

## The “Rainbow Hour” Report



### What is the rainbow hour?

The rainbow hour are activities that have been combined and designed as part of a black country campaign which seeks to provide children, as well as young people with access to one hour of activeness and wellbeing each day of the week for 6 weeks. These activities include games, health and RSE, move more activities, outdoor & nature activities, mental wellbeing & mindfulness activities, personal challenges and competition as well as themed celebration and creative activities.

### Why do we do the rainbow hour?

The rainbow hour has different strands of the rainbow colours to identify what activities are being done e.g. – red is for games activities and so on. The rainbow hour is done either within school or at home for children and young people which focuses on the three C's, communication, consistency and control. It is ideal for communication as these tasks involve helping others and working together, whether this may be at home or within school to help with interaction and coping. It is also consistent, as children and young people have had a lot of time away from an educational setting, therefore have lost the consistency with actual work and is being combatted with online learning for those that are not in school. It provides a consistency, as they can be done each day for an hour which is over a 6-week period with activities being updated and added as we speak. Finally, it also helps with control, in this sense control of emotion and keeping the mind active to look forward to doing the tasks.

### How Bilston C of E Primary have used the rainbow hour

#### PE & Active sessions

Myself as well as Soccer 2000 coaches at Bilston c of e have started to implement the rainbow hour into our sessions. We have done this through including game sessions such as cross the swamp, where they will have a problem to solve as a team, and will have to communicate in order to complete the game. These games that we have been doing include lots of communication and interaction with others, as well as self and team reflection. This helps, as children have lost out on a lot of social interaction with not being at school and promotes using communication more and working together, creating a feeling of togetherness, as we



are all in this together. As well as problem solving games, they have been given sports such as tri-golf competitions, so they have the element of competition and striving towards their best to try and win.

## **Home Learning**

As well as just PE sessions at school or active sessions, children have this rainbow hour to access at home, I have not directly sent the rainbow hour to the children or parents but, however have adapted this to my own approach of staying active. This has been achieved through taking ideas from the rainbow hour as well as other resources, I have been able to make challenges for children to do at home or in school. These are uploaded for each day of the week for each class out and within school. This gives them a consistency of having some activeness for each day. As well as being consistency, it allows children to have a sense of competition. With the videos you can achieve, bronze, silver and gold medals for the score that you get from your activity, this allows them to have a sense of competing with others and interacting with sharing different scores that each child has got.



## **Cooking & Being healthy and safe**

Aside from activeness, also within the rainbow book, there is a health and RSE section to support relationships between children as well as health education. I have taken from this to do healthy cooking sessions with children. I have taken ideas from this to then allow children to have a go at cooking and work together to make something themselves. Some of the children have been working on making their own healthy pizzas, this has allowed them to work independently as well as together, they have had lots of interaction and responsibility in doing these tasks. To make it into a little bit of a competition, children had pizzas boxes which they must put together, and then design a logo for their pizza company, house points go out to the most creative name, most decorated and most professional look to their box. This gives them a sense of responsibility towards their own competition. As well as cooking in general, children have been looking at wearing different PPE such as gloves, masks and why hygiene is important within cooking, especially within times of lockdown where social distancing applies.

Lewis Franks

### **What next?**

As the rainbow book continues to be added to and updated, I will be taking ideas for active sessions as well as other subjects to ensure that children are getting at least 1 hour if not more of these types of sessions, whether they may be active sessions, cooking or even outdoor and adventure.