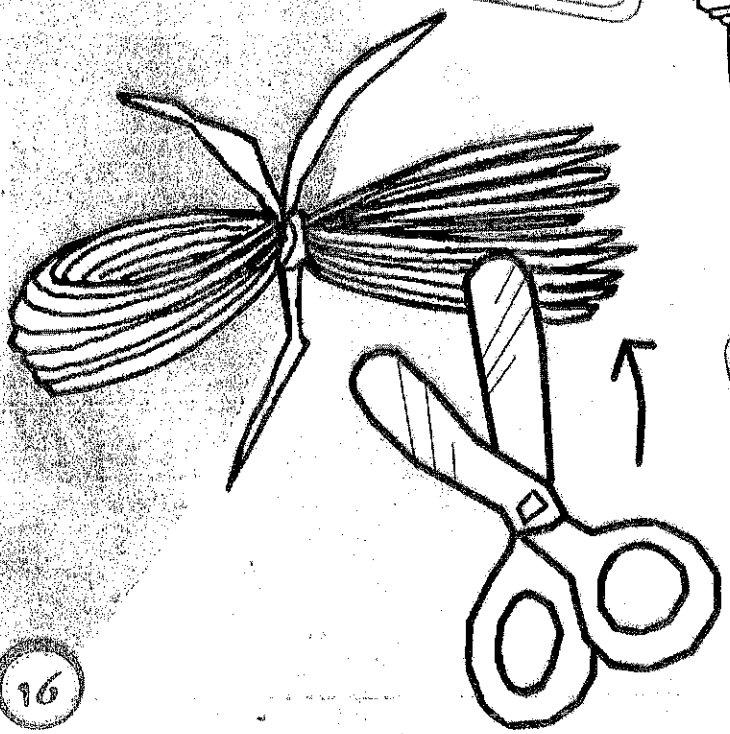
### Here's how

1 Enlarge template to the size required (A5 very suitable) the Rainbows can then draw around the template and cut out.

### Here's how

2 Using 'n' or 'u' wind wool round to make pom pom. When sufficient, tie wool securely as illustration.



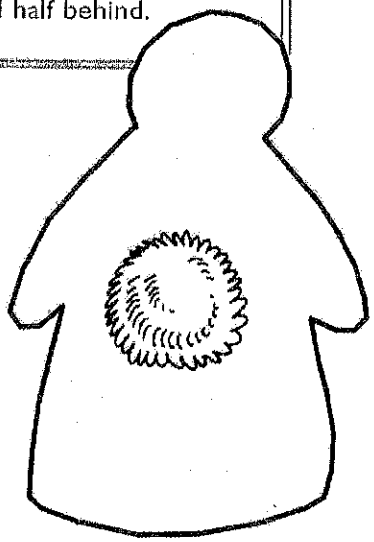


### Here's how

3 Slip off and cut loops on both sides. Cut out hole in tummy. Rainbows will need help doing this bit.

### Here's how

4 Push pom pom through hole so half is in front and half behind.

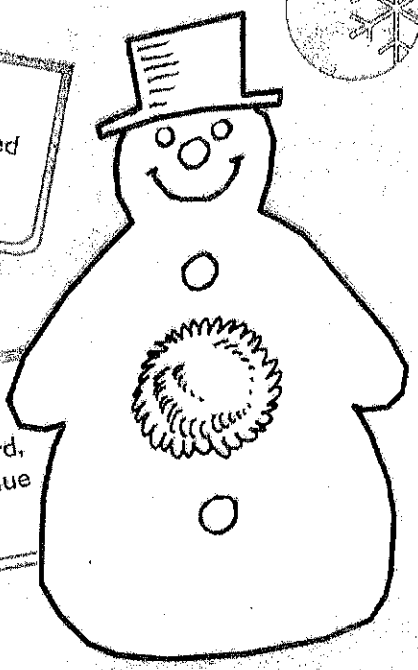


### Here's how

5 Decorate with coloured spots for buttons.

### Here's how

6 Cut out hat from card, then decorate and glue onto snowman.

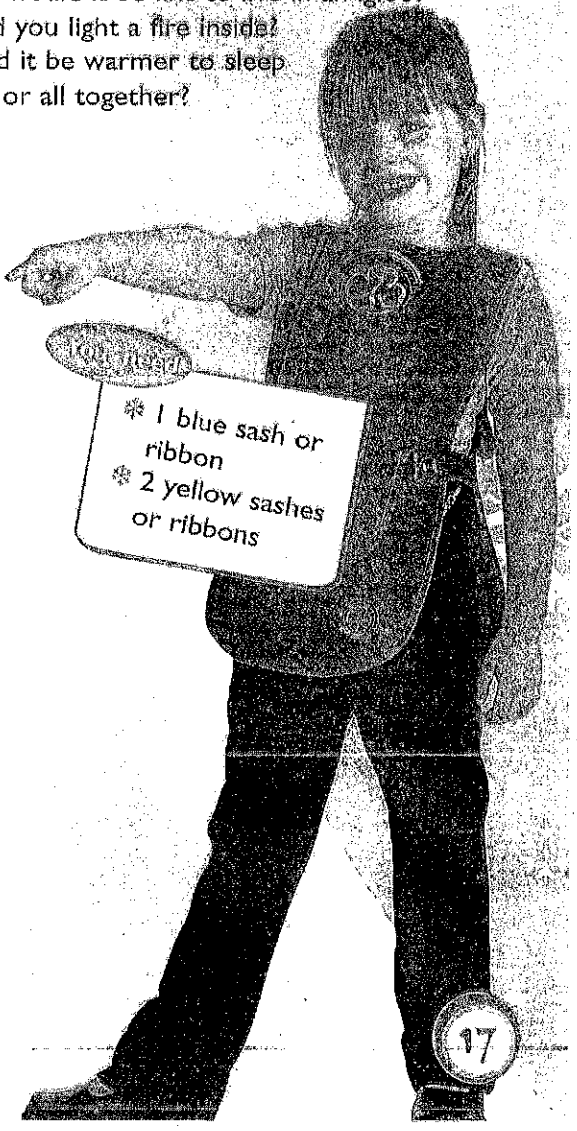


**Chat**

- What are snowmen and how they are made?
- What is snow?
- Is it always white and if so, why?
- Where does snow come from?
- Why doesn't it last for long?
- What other things can snow be used for? (e.g. Inuit use snow and ice to build houses)
- What would it be like to live in an igloo? Could you light a fire inside?
- Would it be warmer to sleep apart or all together?

## Freeze and melt

*It's time to warm everyone up with this seasonal variation of the well-known game.*



- 1 blue sash or ribbon
- 2 yellow sashes or ribbons

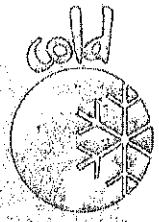
### Here's how

1 One Rainbow is picked to be Jack Frost and wears the blue band across one shoulder, two others are picked to be suns and wear the yellow bands.

2 Everyone scatters.

3 The object of the game is to escape Jack Frost. Anyone caught, freezes and makes a wide shape, like a snowflake. They can only be melted if the suns pass under their outstretched arms.

4 Jack Frost and the suns should be changed frequently in order that everyone gets a turn.

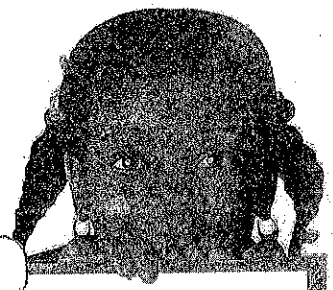



## Owl eyes

*For a quieter time and a way to help Rainbows reflect for a while, this owlish activity is spot on!*

You will need

- cardboard
- felt tip pens
- scissors



### Here's how

1. Rainbows can make owl template shown here.
2. Tell the Rainbows to imagine that it is so hot that they haven't got the energy to do anything other than to sit on the floor to cool down.
3. In pairs Rainbows take it in turns to be the owl and see what the owl can see (do they know that owls can turn their heads all the way round?)
4. Get the Rainbows to draw whatever they can see from an owl's point of view and tell the others about their picture afterwards.

## Snow leopards

*A quick game to fill any freezing spot!*

### Here's how

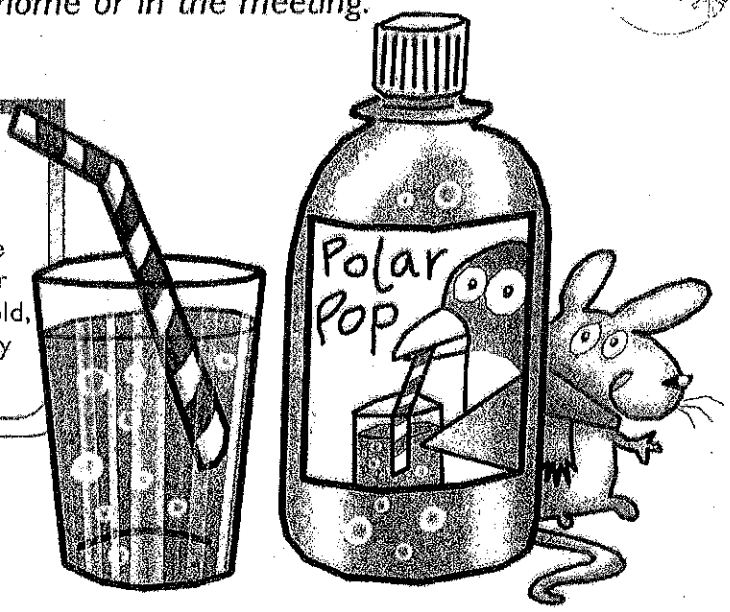
Everybody skips around the room. When the Guider says 'snow leopard three' the Rainbows must get into groups of three. Next time another number is chosen.

## Juicy polar ice

*Design a cool polar ice drink, creating a fun new bottle and label for it. The Rainbows can make at home or in the meeting.*

### Here's how

Ask the Rainbows to draw a picture and label the ingredients of a special polar ice drink. They can then try the Guider's recipe and try to make their own at home. Try crushed ice and cold, polar-coloured flavours, like blueberry juice, cranberry juice, prune juice.



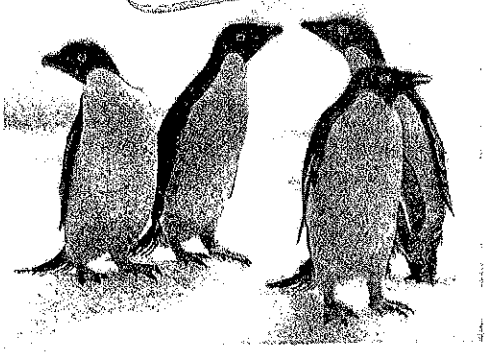

## Penguin-style baked Alaska

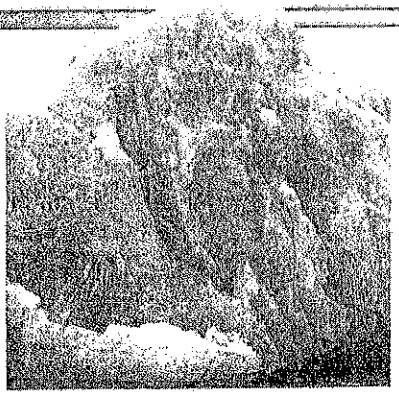
*For penguins in a hurry, try this quick and easy treat. Make the baked Alaskas look as much like icebergs as possible.*

### Here's how

1. Cover the paper plates with foil, this will look like the sea and the meringue iceberg will look even more authentic and at home.
2. Rainbows place some fruit inside the meringue nest and then pile ice cream over the top and around the sides until it looks like an iceberg.
3. Then... the icebergs all need to be eaten as quickly as possible... before they melt.

