

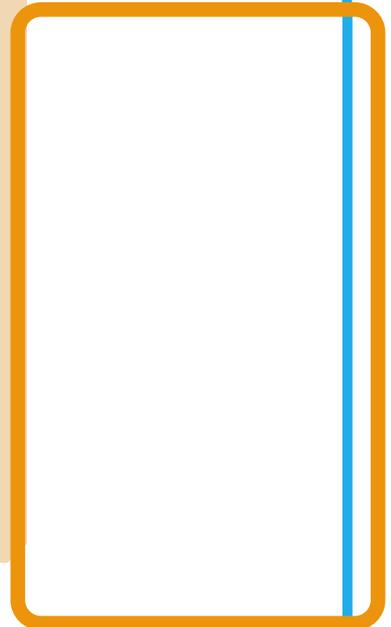
## NO SPECIFIC DATE



Here's a couple of Take Action activities you can complete at any time you fancy this term.

### Rainbow Survey

- 1) Look out of your window for 5 minutes, count how many cars you see on the road (driving, not parked). Is it just cars or are there lots of other vehicles?
- 2) Make a list of things you might see on a walk that are useful for people. Thinking lights, bins, etc.
- 3) It's time to head out, you're going for a short walk (about 15 minutes) on your walk look out for things like lampposts, bins, post-box. Count how many of each you find. Do you think there's anything missing that will help to make it safer in the area? Add this to the orange box ---->



### Uncrumpled Friends

- 1) Draw a person outline on a piece of paper.
  - 2) Crumple it into a ball
  - 3) Throw it on the floor and stamp on it
  - 4) Pick up your paper ball, now it's time to apologise for what you just did. Say, 'I'm Sorry, I didn't mean to jump on you'.
  - 5) Now unfold your paper.
  - 6) Does it look the same as before you stamped on it? Or is it full of crumples?  
*Even though we said sorry, sometimes when something happens that isn't very nice it can hurt our feelings. Sometimes we remember it for a long time. That's why it's important to be kind and try to make each other smile*
  - 7) Imagine the person on your piece of paper is a Rainbow in our unit. She's a little upset and needs some friends. What could you do to help her feel better?
  - 8) Grab some craft materials and decorate your uncrumpled friend.
- Being kind to others is really important - it makes the world a happier place. The Rainbow promise asks you to do your best, think about your beliefs and be kind and helpful. Can you think of more things you can do for others?*

send us a picture  
of your  
uncrumpled friend