

# Rainbows

1st & 4th Barnehurst  
and 4th Northumberland Heath



This pack was put together by the unit teams of 1st and 4th Barnehurst Rainbows and 4<sup>th</sup> Northumberland Heath Rainbows as part of their fundraising for cross unit events. In this pack you will find a selection of activities in the following categories.

- Turtle
- Jellyfish
- Octopus
- Crab
- Frog
- Fish
- Other
- Songs and Games

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

@GGERithCrayDiv

@BarnehurstRain1

#UnderwaterFun

Hopefully, we have included a real variety of activities and also lots of links to the Girlguiding programme. There is no requirement to complete a set amount of activities but we'd suggest at least one from each section.

If you have any questions, or have any suggestions of additional activities, please do get in touch through email: [northheathrainbows4@gmail.com](mailto:northheathrainbows4@gmail.com)

## Turtle

### Paper Turtle

#### Materials

- Green card/paper
- Coloured paper/card
- Wobble eyes
- Glue
- Scissors



#### What to do

1. Cut out a circle from the green paper for the turtles' body/shell.
2. Make a cut along the radius of the circle.
3. Overlap each side of cut to make a small cone and glue together.
4. Cut 6 small circles from the coloured card and glue to the turtle's shell.
5. Cut out 4 feet (a circle with rectangle attached), bend slightly in half and glue to the body.
6. Cut out a head (larger circle with rectangle attached) and glue on wobble eyes!
7. Use a pen to draw a mouth. Glue turtle head to the shell.

### Coffee Filter Turtle

#### Materials

- Coffee filter
- Card
- Pens
- Glue
- Wobble Eyes



#### What to do

1. Use the pens to colour or make a design on the filter paper.
2. Spray with water so the colours have a chance to merge. Allow to dry.
3. Cut out a head, four feet and a tail from the card. Glue these to the filter paper.
4. Add wobble eyes and draw on a mouth.