- paper plates
- foil
- a meringue nest each
- fruit
- ice cream



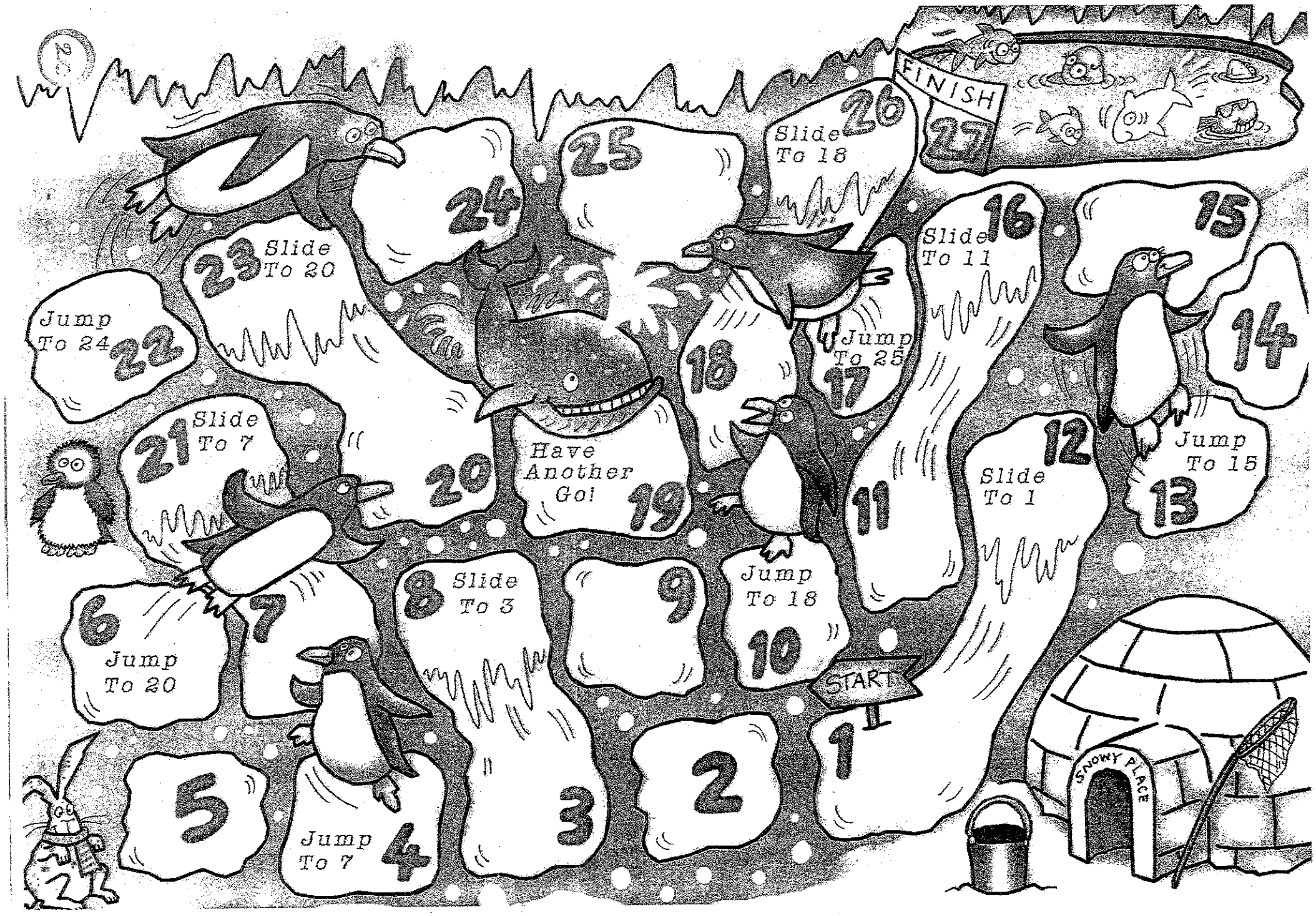


**Chat**

What is an iceberg? Are they as big, or bigger, than they seem? Do they float around or stay still? What would happen if they melted too much?

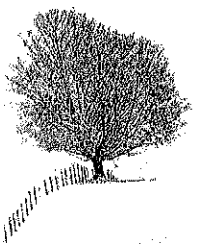
## Penguins and icebergs

*Over on the next page, Rainbows can play this version of Snakes and Ladders, for some slippery fun. Icebergs take you down and penguins take you up and if you land on the whale you get another go.*


FINISH
27
Slide To 18
26
25
24
23 Slide To 20
Jump To 24
22
21 Slide To 7
20
Have Another Go!
19
18
Jump To 25
17
Slide To 11
16
15
14
12
Jump To 15
13
Slide To 1
11
Jump To 18
10
9
8 Slide To 3
7
6 Jump To 20
5
Jump To 7
4
3
2
START
1
SNOWY PLACE

## Compare how trees look

*Get your group to think about trees. Tell each Rainbow to think of a tree and draw how it would look in the summer and how it would change appearance in the winter.*



## Make a squirrel

*When winter comes and the temperatures drop some creatures take to their beds. Try this topical winter activity to make a little squirrel.*

### Here's how

1 Fold the card in two and trace the squirrel body shape making sure the straight side is up against the fold. Cut out the shape and paint both sides.

### Here's how

2 With another piece of card, trace the shapes for the head and tail. Cut these out, paint them and slide into the small cuts at the top of body and the base where shown.

### You need

- strong card
- tracing paper
- scissors
- paints
- plasticene
- cocktail stick

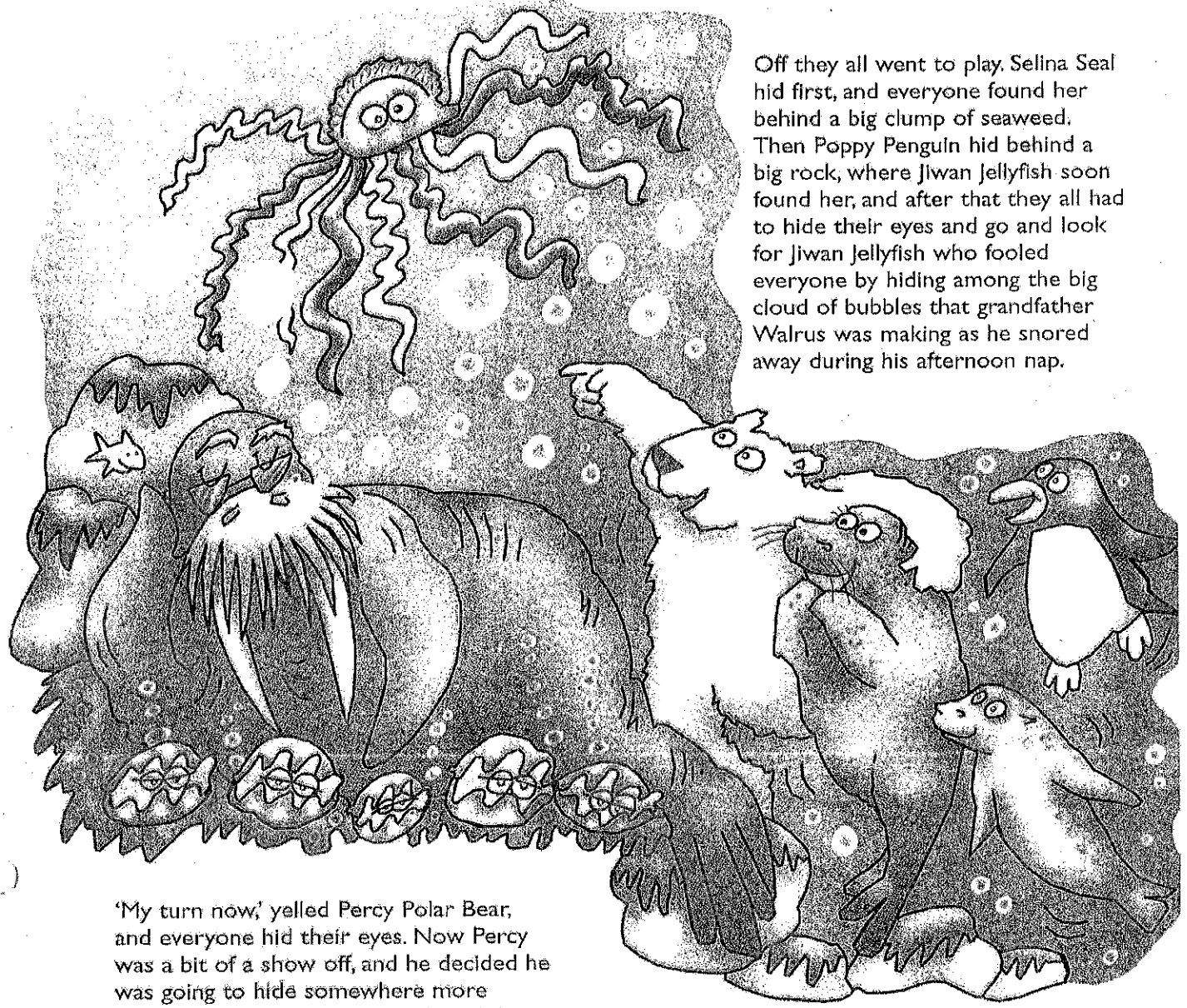
cut here

cut here

### Here's how

3 Make a plasticene nut and poke the cocktail stick through. Pierce stick into hands of squirrel to balance the whole figure.

Once she had opened all her presents, Winona Walrus said thank you to everyone, and then her mummy suggested everyone played hide and seek in the deep blue sea, but she warned everyone that playing around the old wreck was very dangerous.



Off they all went to play. Selina Seal hid first, and everyone found her behind a big clump of seaweed. Then Poppy Penguin hid behind a big rock, where Jiwan Jellyfish soon found her, and after that they all had to hide their eyes and go and look for Jiwan Jellyfish who fooled everyone by hiding among the big cloud of bubbles that grandfather Walrus was making as he snored away during his afternoon nap.

'My turn now,' yelled Percy Polar Bear, and everyone hid their eyes. Now Percy was a bit of a show off, and he decided he was going to hide somewhere more interesting, so everyone would think he was clever. So he swam to the old wreck, exactly where they were told not to go. He swam past the deck, and up to the big old door, opened it and went inside.

Poppy Penguin, Winona Walrus, Jiwan Jellyfish and Selina Seal all counted up to fifty, and set off to find Percy Polar Bear. They swam every where they could think of, hunting for their naughty friend, but try as they might they could not find him.

Meanwhile, Percy Polar Bear was in a real pickle. He had just shut the cabin door behind him, and turned around to find something to sit on while he waited to be found, when he spotted two huge eyes looking at him. Quickly he tried to open the door, but it was stuck. Oh how he longed to see Winona Walrus, Selina Seal and the others again. Now he was stuck and the monster with the big eyes was sure to eat him for tea.

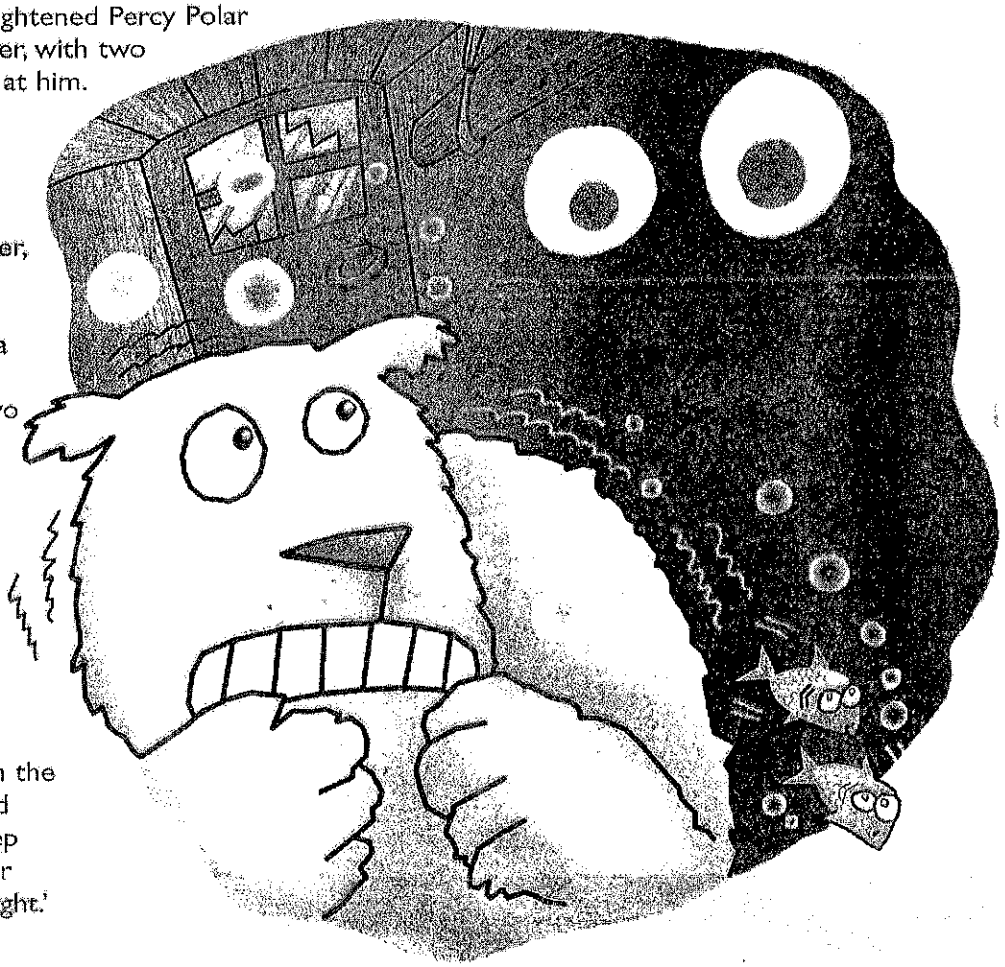
At the same time this was going on, Poppy Penguin and Jiwan Jellyfish were getting fed up with looking for Percy Polar Bear. He was simply not anywhere to be found.

