



Roundabout Seasons



Information

- We'll meet at 9am, 12:30pm and 4pm. At lunch time we'll do an activity all together - it will only require pens and paper.
- Zoom information will be with you the day before.
- Girls need to do 1 Look, 1 Learn, 1 Laugh and 1 Love activity.
- They can then do as many other activities as they'd like to.

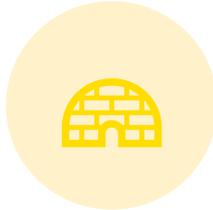
Look Activities



PAPER
SNOWFLAKES



SUNCATCHER



MARSHMALLOW
IGLOO



COLOUR WALK



FLOWER
WREATH

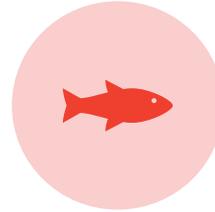
Learn Activities



WHODUNIT?
GAME



OUTDOOR
COOKING



MAGIC FISH



IT'S A
FROG'S LIFE

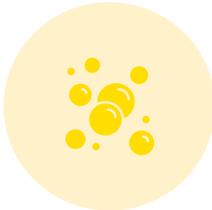


HEDGEHOGS
BEWARE!

Laugh Activities



**SPARKLING
FUN**



**GIANT
BUBBLES**



**TORNADO IN
A BOTTLE**

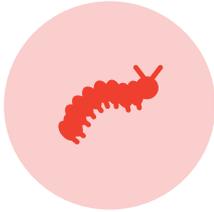


**INDOOR
SNOWBALLS**



**READY FOR
THE BEACH**

Love Activities



PROMISE
CATERPILLARS



POP IN FOR A
SNACK



BEE KIND AND
HELPFUL



SURPRISING
SUMMER
VEGETABLES



CHEERING UP THE
WINTER BLUES

Paper Snowflakes - LOOK



You will need:

- White paper
- Different sized circular items
- Pencils
- Scissors
- Glue
- Glitter/Glitter Glue (optional)

Snowflakes are made of ice crystals, which form in clouds when the temperature falls below freezing. The ice crystals grow and grow until they become heavy enough, and then they fall to the ground as snow.

Every snowflake has six sides and a beautiful pattern and they are all unique, which means they are all different... just like Rainbows!

What to do:

- 1) Take a sheet of white paper and a pencil and draw around a circular object.
- 2) Cut it out and fold it in half and the half again to get a triangular shape.
- 3) Snip different shapes out of the triangle. Lots of small ones will look beautiful.
- 4) Unfold it to see your beautiful snowflake.
- 5) You can now add glitter to your snowflake if you'd like to.



Suncatcher - LOOK



You will need:

- Old CDs
- PVA glue
- Coloured card (in small shapes)
- Glitter/Glitter Glue
- String/Ribbon



What to do:

- 1) Glue all over the label side of your CD
- 2) Stick lots of shapes of your card all over the CD to cover up the label. Make sure there's no label showing.
- 3) Fill in any gaps with your glitter or glitter glue.
- 4) Leave to dry
- 5) Feed the string or ribbon through the hole in the middle and make a loop for hanging it up.
- 6) Hang the CD in a window or near a light source to see what happens when the light catches them.

Marshmallow Igloo - LOOK



You will need:

- Marshmallows
- Icing powder
- Plate
- Cocktail sticks
- Bowl
- Spoon



What to do:

- 1) Get a bag of mini, regular, or jumbo-sized marshmallows.
- 2) Start building up from the base by creating a marshmallow ring and repeating making it slightly smaller each time.
- 3) Connect the marshmallows using icing
- 4) If you use icing, it is a good idea to freeze your final creation for added stability.
- 5) You can also insert toothpicks at various points in the structure to serve as an added framework

If you want your igloo to be edible, stick with marshmallows, icing, and straight pretzel sticks for support.

Colour Walk - LOOK



You will need:

- Paint colour charts from a paint shop (try picking colours that match the season)
- Double-sided tape.

What to do:

1. Stick a piece of double-sided tape down the middle of a paint colour chart.
2. Go for a walk in your garden, the park, local wood.
3. Look for **NATURAL** items that match the colours on your chart. If you find a match carefully pick it up and stick it to our colour chart. (Only pick up things that have fallen to the ground. **DO NOT PICK FLOWERS OR PULL LEAVES OFF TREES!**)
4. Try to identify some of the trees, leaves and flowers you see.