## Turtle beetle

1-Tail

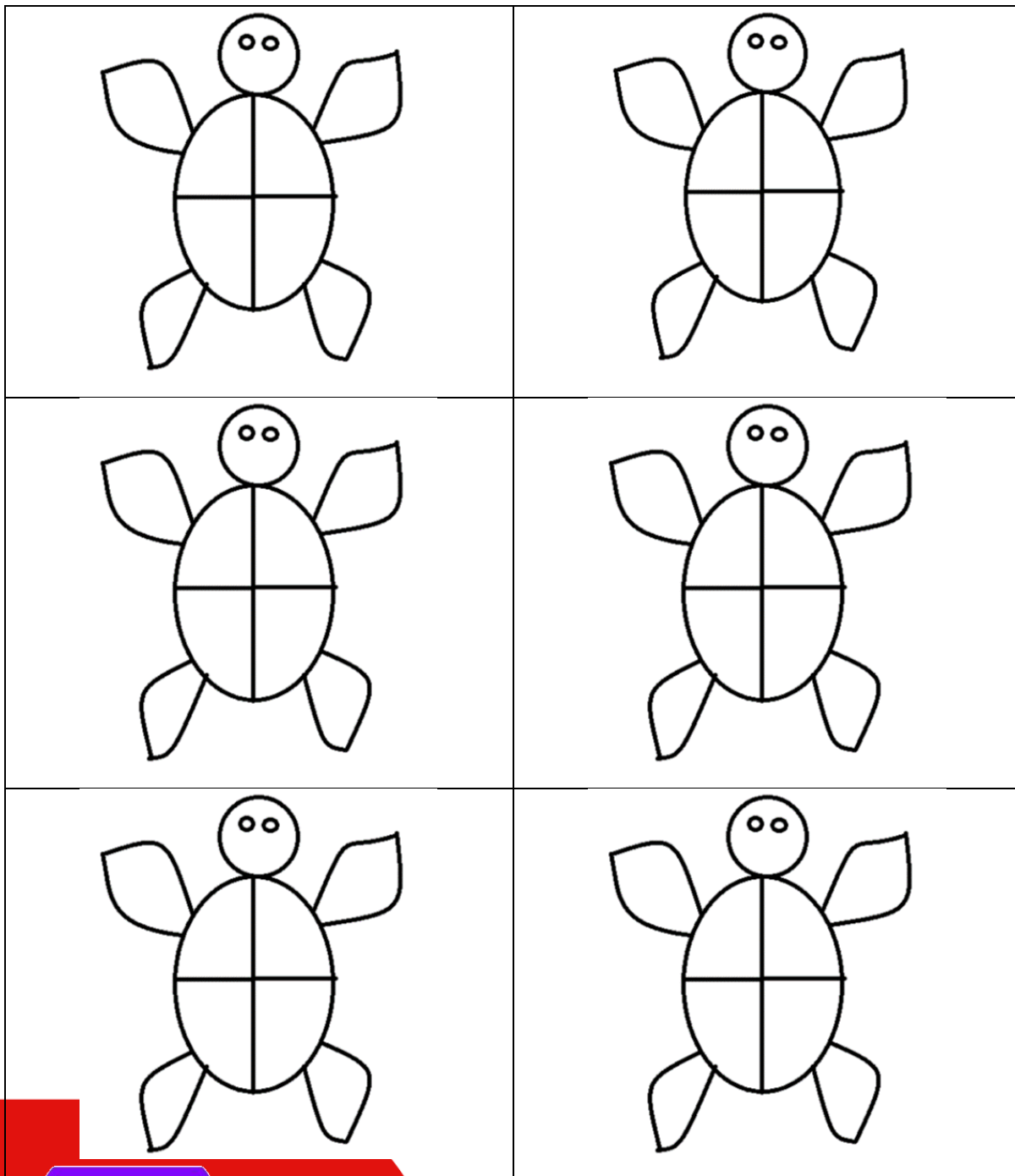
2-Head

3-Flippers (you need to roll a '3' for each flipper!)

4-Eyes (you need to roll a '4' for each eye!)

5-Shell Markings (roll 2 x '5' to get all markings!)

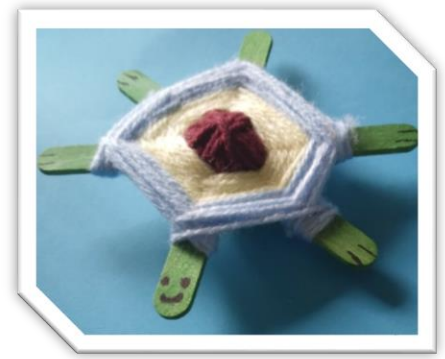
6-Shell



## Weaved Turtle – Based on God’s eye weaving technique

### *Materials*

- 3 Coloured Craft sticks
- Wool
- Glue
- Scissors
- Pens
- Wobble Eyes



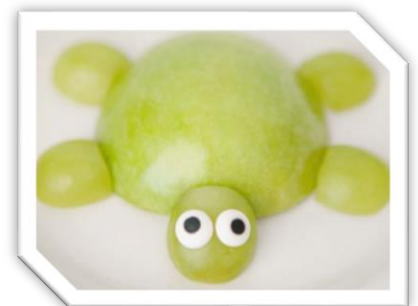
### *What to do*

1. Glue 3 crafts sticks together in a star shape.
2. Tie wool around one of the craft sticks where all come together. Wrap wool around the centre of the sticks. Make sure to cover the middle section of the turtle (where all the sticks come together).
3. Wrap the wool around 1 stick and then place the wool over the next stick and wrap the wool around the stick. Keep repeating this over and around weaving pattern.
4. The colour can be changed by just joining a new colour of wool onto the old colour. Carry on repeating the over and around weaving pattern.
5. When you are finished weaving, simply tuck the end piece of your wool under in the back. Or you could tie a knot. Or add a small amount of glue to secure the wool.
6. On one craft stick, draw eyes and a mouth. Draw 2-3 lines for the turtle’s toes on 4 sticks.

## Edible Turtle

### *Ingredients*

- Green apple
- Green grapes
- Edible eyes



### *What to do*

1. Cut apple in half and place on a plate.
2. Cut grapes in half and place at edges of apple to form turtle’s legs.
3. Add a further grape half at one end of the apple, this will be the head. Finish by adding the edible eyes.

A turtle can also be made using slices of kiwi fruit and grapes.



