

Circus Fun Challenge Pack



This pack was put together by the unit teams of 1st and 4th Barnehurst Rainbows and 4th Northumberland Heath Rainbows as part of their event fundraising during lockdown in 2020.

In this pack you will find a selection of activities under the following headings:

- Circus Craft
- Circus Food
- Circus Science
- Circus Games and other activities

Badges can be ordered using the order form at the back of the pack.

We would love to see what you and your units get up to when completing the badge and you can share this on social media with us on any of the details below:

@4thNorthHeath

@BarnehurstRain1

@GGERithCrayDiv

#CircusFun

Hopefully, we have included a real variety of activities and also lots of resources to help too.

There is no requirement to complete a set amount of activities, we have highlighted a couple of opportunities for links with the Girlguiding programme. If you spot any other overlaps, please do let us know as we can amend the pack for others 😊

If you have any questions, or have any suggestions of additional activities, please do get in touch through email: barnehurstrainbows4@gmail.com

Circus crafts

Concertina Clown

You will need:

- Thin white card
- Thin black card or paper for the shoes
- A variety of thin coloured card or paper for the body, hair, hat and gloves
- Googly eyes (optional)
- Pencil
- Scissors
- Glue
- Felt pens
- Coloured dots and other decorations (optional)



What to do:

- Cut out a head, shoulder and arm shape from the white card.



- Choose a coloured paper/card and cut out a shape for the clown's hair.



(Example of the hair shape but use your imagination to design your own hair style)

- Stick the hair to the back of the head.



- Cut a strip of coloured paper/card down the long side of an A4 sheet of paper, the width of the clown's body.
- Fold the paper evenly to concertina it.
- Stick one end just below the face.
- Cut out 2 shoes from the black paper/card and stick to the bottom of the clown's concertinaed body.
- Choose a coloured paper/card and cut out 2 gloves and stick at end of the arms.
- Choose a different coloured card/paper and design a hat for your clown. Cut it out and stick it on the clown's head.
- Complete the face by drawing on eyes, a nose and a mouth. Some clowns have bright red lips and cheeks. You can use coloured paper or a pom pom for the nose and googly eyes.
- Use coloured spots, pom poms or felt pens to decorate the clown's hat and shoes.
- If you want to hang your clown up make a hole in his hat and thread ribbon or wool through.
- Can you design and make different clowns using different colours?
- Enjoy your clown or clowns.



Trapeze Artist

You will need:

- Straw or pipe cleaner
- String
- Glue
- Paper
- Coloured pencils/felt pens



What to do:

- On a piece of paper draw your trapeze artist and cut it out carefully.
- Use coloured pencils/felt pens to colour in your trapeze artist. Make sure it has a face on the front and hair on the back of the head.
- Cut the straw in half and thread the string through it. Tie at the top.
- Bend the trapeze artist's legs over the straw and glue in place.

Alternatives:

- Use a pipe cleaner instead of the straw and string.
- Glue different parts of the trapeze artist to the straw e.g the hands.
- Stick another trapeze artist to the hands of the one stuck to the straw.

Handprint Clown Puppets

You will need:

- Pens
- Paper
- Lolly stick
- PomPom
- Googly eyes

What to do:

- On a piece of paper draw around your hand.
- Turn it into a clown – use the fingers as it's hair, what colour(s) will you go for?
- Cut out your hand.
- Add googly eyes and a pompom nose.
- Pop a lolly stick on the back.
- Now you can use the puppet to put on your own circus themed show.