'Do you think,' said Selina Seal, 'that he's been naughty and gone off to the wreck?'

Everyone agreed that he must have done, but they didn't want to get into any trouble going to look for him. Jiwan Jellyfish said there was nothing for it, but to tell someone in case Percy Polar Bear was hurt. So Winona Walrus decided to go and tell her mum.

Mrs Walrus was a little angry, but soon everyone set off together to look for Percy Polar Bear. Poppy Penguin was fastest, so she kept going ahead, checking places out and coming back. Selina Seal was good at swimming up to the surface and down again, so she kept checking that Percy Polar Bear hadn't hopped onto an iceberg, and Jiwan Jellyfish promised he would squeeze into all the tight places near the old wreck and see if he could spot their friend.

Of course, in the end all it took was for them to swim up to the cabin door, look through the window, and see a very frightened Percy Polar Bear shivering in the corner, with two round bright eyes looking at him.



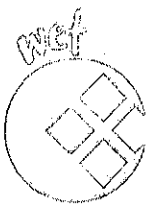
Quickly they opened the door, and out he came, shouting, 'Mind the monster, mind the monster.' Poppy Penguin began to shake with laughter, so did Selina Seal and Winona Walrus. They all pointed at the two eyes in the corner of the room, and laughed and laughed and laughed.

'There isn't a monster,' yelled Winona Walrus, laughing fit to burst.

'It's just the sun shining on the round glass lamps,' laughed Poppy Penguin, 'sailors keep these lamps to show other ships where they are at night.'

Everyone was pleased they had found their friend again, and set off home for tea. Winona Walrus, Selina Seal, Jiwan Jellyfish and Poppy Penguin all ate lots and lots, but Percy Polar Bear didn't eat much at all. He'd had a fright, and learned that showing off isn't a good thing to do at all.

# Wet




***The next pages are full of exciting activities all to do with the theme of 'wet'. There are recipes for thirst quenching drinks, bubble games, watering cans, stories of the sea and what's in it, plus rain painting and much more!***

## Drinks, me thinks

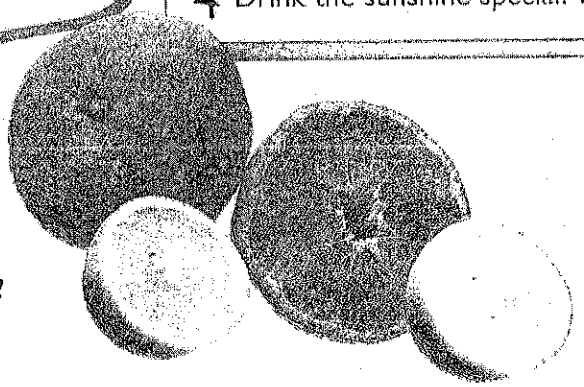
*This sunshine special is fantastic for extra hot days. If it's a nice day outside, then why not send the Rainbows outdoors on a trail to find the recipe for the ingredients first?*

**You need**

- clear plastic beakers
- sugar for rim
- 1 bottle lemonade
- 1 carton orange juice
- 1 carton grapefruit juice
- pieces of unpeeled grapefruit, orange, lemon

**Here's how**

1. Firstly, wet the rims of the cups and dip them into sugar so they have a nice sweet coating.
2. Then the Rainbows pour equal quantities of lemonade, orange juice and grapefruit juice into the cup, careful not to lose the sugar rim.
3. Add a slice of each fruit.
4. Drink the sunshine special! Yumpshious!



**Chat**

Discuss the importance of eating fresh fruit. What does fresh fruit do for the body? In what other ways can fruits be used, other than for eating?

**Check for any allergies before doing this activity.**

## Feel the peel

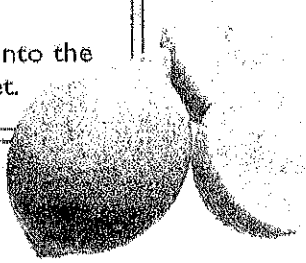
*For feet that need a zesty clean, this simple combination removes odours, softens and soothes. And it is totally natural!*

**You need**

- bowl
- water
- lemon juice
- paper towels

**Here's how**

1. Mix together in a bowl half water and half lemon juice.
2. Gently dip paper towel into the mixture and apply to feet.



**Chat**

How do your feet feel?
Do feet have an easy life?
Think of animal or insect feet, how many different feet can you name?
How do they use their feet and why?

## Fruit and mallow float

*This flavourful fun time float will have Rainbows zinging with energy.*

You'll need:

- 4 pints milk
- 4 cartons whole fruit yoghurt
- mixing bowls
- forks (or use a whisk)
- tinned or fresh fruit pieces
- clear plastic cups
- 1 packet small marshmallows

**Check if anyone is allergic to anything.**

### Here's how

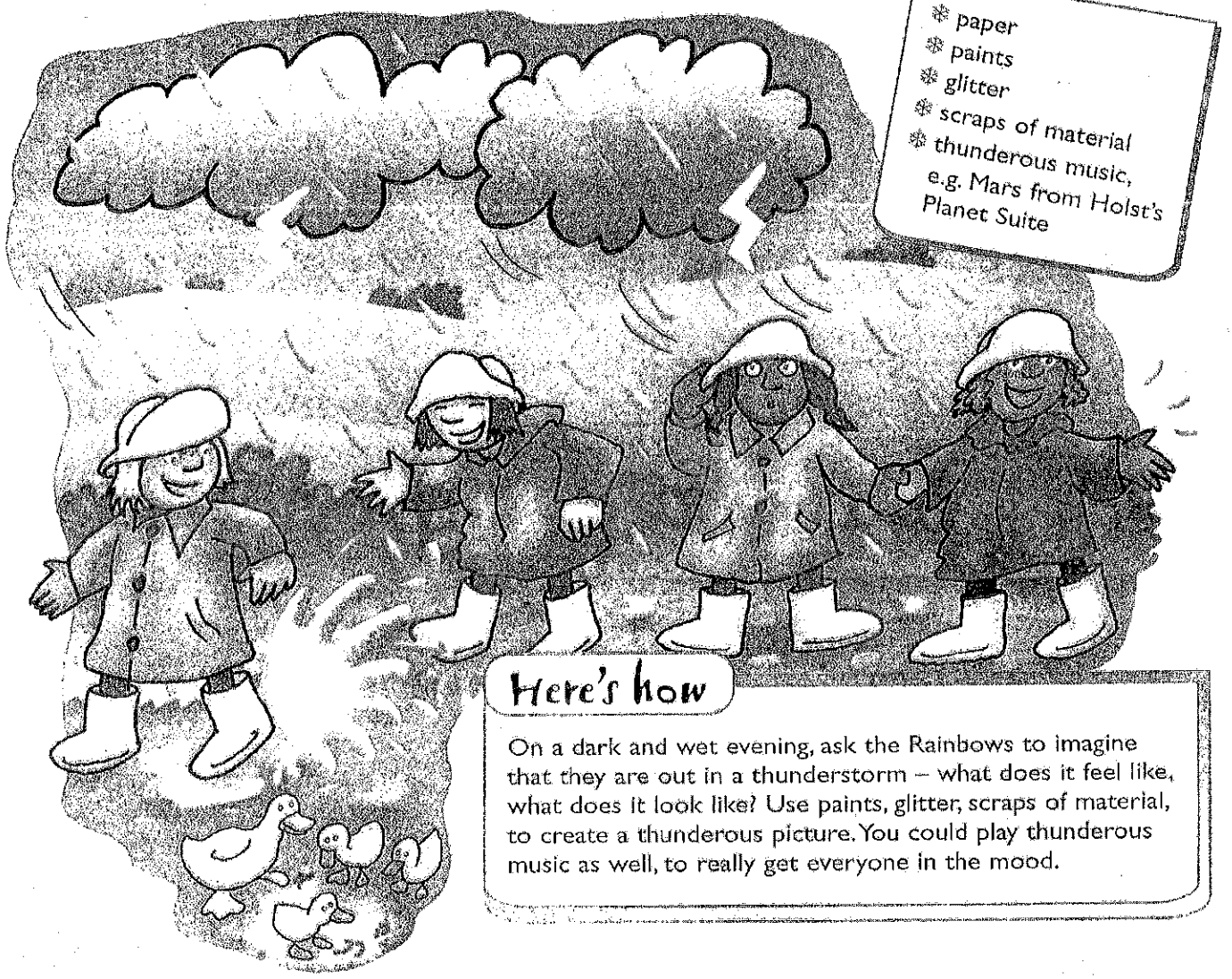
1. Rainbows put a quarter pint milk and a quarter pot of yoghurt into a bowl and whisk with a fork or whisk until frothy.
2. Add pieces of fruit, pour into cup and float marshmallows on top. Yummy in the tummy!

## Thunder art

*A thunderously arty idea for those wetter meetings.*

You'll need:

- paper
- paints
- glitter
- scraps of material
- thunderous music, e.g. Mars from Holst's Planet Suite

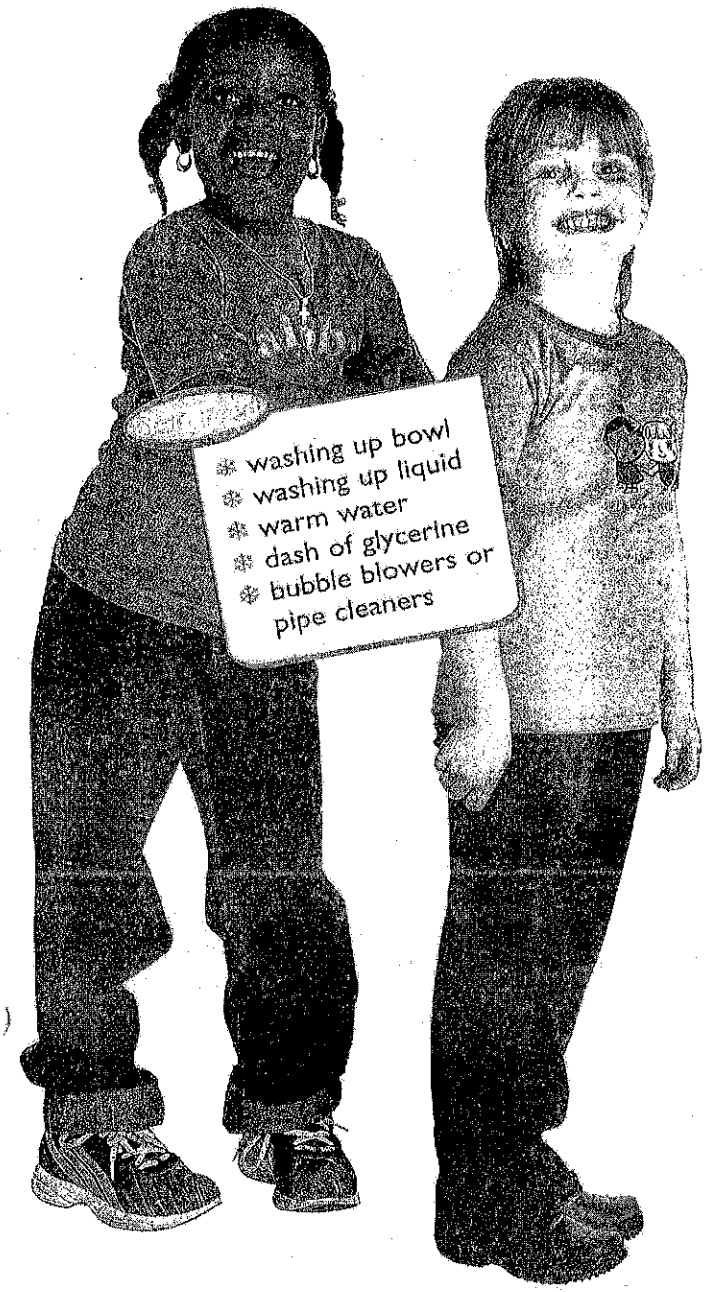


### Here's how

On a dark and wet evening, ask the Rainbows to imagine that they are out in a thunderstorm – what does it feel like, what does it look like? Use paints, glitter, scraps of material, to create a thunderous picture. You could play thunderous music as well, to really get everyone in the mood.

# Bubble games

*Bubbles are fascinating to watch and play with and can make you think of hot summer days. The Rainbows can make their own batch of bubble mixture and then be kept busy with the following activities.*




## Here's how

1. Put some washing up liquid in a bowl and fill with warm water.
2. Add a dash of glycerin.
3. Get bubble holders, or make them with pipecleaners.