## Turtle Bread

### *Ingredients*

- Packet bread mix
- Raisins
- Egg

### *What to do*

1. Make up bread mix per its instructions.
2. Divide dough into half. Use one half to make the body. Slightly flatten and place on a lightly greased baking sheet.
3. Divide the remaining half into 6 pieces – one slightly bigger than the rest this will be the head.
4. Shape four pieces into 'feet' and one into a 'tail' for the turtle. Shape the large piece into a 'head' for the turtle.
5. Attach these pieces by flattening the end which attaches to the body, wetting it slightly with water, and pinching it under the turtle's body.
6. Press raisins into the turtle's head for 'eyes'. Cover the turtle with a damp cloth and let rise for 20 minutes.
7. Use a sharp knife to make crisscross cuts in the turtle's body to make the 'shell', then use scissors to cut the turtle's mouth.
8. If wanted the turtle can be glazed with beaten egg before baking.
9. Bake in a preheated oven (as per packet instructions) until golden brown, usually 20 to 25 minutes.



Although Sea turtles have been on earth for 100 million years this bread will be gone in a flash.



## Octopus

### Paper Octopus

#### Materials

- Coloured card or paper
- Wobble eyes
- Pens
- Glue
- Scissors

#### What to do

1. Cut a rectangle of card and roll into a tube and glue.
2. Cut 8 strips of card – these will be the tentacles.
3. Decorate these with pens, glue around the bottom of the tube. Use scissors to curl the ends.
4. Glue wobble eyes in place, draw on mouth.



### Craft Stick Octopus

#### Materials

- Coloured craft sticks
- Tissue paper or large pompom
- Wobble eyes
- Pony Beads
- Glue

#### What to do

1. Glue craft sticks together to make a star shape.
2. Scrunch the tissue paper into a ball and glue in middle of the craft stick star.
3. Add wobble eyes.
4. Glue pony beads onto the craft sticks as octopus suckers.



## Sock Octopus

### *Materials*

- Socks – short work best
- Dried rice
- Elastic band
- Wobble eyes
- Scissors

### *What to do*

1. Place rice into the toe part of the sock.
2. Secure in place with an elastic band.
3. Starting from the top of the sock cut it into strips – these will be the tentacles.
4. Glue on the wobble eyes.



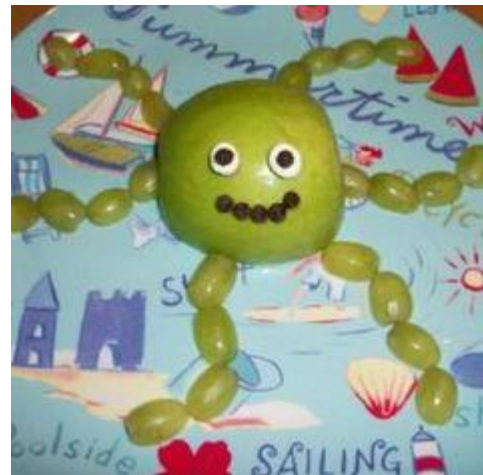
## Edible Octopus

### *Ingredients*

- Green apple
- Green grapes
- Edible eyes

### *What to do*

1. Cut apple in half and place on a plate.
2. Cut grapes in half and place at edges of apple to form octopus's tentacles.
3. Add the edible eyes to the top of the apple.



## CD Octopus

### *Materials*

- CD
- Tissue Paper
- Curling ribbon
- Wobble eyes
- Glue
- Scissors

### *What to do*

1. Cover the CD with tissue paper and glue in place. Allow to dry.
2. Cut pieces of ribbon and curl with scissors. Glue to one side of the CD.
3. On the opposite side of the CD draw on a mouth and glue eyes in place.



## Pipe cleaner Octopus

### *Materials*

- 4 pipe cleaners
- Wobble eyes
- Pony beads

### *What to do*

1. Holding the four pipe cleaners together, bend them in half.
2. Create a small circle at the top by looping the pipe cleaners around your thumb and twisting the pipe cleaners around.
3. Spread out the tentacles and thread pony beads onto each one – secure in place by threading the end of the pipe cleaner back into the last bead.
4. Glue the wobble eyes to the top of the head.





## Strawberry Octopus

### *Ingredients*

- Strawberries
- Edible eyes

### *What to do*

1. Cut the stalk off the strawberry so it will stand upright.
2. Cut another strawberry into slices.
3. Place around the whole strawberry body to form the tentacles (legs).
4. Add edible eyes to the body.