Unicycle Rider

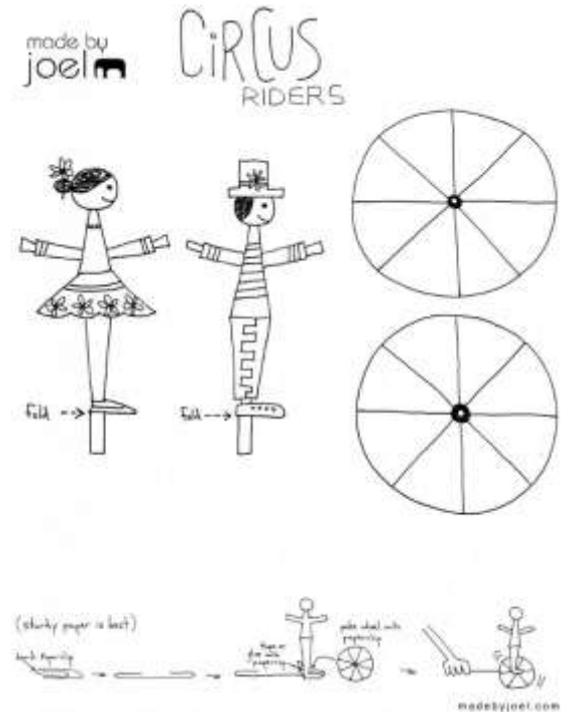
You will need:

- White card (quite thick/stiff)
- Paper clip
- Coloured pens/pencils
- Scissors
- Pencil
- Glue or sellotape



What to do:

- On the white card draw a clown, acrobat or trapeze with a short tab at the bottom of the foot. (Make sure the foot and face are facing forward).
- Cut it out carefully.
- Draw a circle and cut it out carefully, slightly bigger than your pencil line so that it looks like a tyre.
- Draw spokes on both sides of the circle and colour in the tyre and your figure on both sides. Use bright colours as you see lots of bright colours at circuses.
- Open up the paper clip leaving both ends bent. Stick the foot to the paperclip with the toe at one bend. Fold up the tab and stick to keep it in place.
- Make a small hole in the centre of the wheel. Push the paper clip through so it looks as though the foot is standing on the middle of the wheel.
- Using the other end of the paper clip as a handle push the wheel and watch how your clown rides the unicycle.



Juggling Balls

You will need:

- Balloons (2 per juggling ball)
- Rice
- Funnel
- Scissors

What to do:

- Using the funnel, fill one balloon with enough rice for it to be a juggling ball size.
- Once full, cut the end off of the other balloon and stretch it over the rice filled balloon to ensure the open end of the balloon is covered.
- Repeat to make as many juggling balls as you would like.



Tumbling Clowns

You will need:

- Paper cups
- Brightly coloured card
- Felt pens
- Milk bottle tops
- Brightly coloured wool
- Googly eyes and pom poms (optional)
- Decorations (optional)

What to do:

- Using felt pens, googly eyes, pom pom give your cup a clown's face.
- Stick wool to the sides at the top for hair.
- Use a milk bottle top for the clown's hat.
- Cut out 2 large shoes for your clown and stick them to the bottom of your cup.
- You can decorate your clown's hat and shoes if you like.



See how many different clowns you can make. You can design your own hats using different sized bottle tops, paper, or anything else you have.

Perhaps you can make enough to stack them and then play skittles. (Don't throw anything too hard or heavy at your 'skittles' as you don't want to damage your clowns)

Clown Shoes – This activity can be used towards Rainbow UMA tied up in knots

Clowns wear very bright, colourful shoes which are often far too big for them. Perhaps this is the reason why they keep tripping over. Or maybe they don't know how to tie their shoelaces.

Can you design a pair of clown shoes?

Can you learn how to tie shoelaces to help the clown?



You will need:

- Thick white card
- Felt pens or coloured pencils
- Hole punch
- Shoe laces/thick string/thick wool

What to do:

- Draw a pair of clown shoes on the card and cut them out carefully. Don't forget to make them very **big**.
- Decorate them in bright colours, adding spots, stripes, flowers, stars etc if you like.
- Using a hole punch make some holes in the shoes for the shoelaces. (Ask an adult if you need help).
- Thread the shoelaces/string/wool through the holes.
- Practise tying the shoelaces to stop the clown tripping over them.



Spinning Plates.

Clowns do things like tripping over and squirting water at each other to make the audience laugh. You can also often see how clever they are at spinning plates on sticks.

Can you spin a plate on a stick?