MAKE SURE YOU WASH YOUR HANDS AFTER TOUCHING THE THINGS YOU FIND!

Flower Wreath - LOOK

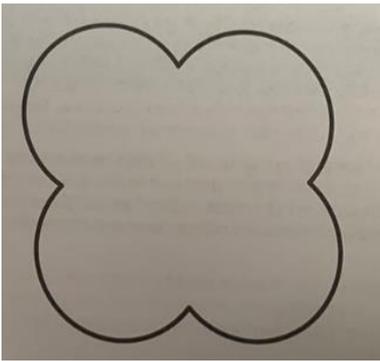


You will need:

- Paper plate
- Scissors
- Different coloured paper
- Pencils
- PVA glue
- Pom poms (optional)
- Wool/string (optional)

What to do:

1. Cut the middle out of the paper plate to make the wreath base. (You can fold the plate in half and cut through both thicknesses).
2. Draw a flower shape on the coloured paper and cut it out.
3. Cut out a small circle from a different coloured paper and stick it in the middle of the
4. Make as many flowers as you need to fill the paper plate ring.
5. Stick the flowers on all the way round the ring.
6. You can use a piece of wool or string to hang your flower wreath up.



(Example of flower shape)

Whodunit? - LEARN



You will need:

- Print-out of the picture sheet X2 (1 cut up to make clue cards).
- Scissors
- Pens

What to do:

An adult to print out the picture sheets and cut up one sheet as clue cards. Hide these round the house or garden depending on the weather. (Keep 1 card back from each column).

There has been a creepy crawly crime. An insect has stolen a leaf and hidden it somewhere. You are a Rainbow detective and must solve the crime.

1. Each person take a picture sheet and a pen.
2. Go and search for the clue cards. Mark off the ones you find on your picture sheet. (Leave the clue cards where they are so that everyone can find them).
3. When you have found all but one in each column you will have solved the mystery.
 - Which insect is the thief?
 - Which type of tree was the leaf stolen from?
 - Where did the thief hide the leaf?
4. Ask Mummy or Daddy to hide the clue cards again so you can have another go at being a detective or you can hide the cards for Mummy or Daddy to be the detectives.

Outdoor Cooking - LEARN



You will need:

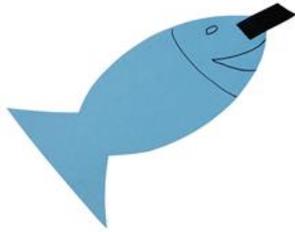
- Campfire / barbecue/ tea lights
- Marshmallows
- Chocolate digestive biscuits
- Bamboo skewers (soaked in water)

What to do:

1. **With help from an adult**, light your campfire, barbecue or tea lights
2. Take a marshmallow and carefully poke it onto the end of a bamboo skewer
3. Hold the marshmallow over the flames to cook it, turning it frequently. **Make sure it's not too close to the flames or it will burn.**
4. When the marshmallow is soft, sandwich it between two chocolate digestive biscuits with the chocolate inside. **The marshmallows will be very hot, so be careful when removing them from the skewers and when eating them.**
5. Eat and enjoy!



Magic Fish - LEARN



You will need:

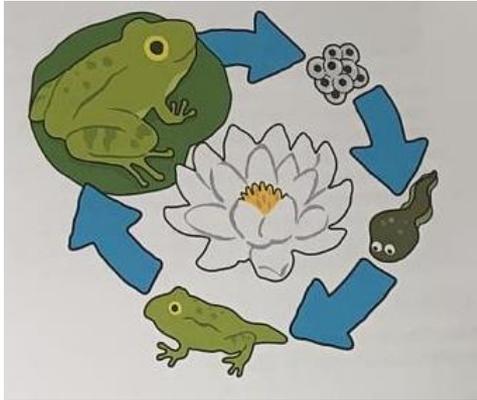
- Large container to hold water (e.g. washing up bowl, paddling pool, baby bath)
- Gravel / stones
- Green pipe cleaners
- Different types of paper (e.g. wallpaper, writing paper, greaseproof paper, wrapping paper)
- Pencils
- Scissors
- Washing-up liquid

What to do:

1. Line the bottom of the container with a layer of stones and gravel and then fill it with water.
2. Take five or six pipe cleaners and twist the bottoms together, then fan out the tops and bend them so that they look like rippling reeds. Repeat this a few times to make a few plants. Secure them in place at the bottom of the container using some bigger stones
3. On each of the types of paper, draw a fish and then cut out the shape.
4. Place the fish on the water to see if they float. What do you think is making the fish float?
5. Place a drop of washing-up liquid behind the fish and see what happens. Why do you think this has happened?