## Pass the bubble

- Play this game either inside or outside away from the wind.
- Each Rainbow wears a sock on one hand. To begin with the Guider can blow a bubble and call a Rainbow's name. Using the hand with the sock on it, she should try to catch the bubble and hold it without breaking it.
- After blowing several bubbles, the Rainbows count how many are still holding theirs.
- Can the Rainbows pass their bubbles without breaking them?
- Can they catch bubbles by putting their sock on their other hand?
- Blow one bubble to a Rainbow and count the number of people the bubble is passed to without breaking.

## Bigger bubble trouble

- On a sunny day, make some bubble mix outside in large bowls.
- Mix enough of the solution for several children to use at the same time.
- Provide interesting materials for the children to experiment with to create their own bubble blowers e.g. pipe cleaners, cardboard tubing, lids, strips of foil, straws and ends of washing up bottles.

**Beware of sharp edges!**

## Giant magnifying lens

*Look at things in a bigger way with this simple science gadget.*

You will need:

- cling film
- hoop or ring (a sticky tape ring is ideal)
- elastic band
- water

### Here's how

Place the cling film over the ring and fasten with an elastic band. Help the Rainbows to make giant magnifying lenses by suspending a puddle of water on the cling film. They can use it to explore all the wonders of the beach, or the garden, everything from the multi-coloured grains of sand or the different types of grass and insects.

## Underwater scope

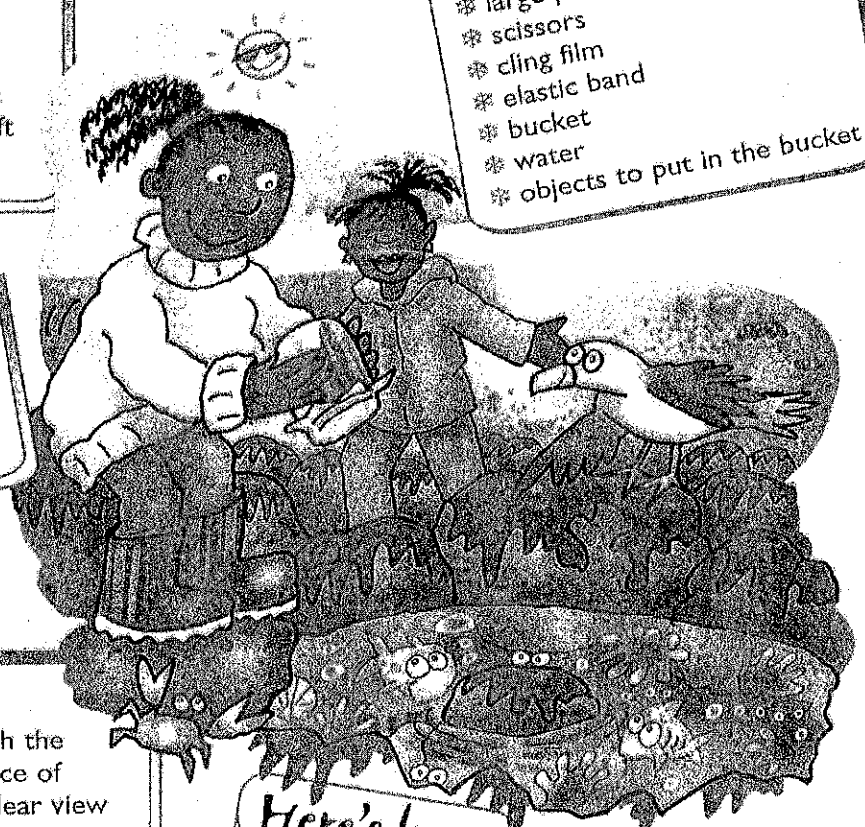
*Look at things in a deeper way with this wacky underwater viewer.*

You will need:

- large plastic bottle
- scissors
- cling film
- elastic band
- bucket
- water
- objects to put in the bucket

### Here's how

1 Carefully cut the tapered top and bottom off a large plastic pop bottle so that you are left with just the middle section.



### Here's how

2 Stretch a piece of cling film over one end and secure it with an elastic band.

### Here's how

3 When the Rainbows push the bottle through the surface of water, they will have a clear view of any objects sitting on the bottom. What can they see in the sea, or the stream or in another container with water?

### Here's how

4 Put objects into a bucket and ask the Rainbows to identify them through the scope. Rainbows make one each.

**Be careful around water at all times.**

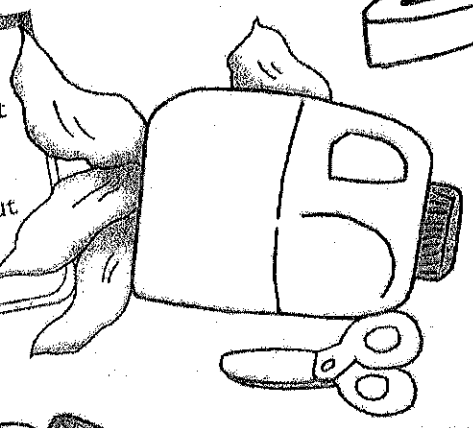
# The fish that cried

*This is recycling at its best. Rainbows can personalise their fishy friends.*

wet

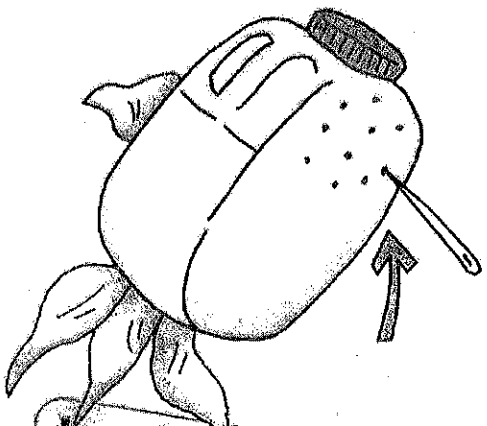
**You need**

- coloured plastic bags
- scissors
- double-sided sticky tape
- pint size plastic milk carton with top (one for each Rainbow)
- skewers
- buttons
- permanent waterproof pens – optional



**Here's how**

**1** From plastic bags cut out tails and fins and fix to bottle with sticky tape as in diagram. Talk about the safety issues with plastic bags.

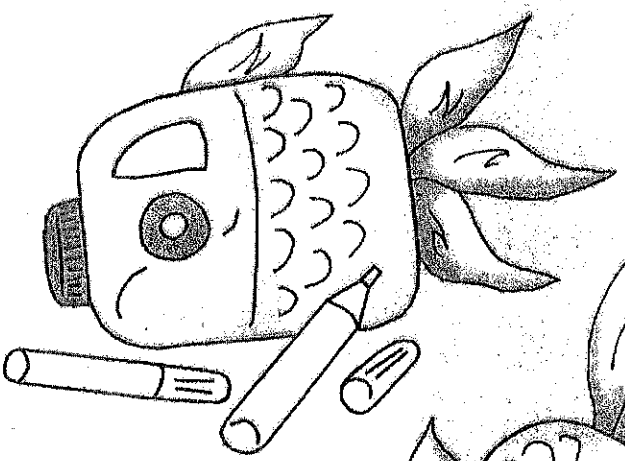


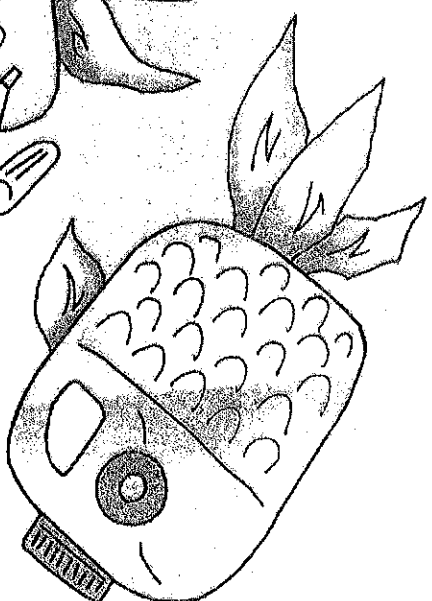
**Here's how**

**2** Make about ten puncture holes with the skewer, below the top. Be careful with the skewer.

**Here's how**

**3** Add eyes to the side of the carton using the buttons and sticky tape and with the permanent pens draw scales on the end half of the bottle.





**Here's how**

**4** Half fill it with some water.

**Here's how**

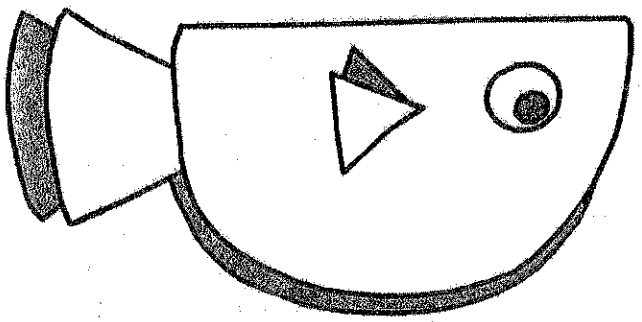
**5** When the fish is tipped, it cries and can water plants and powder paintings (see page 30).

## Chat

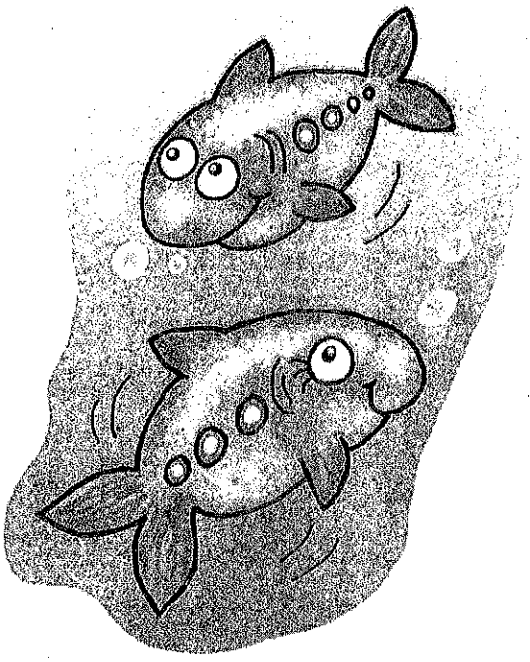
Ask the Rainbows to think of their own story to go with the fish that cried. Why is the fish crying? Why do we cry sometimes? What would make the fish happier and how can we help?

## Simple fish

*Make these simple fish and decorate your meeting place. Rainbows can hang them from a mobile so they can move as if under the sea.*



- 2 large coloured paper circles
- 2 smaller circles



### Here's how

1. For the body, fold one of the large circles in half.
2. To make the tail fold large circle into quarters.
3. Fins are made by folding small circles into quarters.
4. Glue fins, one on each side.
5. Add the eyes.
6. Use your fish for a card or notelet or make into a mobile.

## Rain art

*This is a great way to make pictures! Let the rain do the painting for the Rainbows.*

- large pieces of paper
- powder paint
- permanent ink
- a rainy day (or watering can)

### Here's how

1. Get the Rainbows to sprinkle or blob powder paint onto large pieces of paper, remembering to write their names on the paper first, in permanent ink.
2. Then put the paper out in the rain for a short time – what happens to the paint and why? Let them dry before taking them home.

### More ideas

If it's not raining make a special watering can (see page 29) to do the activity inside or outside, being careful not to get water everywhere!

## Water world

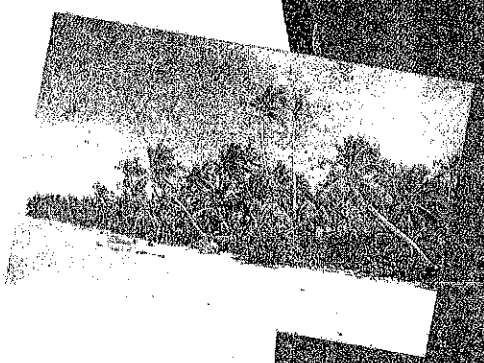
*Think of those who make their living on or near the sea, e.g. fisherman, sailors, lifeboat crew, lighthouse people. Read this poem out to the Rainbows. You could play some music and make up a dance.*

### The Sea

The sea can be angry.
The sea can be rough.
The sea can be vicious.
The sea can be tough.

The sea can rip.
The sea can tear.
The sea can roar
Like a hungry bear.

The sea can be gentle.
The sea can be flat.
The sea can be calm
As a sleeping cat.



The sea can glide
Over the sand
Stroking the beach
Like a giant hand.

John Foster from *Language in Colour* (Belair Publishing Ltd, 1989)

### Chat

If Rainbows spent lots of time on the sea, how would they like the sea to be?