## Wool Wrapped Octopus

### *Materials*

- Cardboard tube
- Wool
- Wobble eyes
- Glue
- Paint
- Scissors



### *What to do*

1. Either cut a section from the cardboard tube or keep at original length and cut slits around one end, these will be the tentacles. Bend and flatten slightly.
2. Paint the tube and allow to dry.
3. Wind wool around the top half of the tube this will be the body.
4. Glue on wobble eyes.



## Jellyfish

### Paper Plate Jellyfish

#### Materials

- Paper plate
- Tissue paper
- Wool
- Wobble eyes
- Scissors
- Glue
- Hole punch
- Pens

#### What to do

1. Draw a wavy line at the bottom of the paper plate and cut along that line.
2. Cut the tissue paper into small squares and glue to the paper plate.
3. Use the hole punch to make several holes along the wavy bottom line of the paper plate.
4. Cut strands of wool of the same length. Thread the wool through the holes at the bottom of the paper plate and tie them up.
5. Glue the wobble eyes onto the paper plate and use a black pen to draw a mouth.



### Salt Paint Jellyfish

#### Materials

- Card
- Watercolour Paint or Food Colouring
- Card
- Paintbrush
- Salt
- Glue
- Pencil
- Wobble eyes

#### What to do

1. Draw a jellyfish shape on the card. Then, outline the drawing with glue.
2. Cover the glue with salt and remove the excess salt.
3. Use the watercolour paint or food colouring to paint the salt!
4. Watch the colours travel through the salt.



## Quesadilla Jellyfish

### *Ingredients*

- Tortilla
- Cooked meat
- Cheese slices
- Edible eyes

### *What to do*

1. Fold tortilla in half.
2. Cut tentacles from the cheese and meat slices.
3. Place at bottom edge of tortilla, alternating across.
4. Add edible eyes.



## CD Jellyfish

### *Materials*

- CD
- Wobble eyes
- Glue
- Ribbon
- Crepe paper or coloured paper
- Scissors

### *What to do*

1. Cut your chosen paper into strips.
2. Use the glue to fix the strips round the outside of the CD – these will be the tentacles for the jellyfish.
3. Fold the ribbon in half and fix to another CD with glue or double side tape.
4. Use more glue to stick the two CD's together – ensure both the tentacles and ribbon hang freely.
5. Glue the wobble eyes to the outside of the jellyfish. Hang up using the ribbon.



## Jellyfish in a Bottle

### Materials

- Plastic bag
- Thread
- Straw
- Plastic Bottle
- Food colouring
- Water
- Scissors

### What to do

1. Cut a rectangle from the plastic bag. Press your finger in the middle of the rectangle, then gather the plastic bag around your finger and gather it up to make a ball shape for the jellyfish's head.
2. Cut a piece of thread and tie it loosely around the jellyfish's head. Don't tie a full knot yet.
3. Insert a straw into the jellyfish's head and blow in air so that the head is inflated.
4. Carefully pull the straw out and tie the thread tight at the same time, so that you don't lose any air. Tie the thread in a double knot to make sure it stays in place.
5. If you want your jellyfish to swim more slowly through the bottle, add 1/2 water and 1/2 air to the head before tying it off.
6. To form the jellyfish's tentacles cut or tear the bottom part of the plastic into strips until you have sufficient tentacles.
7. Fill the plastic bottle with water and add in 3 - 5 drops of blue food colouring. Stir the food colouring into the water using the plastic straw. You can also close the bottle and shake it to combine.
8. Insert the jellyfish into the bottle. Use the straw to poke the jellyfish down, since the inflated head wants to float.
9. Close the lid of the bottle tightly. Tilt the bottle and turn it upside-down to see the jellyfish swim.



As air is lighter than water, no matter which way the bottle is turned, the jellyfish head will rise.

Water is denser than air, because there are more water molecules per unit, compared to air. Water molecules form bonds with each other, keeping the molecules together. This, in turn, makes the water heavier, allowing the air to rise.