When water meets air, it forms a very thick skin as the water molecules stick tightly together to resist the air molecules pressing down on them. This is called surface tension and it is why some things float on water. The washing up liquid breaks the surface tensions of the water, pushing the fish away.

It's a Frog's life - LEARN



Lifecycle

Frogs lay their eggs in water (Frogspawn).

Tadpoles hatch from the eggs.

As they get bigger they start to grow back legs and then front legs.

Their tails disappear and they are called froglets and grow into fully grown frogs.

We are going to pretend to be frogs and play a game.

Frogspawn: huddle together with your brothers and sisters or your teddies.

Tadpoles: “swim” round the room.

Froglets: wiggle your bottoms to lose your tail.

Frogs: jump round the room like frogs making croaking noises.

Can you think of any other moves?

Hedgehogs Beware! - LEARN



You will need:

- 2 Fairy cakes
- Melted chocolate
- Chocolate sprinkles/flakes
- Icing pens
- Small sweets/cake decorations
- Red/orange buttercream/icing
- Chocolate fingers
- Bowls

Hedgehogs like to find warm, dry, cosy places to hibernate in Autumn and they think unlit bonfires are great for this. Are unlit bonfires really a safe place for hedgehogs to hibernate in?

What to do:

1. Melt some chocolate in a bowl and dip the top of one fairy cake in it.
2. Sprinkle chocolate flakes/sprinkles over half of the cake to make the hedgehog's spines.
3. Use icing pens and sweets/decorations on the other half to make the hedgehog's face.
4. Spread red/orange icing on top of the other cake to make the fire.
5. Arrange the chocolate fingers on top for the wood.
6. Can you think of ways you can make sure hedgehogs are safe on bonfire night?

Sparkling Fun - LAUGH



You will need:

- Large mixing bowl
- Smaller bowls
- Teaspoons
- Breadsticks
- Cooking chocolate (melted)
- Popping candy
- Cake decorations (Sprinkles, silver balls, hundreds and thousands etc).
- Glass/beaker

Fireworks are part of many celebrations in the Autumn and Winter. You can celebrate with these fireworks without going outside and getting cold. These are special sparklers - just for eating. (Yummy).

What to do:

1. Melt the chocolate and pour into the large mixing bowl.
2. Put the cake decorations into the smaller bowls.
3. Dip a breadstick carefully into the melted chocolate covering just under half of the breadstick.
4. Using a teaspoon put a little bit of popping candy on the tip of the sparkler. (This gives a fizzing firework effect when the sparkler is eaten).
5. Using a teaspoon decorate your sparkler with the cake decorations. (Don't dip the sparkler into the cake decorations as this will clog the decorations with chocolate).
6. Stand the bread stick in a tall glass until the chocolate has set.
7. Make more sparklers decorating them in different ways. (Always put some popping candy on the tip).
8. When the chocolate has set you can eat your sparkler. **ENJOY!**

Giant Bubbles - LAUGH



You will need:

- Pot of bubble mixture
- Bubble mixture (made out of equal parts of concentrated washing up liquid, sugar and warm water).
- Paddling pool
- Hula hoop

What to do:

1. Ask an adult to blow bubbles from your pot of bubble mixture and see if you can catch or pop them. How many did you catch/pop? How do the bubbles make you feel? Would they make you feel the same in Summer and Winter?
2. Put the bubble mixture ingredients into a paddling pool and stir gently until most of the sugar has dissolved. (Scoop off any foam that appears).
3. Lay the hula hoop flat in the paddling and then lift it out.
4. Wave it through the air as a giant bubble wand to make giant bubbles.
5. What else could you use as a bubble wand? Does it make big or small bubbles?
6. Have fun chasing and popping bubbles with your family.

Tornado in a bottle - LAUGH



You will need:

- 2 plastic bottles (1 litre if possible).
- Water
- Washing up liquid
- Duct tape



What to do:

1. Fill one of the bottles with water until it is $\frac{3}{4}$ full.
2. Add a few drops of washing up liquid.
3. Put the empty bottle on top of the other bottle and tape the necks together tightly using the duct tape.
4. Hold the bottles where the necks join.
5. Quickly turn them over and swirl the top one (with the water in it) in a circular motion.
6. What can you see as the water runs down into the empty bottle?