You will need:

- Paper plate
- Felt pens
- Skewer
- Small Foam sheet



What to do:

- Make a hole in the centre of the plate ready to put the skewer through. (Get an adult to help).
- Colour the underneath of your plate in bright colours. You can do segments as in the picture or a spiral, dots, spots or your own pattern.
- Cut 2 small circles from the foam and using the skewer make a hole in the centre of each.
- Poke the skewer through one of the foam circles, then through the plate from the undecorated side and then stick the other foam circle on top. Glue the foam circles to the plate making sure only a very small piece of skewer sticks out at the top. (To avoid accidents from the pointed end of the skewer cut off the point and then cover it with some bright paper or foam).

Now you can practise spinning your plate.

Clowns often keep several plates spinning at the same time running between each of them to give them an extra spin.

Challenge 1: Make several brightly coloured plates. Ask your friends and family to join you spinning them (or each girl in your unit). Who can keep spinning their plate the longest.

Challenge 2: Decorate your paper plate but don't make a hole in it. Mark the centre of the undecorated side. Place your skewer on the centre mark and try to spin your plate on your skewer without it falling off. Have a competition with your friends.

Clown Spinner – This activity can be used towards Rainbow UMA Trick and Turn

You will need:

- Thin white card
- Sellotape and glue
- Straw or pencil
- Coloured pens/pencils

What to do:

- Cut out 2 circles of the same size from the white card.
- On one draw a picture of a clown standing up.
- On the other circle draw some balls 'in the air'.
- Colour your pictures in.
- Stick the straw/pencil to the back of the clown circle so that he is standing up straight.
- Stick the other circle over the straw so that the balls are 'in the air'.
- Use your hands to twist your spinner quickly and your clown will appear to be juggling the balls.



Alternatives

A clown standing on one circle and sitting on the other.

A clown standing on one circle and doing a forward roll on the other.

A trapeze artist hanging by the hands and then the feet.

Use your imagination to think of other ideas.



Elephant Headband

Wild animals are not often seen if you visit a circus now, but elephant and other animal acts used to be popular.

You will need:

- Grey card
- Pink card
- Glue
- Scissors



What to do;

- Cut a strip out of the grey card to make a band and join the ends together. (Cut a second strip and join it to the first one if the first one isn't long enough to fit round your head).
- Out of the grey card cut out 2 large elephant ears and a trunk.
- Cut out 2 smaller ears from the pink card
- Stick the pink ears onto the grey ears.
- Attach the ears to the band at the sides.
- Attach the trunk to the front of the band.
- Enjoy wearing your headband and pretending to be an elephant.

Balancing elephant

Elephants balancing on balls and small pedestals was one of the animal acts you used to be able to see when you visited a circus.

You will need:

- White card
- Coloured paper/card
- Felt pens/coloured pencils/decorations
- Googly eye (optional)
- Scissors
- Glue



What to do:

- Cut out an elephant shape from the white card making sure the legs are angled in so that the feet touch each other.
- Cut out an ear for your elephant.
- Colour your elephant and the ear.
- Stick on the ear,
- Stick on the googly eye or colour an eye.
- Cut out a circle/ball big enough for your elephant to stand on.
- Decorate your circle/ball in bright colours using paper, felt pens etc.
- If you want, cut out and decorate a hat for your elephant and stick it on.



Circus Science

Dancing Popcorn Experiment – You can use this activity towards innovate stage 1 (Exciting Experiments)

You will need:

- 3 jars
- Popcorn kernels
- Baking Soda
- White Vinegar
- Vegetable Oil
- Water
- Stopwatch



What to do:

- Fill each jar half full. 1 with water, 1 with oil and 1 with vinegar.
- Put a layer of popcorn at the bottom of each jar.
- Add a teaspoon of baking powder to each jar in turn and see what happens.
- Use the stopwatch to time how long the popcorn 'dances'.

Which liquid made the popcorn dance for the longest?

What happens if you stir the liquid?

Try adding the baking soda more slowly or faster. What happens?

Try again using more baking soda. Does it make any difference?

Try using alka seltzer tablets instead of baking soda.

Skittles experiment – You can use this activity towards innovate stage 1 (Exciting Experiments)

You will need:

- Plate
- Milk or water
- Skittles

What to do:

- Place the skittles on the plate – around the outside of the plate works best and try to alternate the colours like the roof of a Big Top tent
- Add the milk or water slowly to the plate
- Watch what happens to the colour of the skittles

You should see the water or milk changing colour to create the roof of the Big Top tent.