## Frog

### Jumping Frog

- *Materials*
- Green & red card
- Two paper cups
- Rubber band
- Wobble eyes
- Pens
- Coloured dots
- Glue/double sided tape
- Stapler
- Scissors

### *What to do*

1. Cut a circle from the green card.
2. Fold a piece of card that is another shade of green (or use the same shade) in half and trace a half heart shape on the folded edge. At the bottom draw a foot shape. Cut it out, then open the fold and cut the whole thing in half.
3. Glue the legs on the body.
4. Decorate with coloured dots or draw on spots, and glue wobble eyes to your frog.
5. Use a pen to draw a nose and mouth.
6. From red card cut out a tongue. Glue the tongue to the mouth and curl it with a pencil.
7. Use one of the paper cups and cut two slits on each side, making flaps that can fold backwards.
8. Put the rubber band around one of the flaps and secure the flap in place with a stapler.
9. Twist the rubber band to make an X and attach it to the other flap. Secure it in place with the stapler. The rubber band should be quite tight. If it is too big, try tying a knot on one side of the rubber band to make it smaller.
10. Glue, or use double sided tape to fix your frog to the cup with the rubber band.
11. Place the other paper cup upside down on a flat surface and put your frog on top of it. Holding the sides of the cup with the elastic band, push down onto the upside-down cup, then let go – your frog should jump up!



### Frog evening

Hold a frog themed evening, everyone to wear green. Bring green food to share and play frog games.



## Blowing Frog

### *Materials*

- Green & red card
- Straw
- Pens
- Wobble eyes
- Wooden skewer
- Glue
- Scissors

### *What to do*

1. Cut a circle from the green card and fold in half to form a semi-circle.
2. Make a small cut in the middle of the fold.
3. Cut two green circles then glue wobble eyes to one side. Alternatively use white paper and a black pen to make eyes.
4. Glue the green circles on the closed side of the semi-circle.
5. Draw legs for the frog on green card and cut out. Glue to the back of the face at the bottom edge.
6. Cut a strip of red card. Place a straw partially on this – allow some to remain outside.
7. Fold the card to enclose the straw and glue to hold in place.
8. Use the wooden skewer and start folding the other end of the red strip in a spiral form round the stick.
9. Thread the straw through the hole in the centre of the face and secure to the inside with tape.
10. Use pens and draw eyes and cheeks of the frog.
11. When you blow through the straw, the frog's tongue will extend from the mouth.



## Pond dipping

Try pond dipping with a net. Try to identify anything you catch.

In spring gather some frog spawn. Keep in a tank of pond water. Watch as it develops and hatches into tadpoles and eventually tiny frogs. Return these to the pond where they were born.



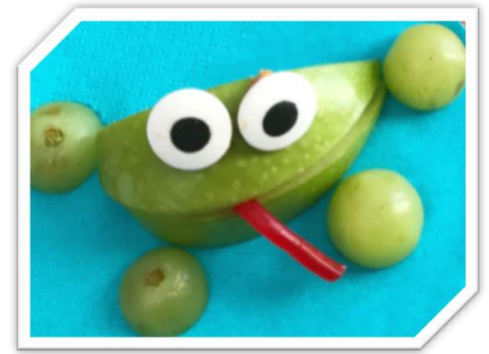
## Edible Frog

### *Ingredients*

- Green apple
- Green grapes
- Edible eyes
- Strawberry lace
- Peanut butter or icing

### *What to do*

1. Cut the apple into slices (2 needed for a frog)
2. Lay 2 slices on top of each other. Place a piece of strawberry lace between the apple slices for the frog's tongue.
3. Cut two grapes in half and place two of the grape halves at the back corner of the apple slices as the back legs.
4. Place the other two grape halves toward the middle front of the frog as the front legs.
5. Use the peanut butter or icing as glue to fix the edible eyes in place.



## Bottle Lid Frog

### *Materials*

- Green bottle lids various sizes
- Pipe cleaner
- Wobble eyes
- Glue
- Pens

### *What to do*

1. Glue two small bottle tops to the middle size lid (this is the head) near the top, these will be the eyes.
2. Glue the head to the largest lid – this is the body.
3. Cut the pipe cleaner in half, these will form the frog's legs. Bend to desired shape.
4. Add wobble eyes.



## Frog Spawn Jelly

### *Ingredients*

- Packet of green jelly
- Chocolate chips
- Frog sweets – jelly or chocolate
- Jelly worm sweets

### *What to do*

1. Make jelly according to instructions.
2. Leave till almost set
3. Place the sweets in the jelly to create your own pond.