You have just made a tornado in a bottle. In America tornados are most common in the Spring.

(You can add food colouring or glitter to the water to make the experiment even more spectacular)

Indoor Snowballs - LAUGH



You will need:

- Newspaper
- Skipping rope/chalk/string

What to do:

1. Get some newspaper sheets and screw each of them into 'snowballs'.
2. Stretch the skipping rope or string on the floor in the middle of the room or outside. (If you are outside you can draw a line with chalk instead).
3. If you have brothers or sisters get into 2 teams and share the 'snowballs' out.
4. Teams stand on either side of the line with their pile of 'snowballs'.
5. Mummy or Daddy shouts **GO** and you throw the 'snowballs' at the other team.
6. Mummy or Daddy shouts **STOP** and you count how many 'snowballs' each team have.
7. The team with the most 'snowballs' is the winner.
8. Have another go.
9. Now add 1 'snowball' of a different colour. The team who doesn't have it at the end is the winner.

If you haven't got a brother or sister it will be just as much fun to have Mummy or Daddy in the other team. You can shout **GO** and use a timer to tell you when to stop.

Ready for the Beach - LAUGH



You will need:

- Dice

What to do:

You are going out for a day at the beach.

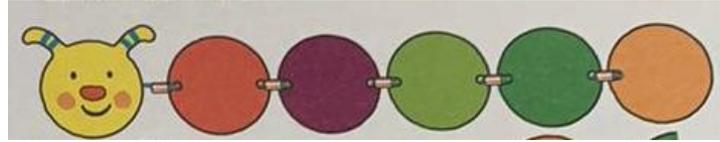
To stay safe in the sun you should wear loose clothing, a sunhat and sun cream. Sun cream should be reapplied regularly. It is also very sensible to spend time in the shade where possible especially when their shadow is shorter than they are as this is the hottest part of the day.

We are going to play a game to help you remember how to stay safe.

Cloudy will throw a dice and you will do the actions to pretend you are:

1. Rubbing sun cream on your arms, legs and face.
2. Putting your swimming costume on.
3. Putting sunglasses on.
4. Putting a sun hat on.
5. Putting a sunshade up.
6. Digging in the sand.

Promise Caterpillars - LOVE



You will need:

- 1 caterpillar head template
- 10cm circle template
- Thin card, assorted colours
- Scissors
- Colouring pencils
- Hole Punch
- Thick straws cut into 1cm lengths
- Sellotape
- Wool/string

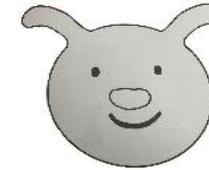
Caterpillars crawl on leaves and branches in the Spring.

What do they turn into?

Part of the Rainbow promise is to be kind and help each other grow just like the caterpillars.

What to do:

1. Cut out a caterpillar head and decorate it.
2. Cut out 5 circles from different coloured card for the caterpillar's body.
3. Write or draw something that shows a friend being kind or helpful e.g. looking after you if you fall down.
4. Punch a hole in the righthand side of the head and each side of the circles.
5. Tape the wool/string to the back of the head and thread it through the back of the circles. Thread it through the straw pieces between the circles as spacers.
6. Stick the wool/string on the back of the last circle.
7. You can make your caterpillar longer if you can think of more kind/helpful things.



Pop in for a Snack - LOVE



You will need:

- 2 tbsp vegetable oil
- 100g popcorn kernels
- Saucepan with a tight-fitting lid
- Large bowl
- Raisins
- Strong thread or string
- Scissors
- Needle with a large eye

It is sometimes hard for birds to find enough food and water especially in Winter. Make a tasty treat for the birds.

What to do:

NB: Adult supervision is necessary when making the popcorn.

1. Pour the vegetable oil into a heavy-bottomed pan and add the popcorn kernels.
2. Put the lid on the pan and heat it over a high heat until the kernels start to pop.
3. Give the pan a shake so the popcorn doesn't burn or stick to the bottom.
4. When the popping stops take the pan off the heat but leave the lid on.
(Follow the instructions on the packet if using a microwave or popcorn maker - make sure the popcorn is plain).
5. Leave the popcorn to cool. (Do not add anything to it).
6. Take a piece of thread/ string about 40cm long and tie a knot in one end.
7. Thread a needle onto the other end.
8. In turn thread raisins and pieces of popcorn onto the string until it is nearly full.
9. Take the needle off and make a loop in the top of the string.
10. Hang it outside for the birds to enjoy.

