

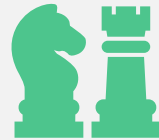


**Rainbows goes  
virtual  
-sleepover style**

# Timeline



8:30am -  
breakfast



11am - elevenses  
and a game



1pm - thank you  
for coming

# Instructions

- We're love seeing all of your pictures of your activities.
- Today we've got another 10 activities for you - don't rush - if you haven't got time for them all just choose the ones you want to do and in whatever order you'd like 😊
- Some of them will cover part of First Aid stage 1. So if you don't have this badge, make sure you share a photo with us so we can sign it off. This can be by email, Facebook or text (07791116628)

# Activity 1 - Safari time

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You are going on safari today, but with a difference.

- 1) You need to collect your soft toys, and arrange them around your room.
- 2) Make sure all soft toys have a name, and you have a fun fact.
- 3) For example this is Lenny the llama, and his fun fact is that he helps me learn.
- 4) Now that your animals are prepared, take your family on safari to see all of the animals.



# Activity 2 - Visit the Zoo

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<https://www.edinburghzoo.org.uk/webcams/panda-cam/>

- Here you can visit Edinburgh zoo from the comfort of your own home, watch some of the different animals and think about how life is for them in the zoo compared to being in the wild.



## Activity 3 - Create an animal mascot

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Choose from a Giraffe or Lion and create a mascot using recycled materials and crafty bits you have at home.



This is part of First Aid Stage 1 -if you've not got this badge, when you complete please email us a photo to sign it off 😊

## Activity 4 - First Aid activity 1

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You need a red pen or lipstick, plaster, gloves, baby wipe or clean cloth

- 1) Using lipstick or washable red pen, make a small mark on someone's arm.
- 2) You need to put gloves on (if you have some)
- 3) Using a baby wipe or clean cloth, clean the cut, don't scrub, try dabbing it clean.
- 4) Put the plaster on.
- 5) Make sure you look after the patient



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## Activity 5 - First Aid activity 2

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This is all about bites and what you should do if you get bitten.

Can you find out what you should do if you are bitten by:

A dog

A snake

An insect





## Activity 6 - Friendship Bracelets

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Find three strands of cotton or fabric.

Using a plaiting technique, can you make a bracelet. You'll then give this to someone when we're back at Rainbows to show we're all thinking about each other.

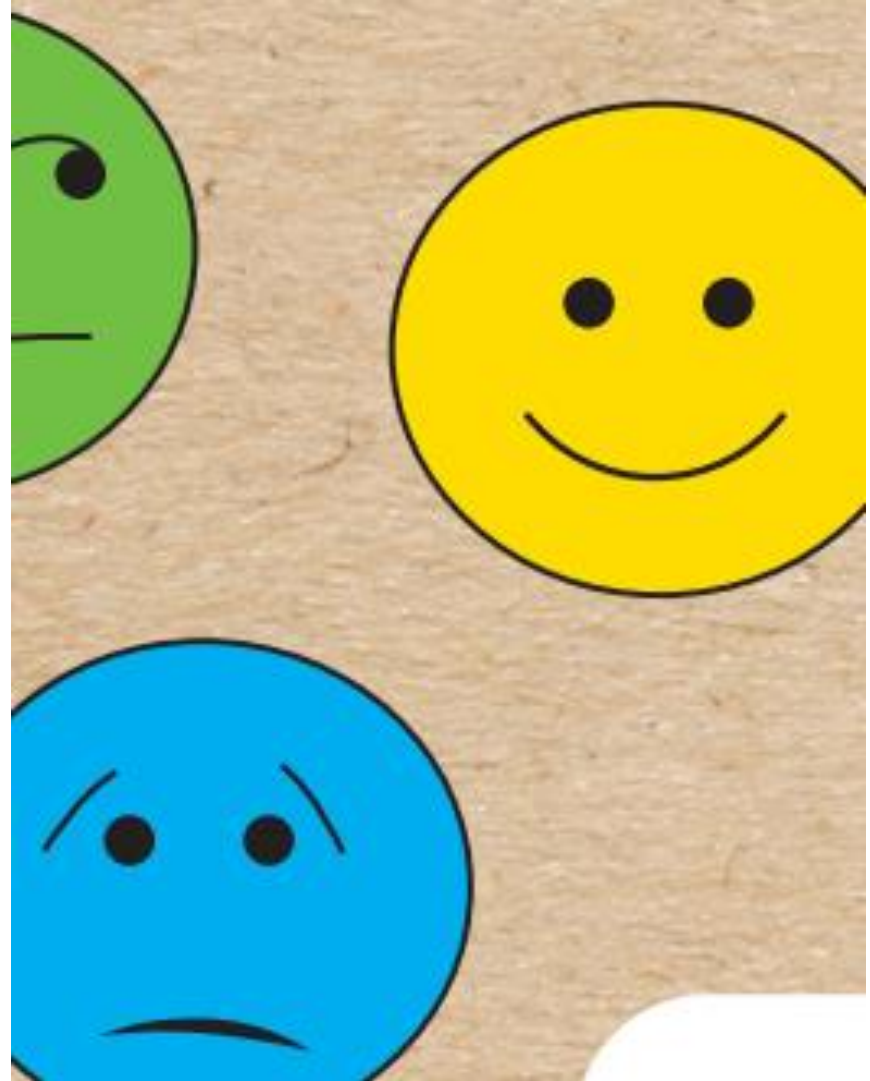


This is part of First Aid Stage 1 -if you've not got this badge, when you complete please email us a photo to sign it off 😊

## Activity 7 - First Aid activity 3

Colour my mood - this is all about thinking about your emotions.

- 1) Happiness is just one feeling, what others can you think of?
- 2) Write them down under good feelings and bad feelings.
- 3) Now on a piece of paper draw all the good feelings around the outside. Draw a person in the middle who feels all those things. What colours show their feelings?



## Activity 8 - Friends

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Can you make or decorate gingerbread men, or do you have some other food you could make into faces. Create all of the friends you can't wait to see again!!



## Activity 9 - Make an animal mask

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Using materials you have at home, or a printable. Make an animal mask 😊 If you can make one of an African animal that's even better!!



# Activity 10 - Make a game

You can either make a board game, or create a different type of game.

Choose your theme from:

- Animals
- Namibia/African countries
- The stars
- Friendship