Circus Games & other activities

Circus Bingo

Create boards of different circus pictures for each person. (Make sure they are different).

Suggestions – clown, ringmaster, circus tent, circus ring, acrobat, trapeze artist, clown's car, clown shoes, popcorn, candyfloss, Trapeze artist's swing

Circus Movement

<https://www.pinkoatmeal.com/freebie-library>

Circus Yoga

<http://www.pinkoatmeal.com/circus-yoga>

Circus I-Spy

https://www.andnextcomesl.com/2017/09/free-circus-i-spy-printable-for-kids.html?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=44826486

Circus skills

Do you have access to circus skills equipment, or is there a company locally that will come and share some skills? Try your hand at plate spinning, diabolo, tight-rope walking and more.

Circus Films

Watch a film that is based on the circus. Dumbo or the Greatest Showman would be great!!



Circus Food

Box of popcorn

You will need:

- 90 grams rice Krispies
- 4 Tbsp Golden syrup (80g)
- 1 Tbsp sugar (15g)
- 1 Tbsp margarine (15g)
- Ready to roll icing red and white.
- Tube of black icing
- Icing sugar
- Popcorn

What to do:

- Grease a baking tin.
- Melt the margarine in a saucepan over a low heat.
- Add the golden syrup and mix.
- Add the sugar and let it dissolve,
- Remove from the heat and mix in the rice krispies.
- Put the mixture in the baking tin and press flat with the back of a spoon. (Don't make it too thin. It needs to be a similar thickness to a rice krispie square which you can use as an alternative).
- Leave the mixture to cool and set, in a fridge if possible.
- When it is set cut it into rectangles.
- Roll out the white icing and stick it to the front of a rectangle using icing sugar mixed with water as glue.
- Roll out the red icing and cut into strips. Stick to the white icing to form stripes.
- Cut a circle out of the white icing and using the black icing pen write popcorn on it. Stick it to the front of the box.
- Make the rest of the krispie cake into boxes if you want.
- To complete your boxes of popcorn using golden syrup to stick some popcorn to the top of the krispie cake box.



Enjoy eating your popcorn – and the box!

Clown Face cakes

What you need:

- Fairy cakes – homemade or bought or plain biscuits.
- Icing sugar
- Assortment of sweets, cake decorations



What to do:

- Make or buy some fairy cakes/biscuits.
- Ice the cakes/biscuits.
- Decorate using sweets/cake decorations to make hair, eyes, mouth and nose.
- Make different clowns.
- Enjoy eating them!



Strongman Dumb bells

What you need:

- Marshmallows
- Twiglets/matchmakers

What to do:

- Put a marshmallow on each end of a twiglet or matchmaker.



Clown face pizza

What you need:

- Pizza base – homemade or bought
- Selection of vegetables

What to do:

- Use vegetables to make your clown face pizza.
- Cook and enjoy!

Alternatives:

Make a sweet pizza using fruit etc.

Use the vegetables or fruit to make a circus picture on your pizza.



Badge ordering - CIRCUS

You can order badges in two ways, either by cheque or electronically

Postage costs:	
1-15 Badges	= £1.00
16 - 30 Badges	= £1.50
31 - 50 Badges	= £2.00
51+	= £3.00

Paying by cheque:

Please complete the details and post this form with full payment

Leader name

Unit name

Address to post badges to

.....

.....

.....

Contact email address for any queries

Number of badges (90p each)

Postage at

Total

Make cheques payable to 4th Northumberland Heath Rainbows
Post to: V Whitehead - Circus Fun 58 Westfield Road Barnehurst Kent DA7 6LR

Paying electronically:

We can take payments electronically via BACS or card payment.

If paying by card - order badges here: https://rainbow-badges.onlineweb.shop/Circus_Fun/p7219745_21067720.aspx

If paying by BACS please email the following details to us (barnehurstrainbows4@gmail.com) with subject: **Circus Fun Badges** and we will provide you with bank details

- Leader name
- Unit name
- Address to post badges to
- Number of badges (90p each)
- Postage at
- Total