## Crabs

### Craft Stick Crab

#### Materials

- Red pipe cleaners
- Red craft sticks
- Red craft foam or card
- Wobble eyes
- Pen
- Glue
- Scissors



#### What to do

1. Glue 4 craft sticks to a piece of card.
2. Cut pipe cleaners in half and bend to make legs. Glue legs to the craft sticks.
3. Cut out two small red circles and from each cut out a small triangle, these will be the claws.
4. Glue to the pipe cleaners on bottom craft stick.
5. Draw on a mouth and add the wobble eyes.

### Strawberry Hermit Crabs

#### Ingredients

- Strawberries
- Edible eyes
- Melted chocolate

#### What to do

1. Trim the strawberry so it will stand up.
2. Pipe melted chocolate around the strawberry from top to bottom.
3. Add the edible eyes.
4. Cut two slices from another strawberry. Then cut a small triangle from each slice to form the crab's claws.
5. Place claws underneath the hermit crab.

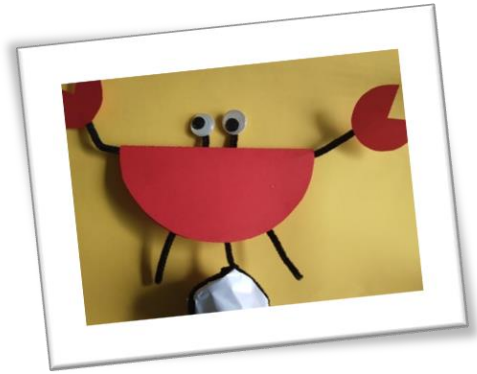




## Wobbling Crab

### Materials

- Red card
- 2 Black pipe cleaners
- Wobble eyes
- Stone or pebble
- Pens
- Glue
- Scissors



### What to do

1. Cut out a large circle from the red card and two smaller circles.
2. Cut a triangle from each of the smaller circles these will be the claws.
3. Cut the pipe cleaner in half. Then cut one half into half, the other half cut into 4.
4. Glue the wobble eyes to two of the smallest pieces of pipe cleaner.
5. Fold the large red circle in half.
6. Glue the pipe cleaner eyes to the body.
7. Glue the small circles (claws) to the longest pieces of pipe cleaner. Then glue these inside the folded circle.
8. Glue on the remaining two short pieces of pipe cleaner at the bottom of the body, these will be the legs.
9. Draw a mouth on the body.
10. Fold the second pipe cleaner in half, then twist it around itself.
11. Glue the crab to this pipe cleaner and attach the other end to the stone.
12. Now make the crab wobble

## **Apple Crabs**

### Ingredients

- Apple
- Chocolate drops

### What to do

1. Cut apple in half and make two small holes these will be the eyes. Insert chocolate drops into the holes.
2. Cut slices from the remaining half. Cut a zig zag from two slices as these will be the claws.
3. Place the apple half on a plate and add the apple slices as legs. Add the claws to the front of the apple.



## Fish

Visit a local fishmonger or supermarket.

- Identify the fish on show- where in the world do they come from.
- List those found in fresh water and those in salt water.

Read the Rainbow Fish

- Write your own story.
- Make your own Rainbow Fish.

Bottle Cap or Button Fish

*Materials*

- Buttons or bottle tops
- Coloured card/ paper
- Pens
- Glue
- Scissors
- Wobble eyes



*What to do*

1. Glue button or bottle top to card.
2. Cut card into various shapes for tails and glue these in place.
3. Use pens to draw on scales.
4. Glue on a wobble eye.
5. If wanted use green tissue paper for seaweed.

The fish that cried

*Materials*

- Empty small plastic milk bottle with lid
- Tissue paper or coloured card
- Glue/double sided tape
- Permanent pens
- Skewer
- Wobble eyes



*What to do*

1. Cut tails and fins from the tissue paper or card and attach to the milk bottle.
2. Use the skewer to make holes below the top of the bottle.
3. Glue the wobble eye to the side of the bottle.
4. Draw scales on the bottom half of the bottle using a pen.
5. Half fill the bottle with water.
6. When the bottle is tapped it will cry and can be used to water plants.