Make sure you hang it in a safe place so that cats can't get the birds while they are eating.

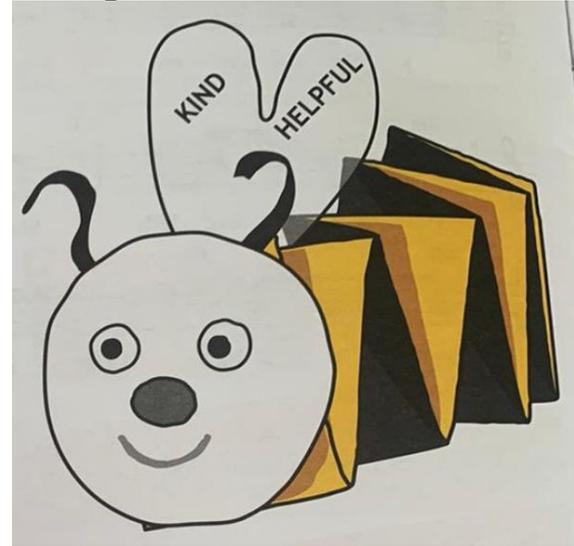
Can you think of any other things the birds might like to eat?

Bee Kind and Helpful - LOVE



You will need:

- Length of Black and yellow paper (approx. 30cm x 4cm) OR colour in white paper
- Glue
- White paper
- Sticky tape
- Pens pencils
- Wool/string



What to do:

- 1) Take a length of yellow paper and another of black, and glue at right angles to each other at one end
- 2) Fold the bottom strip over the top and then follow with the top strip over the bottom. Continue until the two strips have formed a concertina. Glue the ends together and you have the body of the bee
- 3) Cut out two wing shapes and a small circle from white paper. On one wing write 'kind' and on the other write 'helpful'
- 4) Draw a face on the circle and stick it to one end of the body
- 5) Glue or tape the wings to the top of the bee and then tape a piece of string/wool just behind the wings so the bee can be hung up.

Surprising Summer Vegetables - LOVE



You will need:

Makes 18

- 175g softened butter
- 175g caster sugar
- 175g self-raising flour
- 2tsp mixed spice
- 2 large eggs
- Grated zest of 1 orange
- 2 medium carrots grated (peeled and coursrley grated)
- 200g light cream cheese
- 2tbsp icing sugar
- Cake cases
- Cake tin
- Bowl
- Whisk
- Sieve
- Oven gloves
- Wire rack
- Wooden spoon
- Oven

What to do:

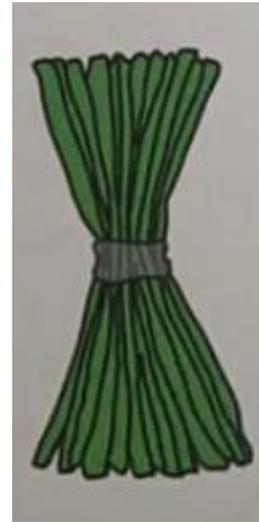
- 1) Line the cake tins and preheat the oven to 180°C
- 2) Beat together the butter and caster sugar until pale and fluffy
- 3) Sift the flour and missed spice into the bowl and then add the eggs and zest
- 4) Whisk until everything is completely combined
- 5) Add the grated carrots to the mixture and stir well
- 6) Divide the mix equally between the paper cases (it should make 18 cakes)
- 7) Bake for 18-20 minutes or until the cakes have risen and look golden brown
- 8) Leave the cakes to cool for a couple of minutes before placing them on the wire rack to cool completely
- 9) Combine the icing sugar and cream cheese
- 10) Spread over the cakes when they are completely cool.

Cheering up the Winter Blues - LOVE



You will need:

- Scissors
- Carrier bags or tissue paper
- Sticky Tape
- Music



What to do:

How does dancing make you feel? It makes me happy and I can do some really funny dance moves.

- 1) Using either a carrier bag or tissue paper cut strips of 5cm
- 2) Fold them in half and stick tape around the middle
- 3) Repeat to make another PomPom
- 4) Use your Pom Poms to dance along to some music.

Could you create your own Rainbow Cheer?