



At Stowlawn the children’s wellbeing is always at the heart of our work and that is no different even during such strange times. This is why Stowlawn have pledged to carry out The Black Country Rainbow Hour.

The Black Country Rainbow Hour Campaign seeks to provide all children and young people with access to one hour of wellbeing and physical activity each day. It provides a range of physical and wellbeing activities that can be completed in school or at home. The activities cover seven rainbow strands.

Red	Fielding and Striking Activities
Orange	Ball Skills Activities
Yellow	Move More Activities
Green	Outdoor Activities
Blue	Mental Wellbeing and Mindfulness activities
Indigo	Personal Challenges/Multi Skills Activity
Violet	Themed Celebration and Creative Activities

All activities 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.

All of the activities can be adapted and modified using the “STEP” method. Children should be familiar with this method as we use it during school PE lessons for children to develop and further their own learning.

Space	Task	Equipment	People
Make it bigger/smaller	Make it easier/harder	Make it Smaller/Bigger	Have someone to help you
Make it wider/thinner	Have more/less time to complete the task	Make it Lighter/Heavier	Have more/less people in your team
Change the shape of the space	Have more/less tasks to complete	Make it predictable/unpredictable	Work with/compete with others
Make it closer to the ground	Start before/after everyone else	Increase the range for the task	Choose someone to work with/against
Make it away from the ground	Get more/less points for completing the task	Choose your own Equipment	Take on a different role
Have your own space or area			

Each week we shall be putting a poster on the school website with an activity from each strand of the rainbow for you to try out at home. We would love to see what you get up to!