## Wave patterns

*Create some interesting wavey patterns. Once the Rainbows have made the sea, they could paint some sea creatures in the waves.*

- white paper
- string
- sticky tape
- straws
- different coloured paint

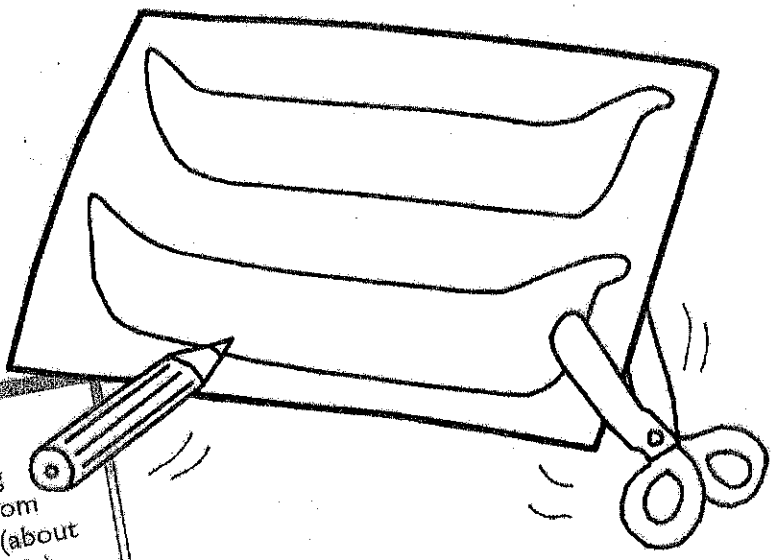
### Here's how

1. On a piece of white paper lay out some string in wave patterns.
2. Tape ends to the paper and then, using a straw, blow paint upwards over the string.
3. When dry remove the string very carefully and the white patterns will be revealed (also can be done with wax resin).

## A Viking ship

*Make these Viking longboats and then try sailing them in a tub with marshmallows for their cargo. If the boats float, then the cargo can be eaten!*

- card
- 3 empty matchboxes
- sticky tape
- kebab sticks
- marshmallows
- washing up bowl
- water

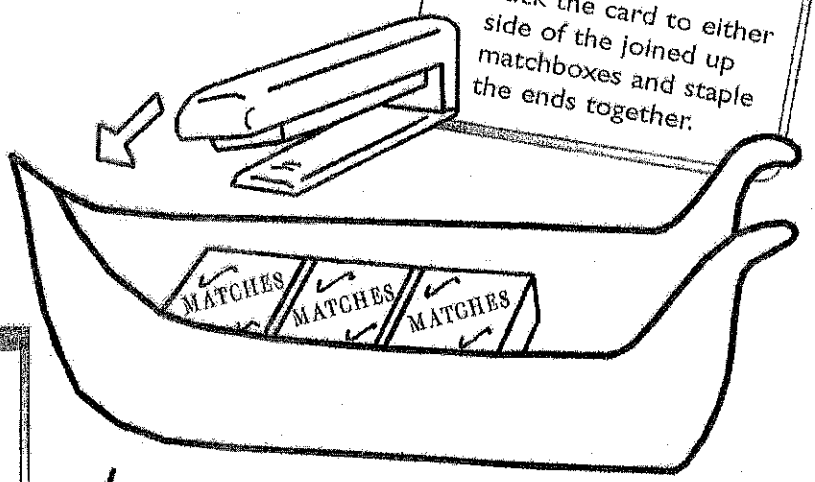


### Here's how

1 Cut out two Viking longboat shapes from the piece of card (about 20cm long, 5cm wide).

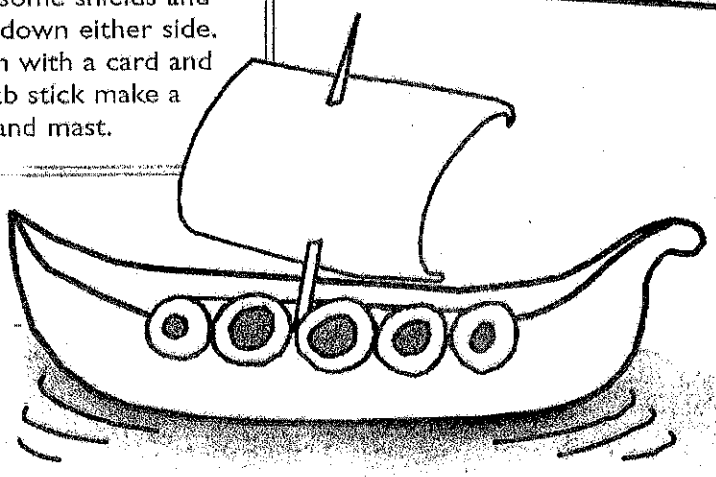
### Here's how

2 Stick the card to either side of the joined up matchboxes and staple the ends together.




### Here's how

3 From the card, cut out some shields and add down either side. Then with a card and kebab stick make a sail and mast.



### Here's how

4 Fill the washing up bowl with water, then sail your boat across carrying some marshmallows.

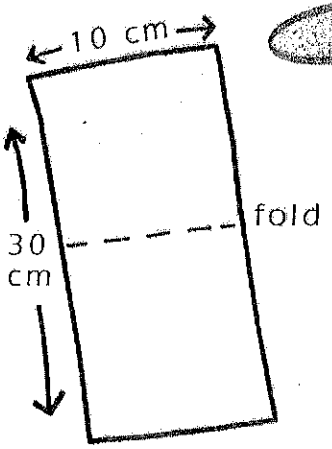
## Frog thoughts

*Try making this friendly frog for some fun! Then get the Rainbows to think about frogs using the chat below.*

- A4 sheets of green paper
- scissors
- stapler
- white paper for the eyes
- green pens or crayons
- black pen

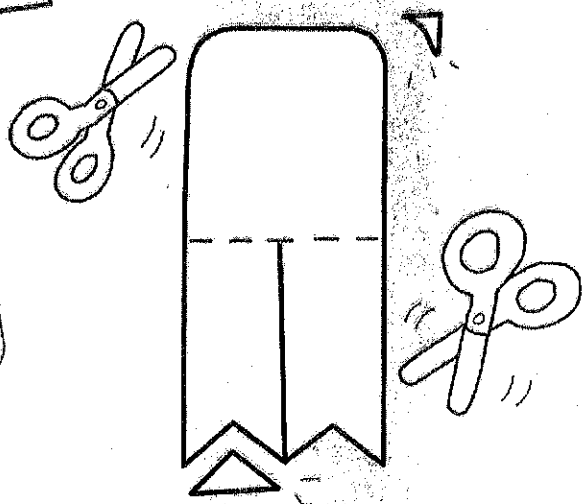
### Here's how

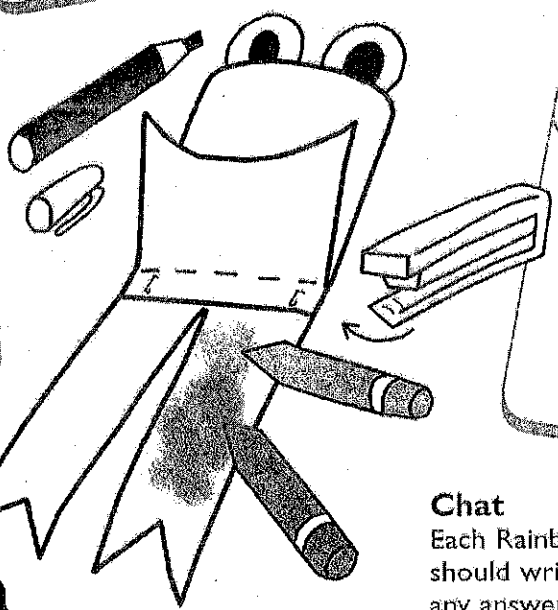
1 Cut the green paper into a piece about 30cm long and 10cm wide. Fold in half.



### Here's how

2 With the scissors, round the top corners so they curve slightly, and on the bottom half cut evenly to the fold so legs appear. Then cut a triangle shape out of the bottom for the frog's feet.





### Here's how

3 Cut out another piece of green paper to fit the frog's top half, and cutting a smile about 2cm from the top. Then fasten this on to the frog with staples at the top of the legs.

### Here's how

4 Stick on some eyes, and colour the green paper with green crayons.

### Chat

Each Rainbow has her own frog and should write on the frog's hidden body any answers to questions like:

- What do you know about frogs?
- Where do frogs live?
- Do they like wet or dry places?
- What does this frog know about you?
- Can you describe yourself?
- What do you look like?
- Draw a picture of yourself.
- Do you have any favourite foods or clothes?

## Dreaming water spirit

*This is an outdoor game perfect for a warm day involving lots of wet and watery excitement.*

### Here's how

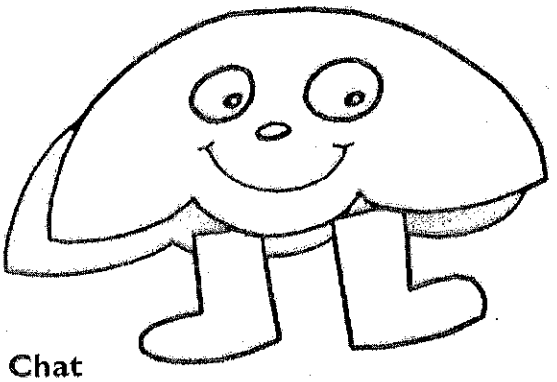
1. Rainbows sit in a circle and one girl is chosen to be the 'water spirit'. She sits in the centre of the circle and is given a water pistol loaded with water, and she must guard a plastic cup of water which is placed in front of the girl.
2. The Guider tells the water spirit to close her eyes, and then points to one of the girls in the circle to try to bring the cup of water to her without the water spirit hearing.
3. If she does hear her, the water spirit tries to squirt her and if she manages, then she returns to the circle and a new water spirit is selected.

## Aqua action!

*Water conservation is always an important issue. Use this activity to help the Rainbows think of how they might use water and how they might save it.*

### Here's how

1. Get some coloured pieces of paper and give one to each Rainbow.
2. Fold in half and carefully with scissors cut out the shape in the illustration keeping fold at top.
3. Then cut out some feet and glue onto the bottom of the shape.
4. Decorate the outside of the umbrella.



**Chat**

Ask the Rainbows to write down inside the umbrella the different ways in which they use water, e.g. cleaning teeth, washing clothes, swimming. Then think about other uses for water, e.g. plants, animals.

## I've been slimed

*This mixture is great to play with and extremely therapeutic for busy Rainbows.*

### Here's how

1. Put 2 tablespoons of corn flour in a bowl.
2. Add 1 to 2 tablespoons of water.
3. Add 1 teaspoon of food colouring (green).
4. Mix well together.
5. Play with the mixture.

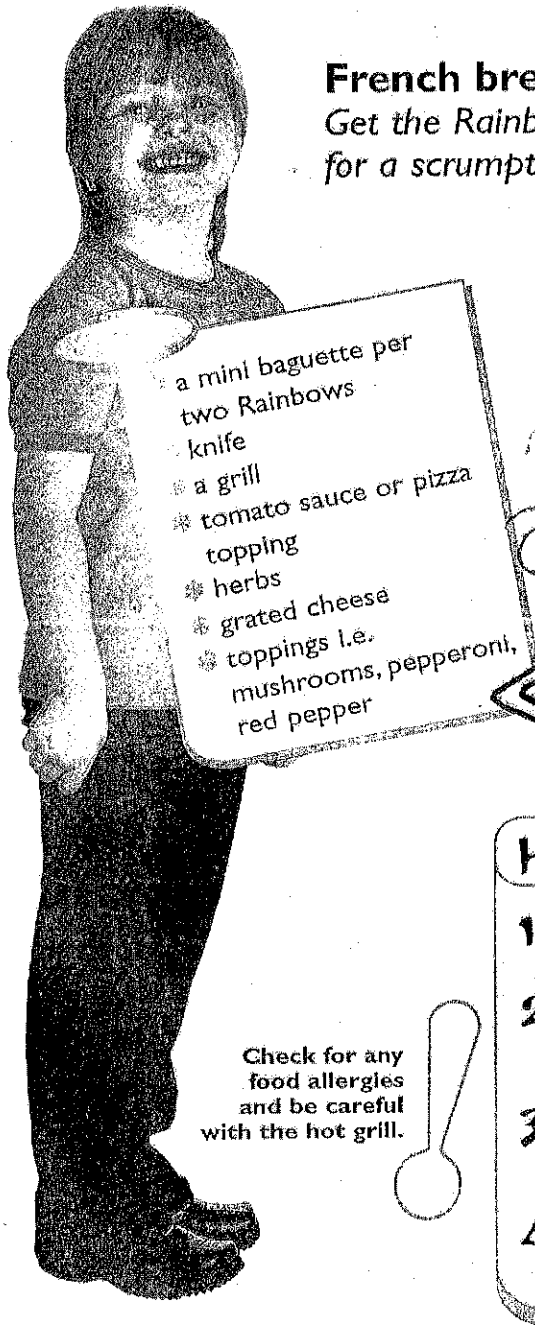
- 2 tbsp corn flour
- bowl
- 1–2 tbsp water
- green food colouring

**Chat**

- How does it feel?
- What does it make you think of and what does it sound like when you play with it?

# Dry

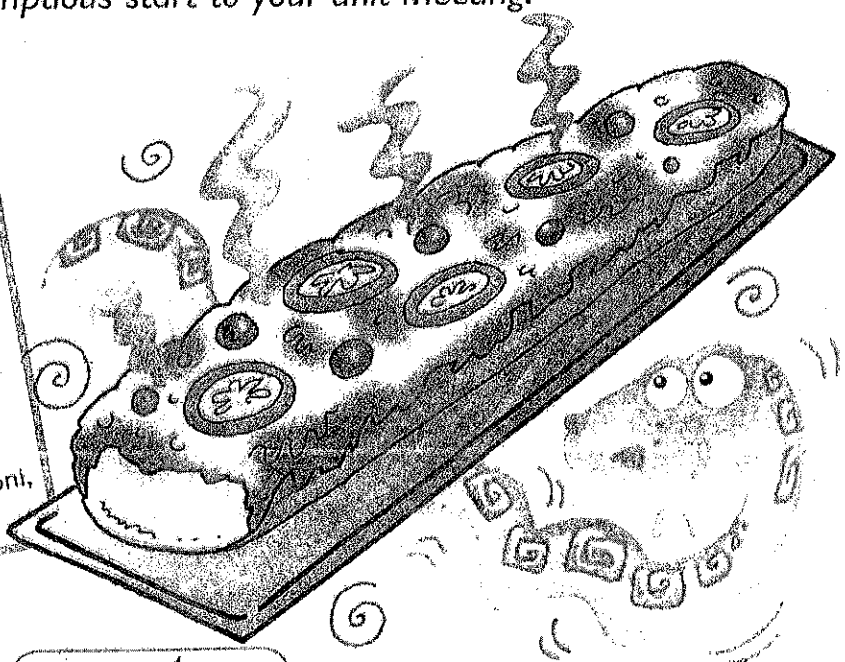
*This section looks at dry themes, giving the Rainbows a chance to see the difference between 'wet' and 'dry'. It has activities based around animals, insects or plants typically found in dry climates. There are recipes with dry ingredients to try plus interesting characters about cultures from the hot, dry countries.*



## French bread snake pizza

*Get the Rainbows to make this sizzling snake-like pizza for a scrumptious start to your unit meeting.*

- a mini baguette per two Rainbows
- knife
- a grill
- tomato sauce or pizza topping
- herbs
- grated cheese
- toppings i.e. mushrooms, pepperoni, red pepper



**Check for any food allergies and be careful with the hot grill.**

### Here's how

1. Cut baguettes in half, lengthways. Grill the under side of the baguette for a short while until crispy.
2. Spread tomato sauce or pizza topping on other side of bread and sprinkle herbs with a good helping of grated cheese on top.
3. Add toppings to make a snake pattern, e.g. pepperoni, slices of pepper, mushrooms for eyes, and maybe a slice of red pepper for a tongue.
4. Put under the hot grill for a few minutes until the cheese has melted and enjoy a sizzling snakey snack.

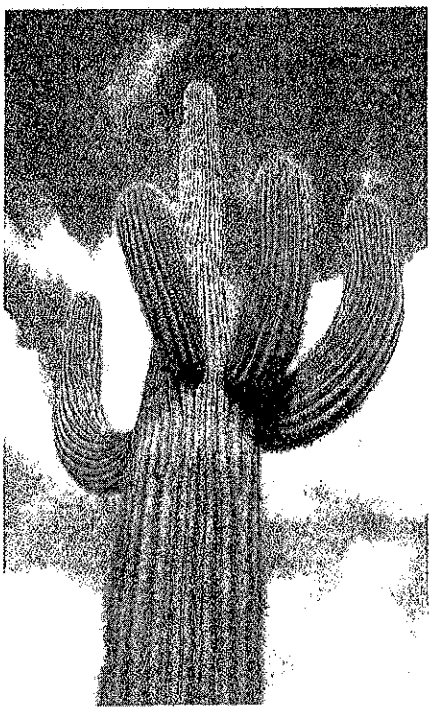
## My home cactus

*The saguaro cactus is the biggest and most impressive of them all. It can live for hundreds of years and it is home to all sorts of desert creatures. Get the Rainbows to sit comfortably then have a chat about cacti. Try to find a picture of the saguaro cactus to show the Rainbows.*

### Chat

**Q** How can the saguaro cactus survive in such hot climates?

**A** By having spines which protect it from animals and collect moisture.



**Q** What sorts of animals would make their home in a cactus?

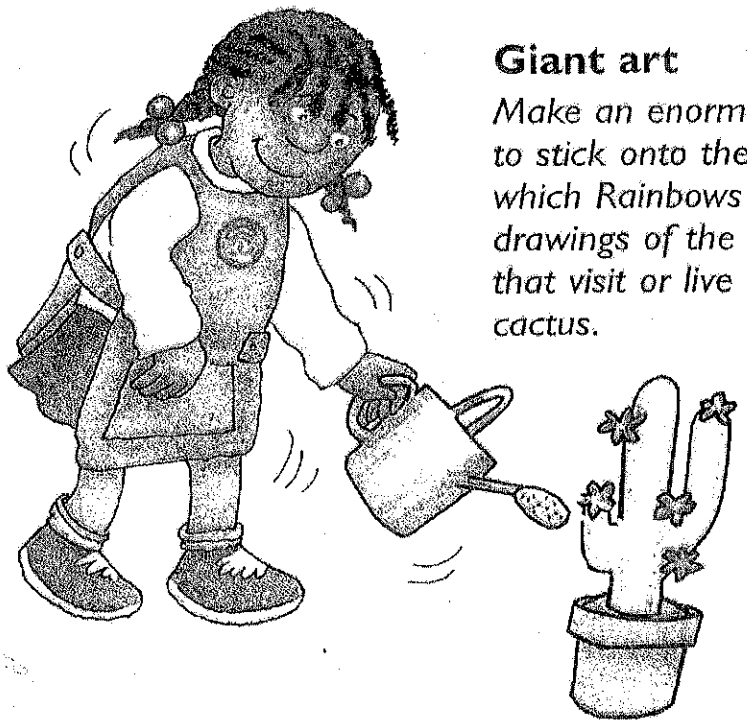
**A** The Gila Woodpecker makes its home in the saguaro cactus by chiselling small holes in the trunk. Snakes and small mammals live beneath it where the root system is. Birds and insects live within in by burrowing in through its tough skin.

**Q** What happens when the cactus takes in water?

**A** After water absorption, the pulp can expand like an accordion, which increases its weight and diametre.

## Little art

*For a smaller cactus version, get the Rainbows to bring in a yoghurt pot, which they can fill with stones or sand. Decorate a mini cardboard cactus and plant it in the pot.*



## Giant art

*Make an enormous cactus to stick onto the wall, to which Rainbows can add drawings of the animals that visit or live in the cactus.*

### More ideas

Rainbows could look after a real cactus, once they have been given a safety warning about the prickles. Although it could take a while, they could let each other know if anything happens (measure it to see if it grows).

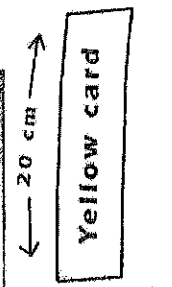
## Totally mobile

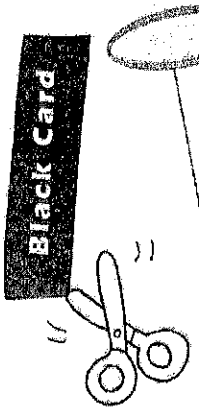
*Insects like bees pollinate cacti, so try making this insect mobile with Rainbows, to bring a little sunshine into all their bedrooms. Note that if the Rainbows want to take the mobile home, they would have to make two bees each.*

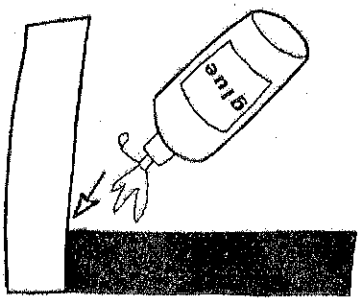
- yellow card
- black card
- scissors
- glue
- cotton
- a straw
- wobbly or self-adhesive eyes

### Here's how

1 Cut out the bee body using the yellow card and the black card. You will need strips of roughly 2.5cm wide by 20cm long.

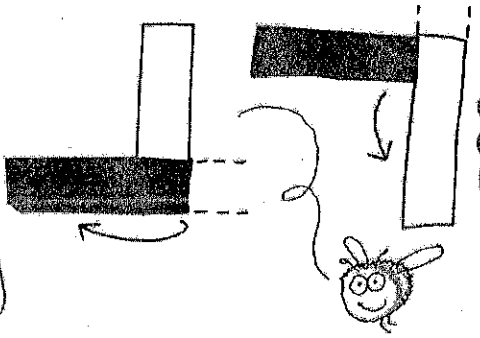


### Here's how

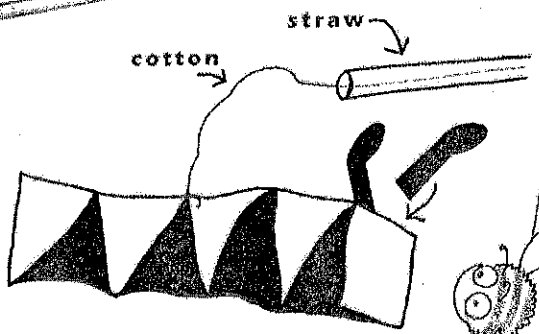
2 Glue together the ends of the yellow and black card, with the card at right angles as shown.



### Here's how

3 Then, start to fold one piece over the other, folding first to the side, then folding down, see illustration.

4 Stick ends together.



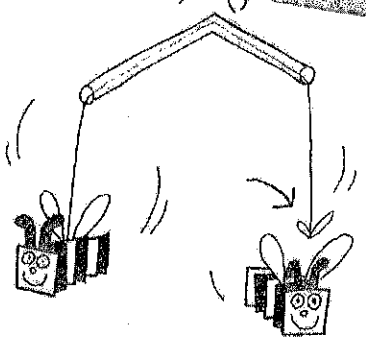

### Here's how

5 From the card cut out antennae and stick on top of bee head. Attach cotton to bee's back roughly in the middle.

6 Give your bee a face and stick on the wobbly eyes.

### Here's how

7 Make another bee like this one but do not attach the cotton to its back until the first bee has been threaded through the straw.



## Know your nuts!

*A great way to introduce Rainbows to the different kinds of nuts, but by using the sense of touch first.*

- cloth bag
- variety of nuts

### Here's how

Place five or six kinds of nuts in a feely bag (no prickly ones!) and see if the Rainbows can name them by touch. Get a good range of different nuts, e.g. walnuts, hazelnuts, acorns, almonds, brazil nuts, horse chestnuts, pistachio, peanuts in shells.

### Chat

Have a chat about edible and non-edibile nuts, and how important it is to check if people have any nut allergies.

**Before this activity, check if anyone has a nut allergy.**

## Sandy times

*Play sand is great material to use to help Rainbows understand what happens to things when mixed with water. Let them explore sand and discover the contrast between damp and dry.*

- play sand
- pebbles or stones
- tops or lids

### Here's how

1. Challenge Rainbows to make different shapes and patterns with dry play sand. Can they do a self-portrait?
2. Ask them to describe what happens to the sand when water is added. Now what can they make? Sandpeople, sculptures, or another self-portrait?
3. Decorate the sand with pebbles or bottle tops etc.

# Desert dwellers

*People have lived in the desert for thousands of years. Tell Rainbows about the way of life these people would have had.*

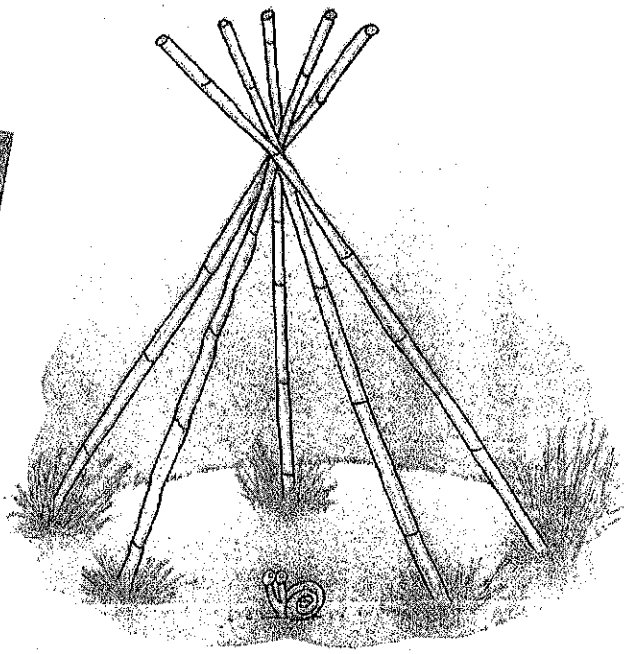
## Chat

In North America, some Indians lived in tipis. A tipi is a conical tent, covered with hide. This method of living was used as the tents were easy to put up and pull down again, and light enough for horses to carry. As the Plains Indians moved around a lot this was a very handy home! The word tipi means 'dwelling'. Do Rainbows know what a tipi is like? Would they like to make one?

- sheet
- paints or felt tips
- garden canes
- string or elastic bands
- pegs

### Here's how

1. Get the Rainbows to paint the sheet so it is ready for later (with patterns, or animals).
2. Help the Rainbows to arrange the garden canes so that they meet at the top.



### Here's how

3. Tie the poles together with the string or using the elastic bands at the top.
4. Cover them with the sheet but make sure there's enough room for the door between the poles. Attach the sheet with pegs.

## Chat

Once the Rainbows have made their tipi, they can all sit inside for Rainbow Chat. Make a pretend fire around which to sit, made out of sticks and logs, piled up, and interspersed with red, orange and yellow crepe paper.

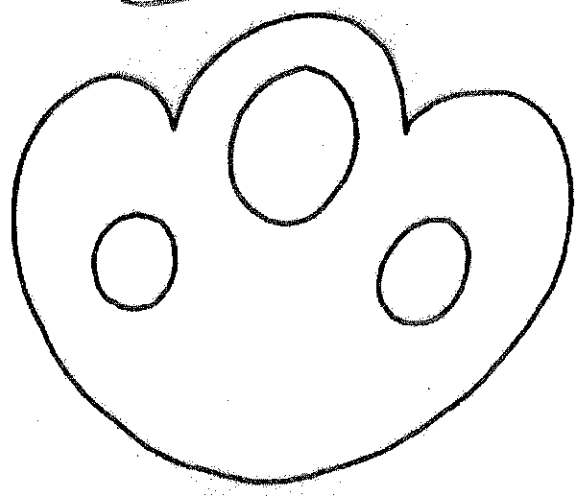
**Ask the Rainbows to think about...**

- What would it be like to live inside a tipi?
- Where would they sleep?
- Where would they cook?

## Paw prints

*Bears live right across North America, including mountainous desert regions. Set the Rainbows a bear trail! And have something for them to find at the end. This activity can be done indoors or outdoors.*

- coloured paper
- scissors
- pens
- ideas for activities at end of trail



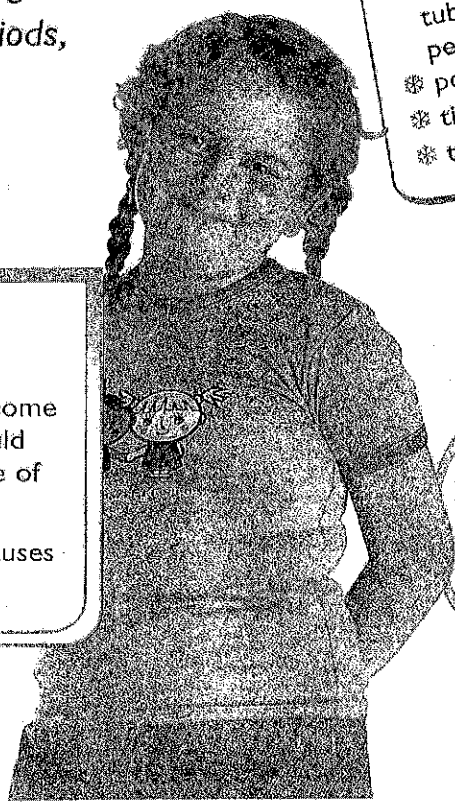
### Here's how

1. Make sets of paw prints in different colours.
2. Rainbows in small groups are given coloured paws to follow and pick up. Have they collected all their paws? What is at the end of the paw trail?
3. Some paw prints could have challenges printed on them along the way e.g. sing a nursery rhyme, make a daisy chain (last one so Rainbows are occupied whilst waiting for rest of unit) or make yourselves into a team caterpillar and move along for three metres etc.

## Rain sticks for Rainbows

*Create your very own rain sticks. These traditional instruments are used to bring rainfall in dry periods, found in South America.*

- small cardboard tube or kitchen roll per Rainbow
- popcorn kernels
- tin foil
- tape to seal the end



### Here's how

1. Paint or decorate the poster tube.
2. Seal one end of the tube and put some popcorn kernels in (a handful should do it, but it will depend on the size of the tube), then seal the other end.
3. Shake the rain stick and see if it causes a little shower!

### More ideas

Make up a raindance to music and use the rain sticks for a really cultural feel.

## Talking feathers

*Native American peoples used to, and still do in some places, use talking feather circles to discuss ideas. The same principle can be used for Rainbow Chat, although you don't have to use feathers, it could be anything.*

### Here's how

1. Everyone sits in a circle on the floor, including the Guider.
2. Outline the rules for the talking circle:
   - ❄ you can only speak when holding the feathers,
   - ❄ you must not interrupt others,
   - ❄ you must respect others and what they have to say.
3. The Rainbows can then be invited to say whatever they like, or can be given a topic to give their views on. At first, they should work round the circle one at a time, passing the feathers on when they have finished, and then the circle can be opened up for more general discussion.

## Pasta dinosaurs

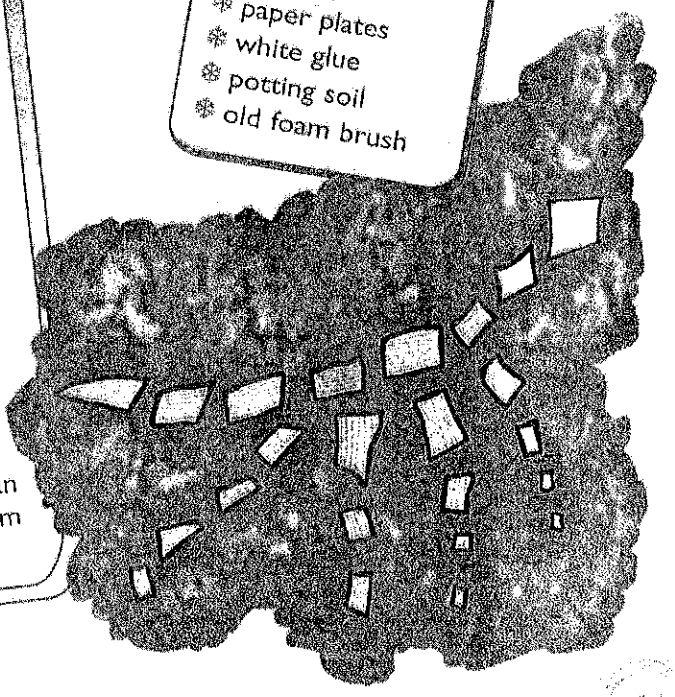
*With dry pasta you can make a great dinosaur skeleton. Once you have a few, you could set up a fossil museum!*

### You need

- ❄ mixed macaroni
- ❄ plastic bag
- ❄ rolling pin
- ❄ paper plates
- ❄ white glue
- ❄ potting soil
- ❄ old foam brush

### Here's how

1. Put the macaroni shapes into the plastic bag and tie a knot at the end. Break the macaroni into smaller pieces using the rolling pin.
2. On a paper plate, mix a few tablespoons of glue with one and a half cup of soil. You can do this with your hands. Keep adding more glue until the soil holds together and then shape it into a ball.
3. Gently push out the soil ball on a paper plate, giving it a half inch thick base.
4. Place the macaroni pieces on to the soil to resemble a skeleton of a dinosaur. Push the pieces in firmly and then coat the entire picture with the glue.
5. Leave to dry overnight and then you can remove the whole skeleton picture from the plate.



## Keyhole puzzle

*This is an exciting way to get the Rainbows to guess what something is by seeing only a small part. The objects through the keyhole can be any thing from animals (from dry climates) to dry food. This game is adaptable for all other sections.*

- 10 A5 envelopes
- scissors
- 10 different pictures, i.e. photos, magazine cut outs

### Here's how

With the envelopes, cut out a keyhole shape from one side. Insert a picture into each of the envelopes so that part of the picture shows. See who can guess what the picture is first.

## Museum of smells

*Invite the Rainbows to bring a secret smell with her to the next meeting in a plastic pot. The items must be dried, like dried herbs or flowers, dried garlic etc. Guiders collect all the pots and Rainbows must close their eyes and try to guess only by smelling what is in each pot.*

## Serena Snake

*A new version of this best loved old game.*

### Here's how

One Rainbow is chosen to be Serena Snake. She calls out instructions such as, 'Serena Snake says move six steps to the left'. Rainbows must do as she says. However, if she does not say, 'Serena Snake says...' before the instruction then no one should move. If anyone does move by mistake then they are out. The last Rainbow left in the game becomes Serena Snake.

# Winnie and Sylvester look for water

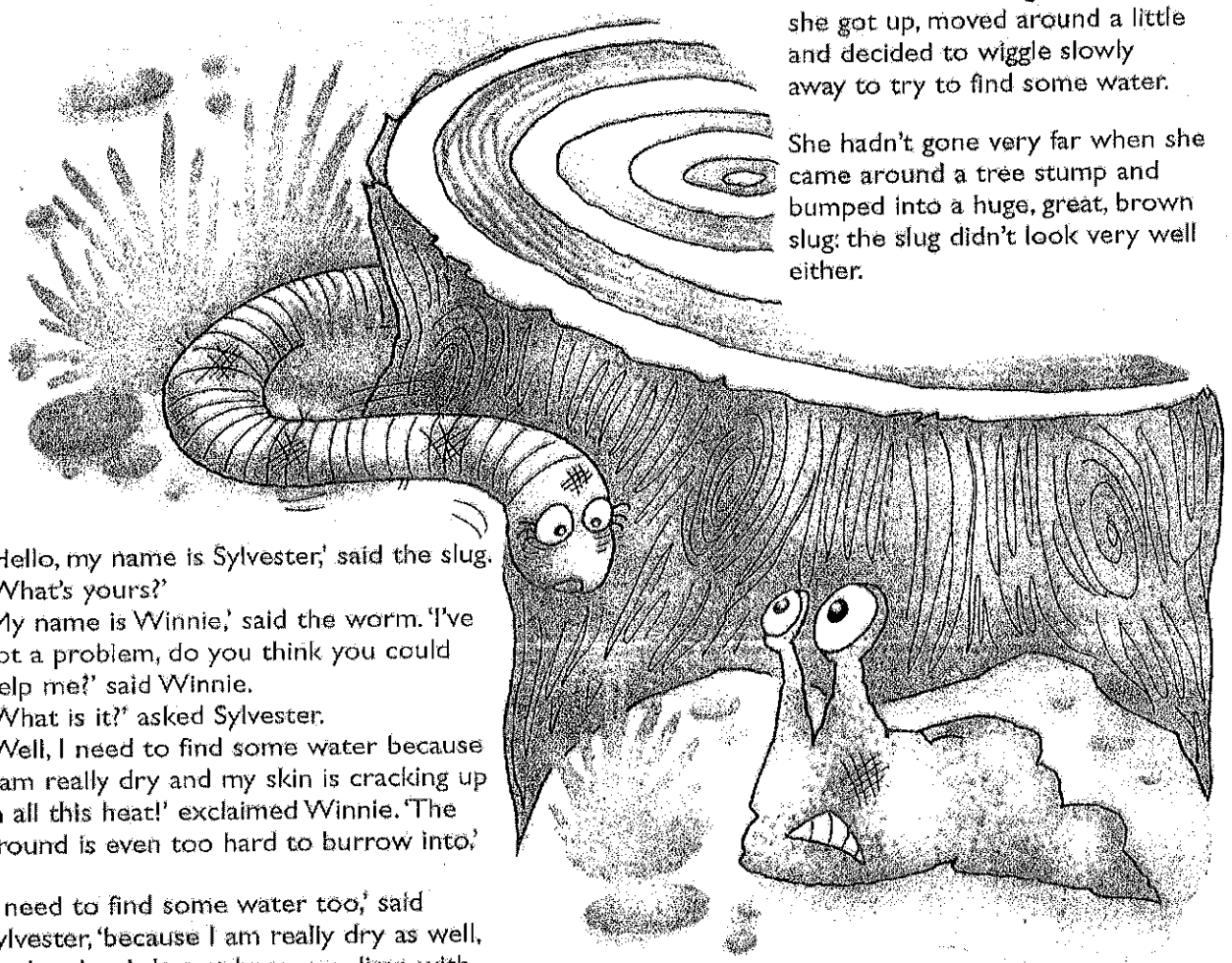
*Read this story to the Rainbows and then have a mini-chat about some of the consequences of not having any water, in this country and in other countries that suffer from drought.*

## The story

One hot, dry and sunny day, Winnie the Worm was resting under a red flower. Winnie had a very big problem, her problem was that she felt ever so, ever so dry. Worms aren't meant to feel dry so it made Winnie the Worm feel really quite ill; in fact she felt very, very sick.

Winnie hated feeling sick and so she got up, moved around a little and decided to wiggle slowly away to try to find some water.

She hadn't gone very far when she came around a tree stump and bumped into a huge, great, brown slug: the slug didn't look very well either.



'Hello, my name is Sylvester,' said the slug. 'What's yours?'

'My name is Winnie,' said the worm. 'I've got a problem, do you think you could help me?' said Winnie.

'What is it?' asked Sylvester.

'Well, I need to find some water because I am really dry and my skin is cracking up in all this heat!' exclaimed Winnie. 'The ground is even too hard to burrow into.'

'I need to find some water too,' said Sylvester, 'because I am really dry as well, so dry that I do not have any slime with which to make a trail.'

So, Sylvester the Slug and Winnie the Worm decided to wiggle off together to find some water. They wiggled all day and all night, but still they couldn't find water anywhere. In the morning, they weren't just dry they were tired as well. So, they stopped wiggling and lay down to sleep.

Winnie the Worm was awoken by a sharp pain in her side. 'Ouch,' she thought because it really hurt. She snapped open her eyes and looked around. Much to her surprise, she found that she was flying, rising higher and higher above the tree tops! She soon realised that she didn't really like flying... worms definitely belonged underground. She turned around and saw that she had been picked up by an enormous blackbird.

'Aaaaaaahhhhhhhhhhh!' she screamed.

The blackbird was so surprised by Winne's scream that he dropped her from his beak and flew off with a strong flap of his wings.

Although Winnie was relieved at not being eaten by the blackbird she then realised that she was falling, very quickly, towards the ground. She closed her eyes and waited for the bump and the squelch!

But, it didn't come.

After a few minutes, Winnie opened her eyes for a second time and looked around. She had landed on a leaf high up in a tree. Phew! What a relief! But, it was a long way down and she began to feel frightened again. She knew she couldn't stay up there forever so she began to wiggle her way down the tree very slowly. It took a long time but finally she reached the bottom.

She knew she was not very far from where she had been sleeping so she wiggled off in search of her new friend Sylvester. She hadn't gone very far when she heard Sylvester calling her name. She wiggled towards the sound and soon saw him not very far away. When she got to him she wrapped herself around him and gave him a great wormy hug. Then she told him all about the bird and how scared she had been. When she had finished her story, they agreed to wiggle off again to try to find some water.

After they had been wiggling for a really, really long time, it was Sylvester who finally heard a delicious trickling sound, and he knew straight away that they had found water.

'Yippeeee', he shouted.

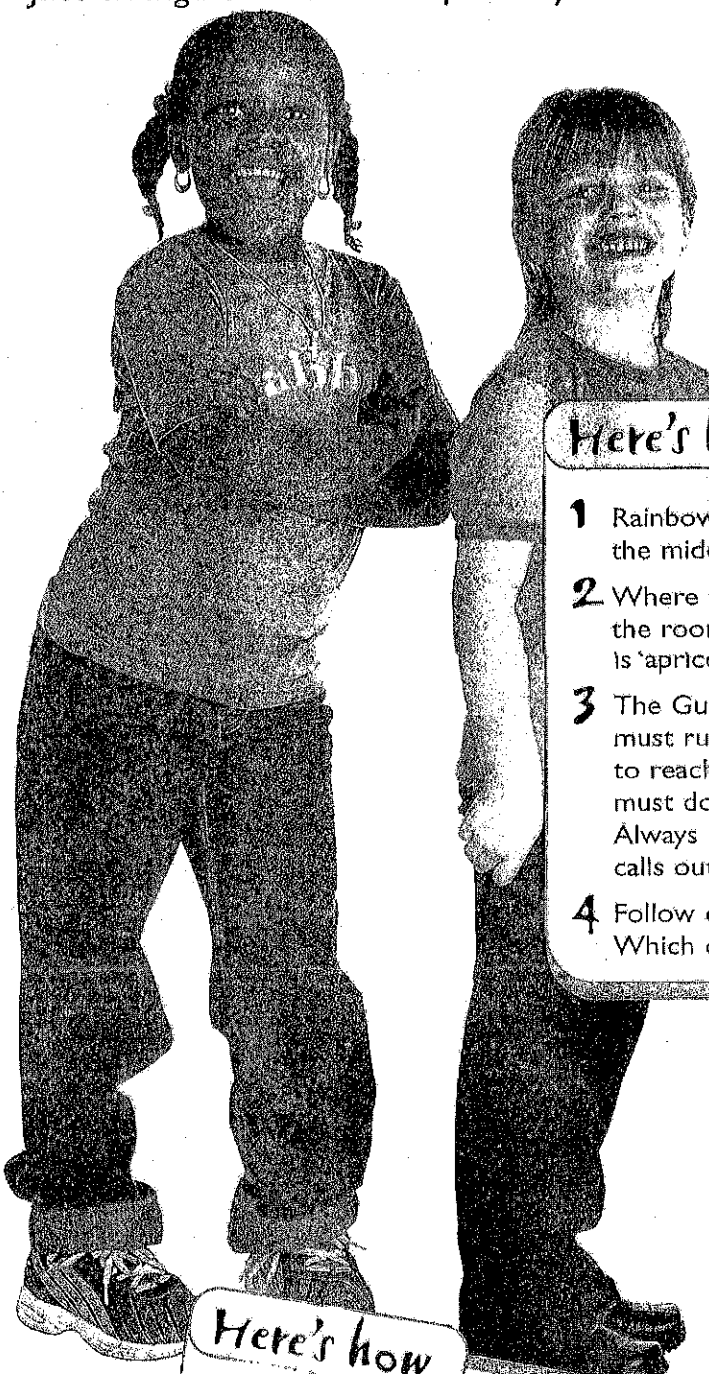
Just then Winnie heard it as well. The two thirsty friends wiggled as fast as they could and soon came to the most beautiful sight they had ever seen. In front of them was a clear blue pond and all around it were the most beautiful insects they had ever seen. They were all drinking, swimming and splashing around in the pond and thoroughly enjoying the wonderful summer heat. Sylvester the Slug and Winnie the Worm could not wait to moisten their skins and enjoy a long, cool drink.

After they had refreshed their cracked and dry bodies, Winnie found some soft warm soil near the pond and decided to burrow down for the night. Sylvester, leaving a lovely thick trail, wiggled over to some big juicy leaves and snuggled down underneath.

They both had the most wonderful sleep and woke up the next morning refreshed and very, very happy.

## Figs, dates and apricots

*This is a good game to adapt to any of the themes in this pack, just change the names to fit into your theme for the night!*



**You need**

- dried figs
- dried dates
- dried apricots

### Here's how

1. Rainbows stand in a line one behind the other in the middle of the room.
2. Where they are standing is called 'figs', to the left of the room is 'dates' and to the right side of the room is 'apricots'.
3. The Guider calls out 'apricots' and all the Rainbows must run to the right of the room. The last Rainbow to reach their destination is out of the game and must do five star jumps to get back in the game. Always returning to the 'figs' area, the Guider calls out again.
4. Follow on with a dried fruit tasting session. Which ones do the Rainbows think are tasty?

## Peas in the circle

*This is another game that can be changed to suit different themes. If it's a nice day, try it outside with ice cubes, but the Rainbows will have to be quick before they melt!*

**You need**

- lots of dried peas

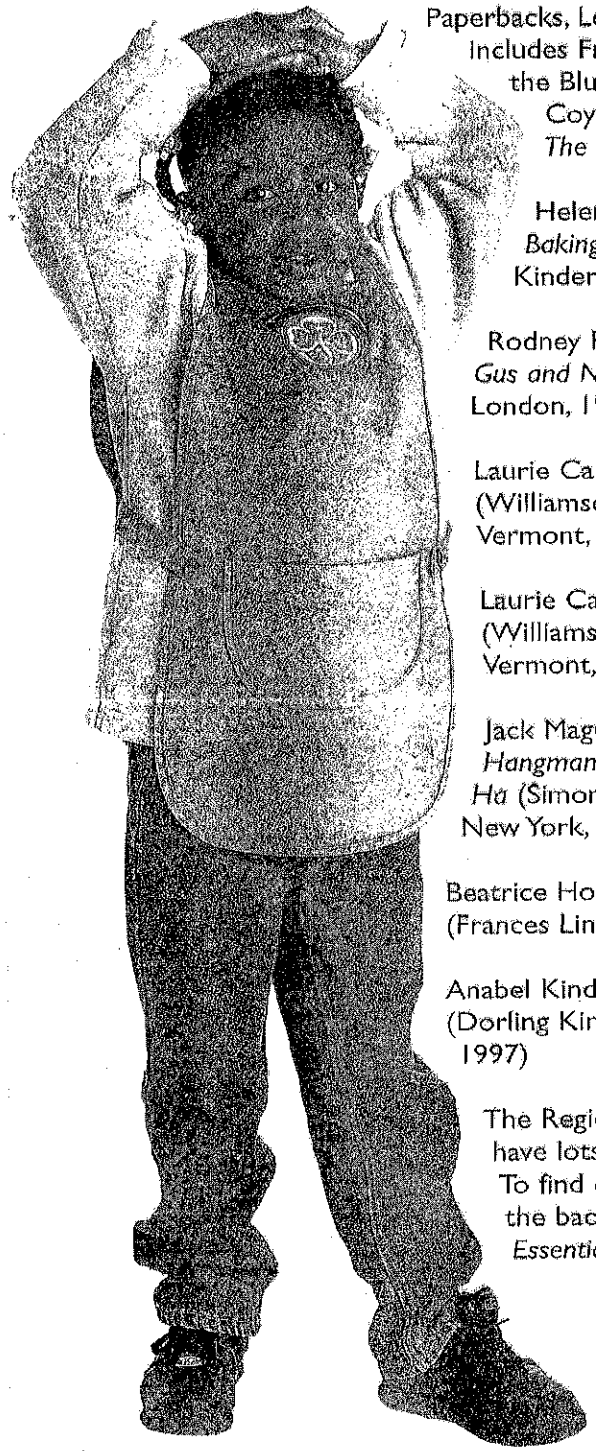
### Here's how

Rainbows stand in a circle facing outwards and the peas are placed in the middle. The Guider shouts a number between one and ten and everyone turns round and picks up the number of peas. The first Rainbow to pick up the right number is the winner and she can call out a number next time.

**Make sure all the peas are swept up or picked up afterwards so that no one slips on them.**

# Resources

## Story and activity books



Margaret Mayo, *How to Count Crocodiles*, illustrated by Emily Bolam, (Dolphin Paperbacks, London, 1996) Includes Frank Russell's 'Why the Bluebird is Blue and the Coyote is Grey' from *The Pima Indians* (1908)

Helen Drew, *My First Baking Book* (Dorling Kindersley, London 1991)

Rodney Peppe (illustrator) *Gus and Nipper* (Picture Lions, London, 1996)

Laurie Carlson, *EcoArt* (Williamson Publishing Co, Vermont, 1993)

Laurie Carlson, *Kids Create!* (Williamson Publishing Co, Vermont, 1990)

Jack Maguire, *Hopscotch, Hangman, Hot Potato & Ha Ha Ha* (Simon & Schuster Books, New York, 1992)

Beatrice Hollyer, *Wake Up, World!* (Frances Lincoln, London, 1999)

Anabel Kinderlsey, *Celebration!* (Dorling Kinderlsey, London, 1997)

The Regional resources also have lots of interesting ideas. To find out about these, see the back of the *Guiding Essentials* catalogue.

## Wicked websites

**www.makestuff.com**
**www.crayola.com**
**www.kidsdomain.com**
**www.family.com**
**http://craftsforkids.about.com**
**www.makingfriends.com**
**www.childfun.com**
**www.kids-channel.co.uk**
**www.metoffice.gov.uk**
**www.24hourmuseum.org.uk**
**www.zone.com**
**www.activitiesforkids.com**

## Places to go

**Eureka! The Museum for Children**
Discovery Road, Halifax,
West Yorkshire, HX1 2NE
**Tel:** 01422 330069
**Fax:** 01422 330275
**www.eureka.org.uk**

**Children's Discovery Centre**
383–7 High Street, Stratford,
London, E15 4QZ
**Tel:** 020 8536 5540
**Fax:** 020 8522 1003
**www.children'sdiscoverycentre.com**

**The Children's House**
Royal Cornwall Museum, River Street,
Truro, Cornwall, TR1 2SJ
**Tel:** 01872 272205
**Fax:** 01872 240514
**www.royalcornwallmuseum.org.uk**