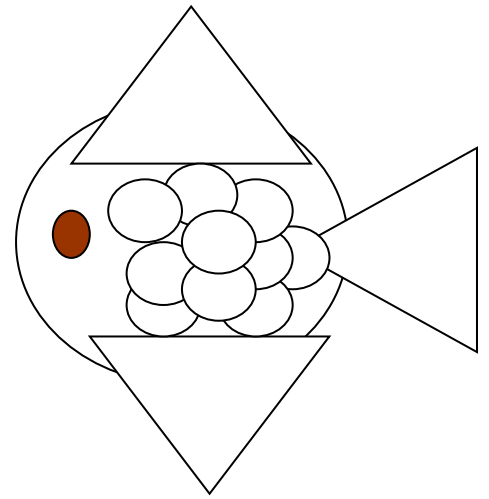
## Rainbow Fish

### *Ingredients*

- Rich tea/digestive biscuits
- Ice cream wafers
- Rainbow drops
- 200g icing sugar
- 100g butter
- Chocolate chips

### *Method*

1. Mix butter with icing sugar to make a butter icing.
2. Use icing to cover biscuit.
3. Cut an ice cream wafer into 3 triangles for the tail and fins and place on biscuit.
4. Cover biscuit with rainbow drops starting at the tail to form scales – will need 10-12 to do this.
5. Leave space for head and use a chocolate drop for an eye.



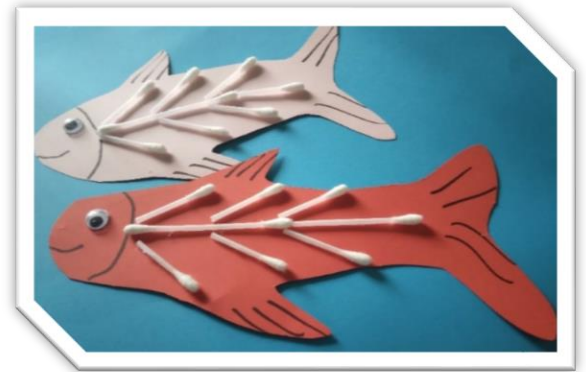
## Cotton Bud Fish

### *Materials*

- Coloured card or paper
- Cotton Buds
- Glue
- Scissors
- Pens
- Wobble eye

### *What to do*

1. Cut out fish shapes.
2. Cut cotton buds in half. Use glue to stick one along the length and others from this like the branches of a tree.
3. Glue on a wobble eye and draw on mouth, scales etc.



## Craft Stick Fish

### *Materials*

- Coloured craft sticks
- Wobble eyes
- Glue



### *What to do*

1. Stick sticks together in different shapes
2. Add wobble eye.
3. Use a ribbon to hang up.



## Strawberry Fish

### *Ingredients*

- Strawberries
- Edible eyes



### *What to do*

1. Cut a strawberry in half and cut a small triangle from the pointed end for the mouth.
2. Cut a smaller strawberry also in half and cut out a large triangle.
3. Place this strawberry at the rear of the large strawberry to form a tail.
4. Add edible eyes to the body.

## Funny Fish Waffle

### *Ingredients*

- Waffle
- Banana
- Satsuma or similar
- Cream Cheese
- Yellow Food Colouring
- Chocolate Chips
- Chocolate vermicelli/sprinkles



### *What to do*

1. Use a round cutter to cut a circle from the waffle (if not already round).
2. Add yellow food colouring to the cream cheese and mix well. Spread over the waffle.
3. Cut two slices of banana and place next to each other on one side of the waffle. These will be the eyes.
4. Add a chocolate chip pupil to each eye.
5. Peel the satsuma and place two segments at the top of the waffle to make the tail.
6. Add a third segment to the bottom of the waffle for the fin.
7. Sprinkle the waffle lightly with chocolate vermicelli. Your pufferfish is now ready to serve.



## Watermelon Fish

### *Ingredients*

- Watermelon slice
- Cheese slices
- Blueberries



### *What to do*

1. Cut the slice of watermelon into 4 pieces (this will make 4 fish).
2. Cut a triangle from the cheese and place by the rind of the watermelon this will be the tail.
3. Add a blueberry to the watermelon at the pointed end for an eye.
4. Further blueberries can be placed on the plate as though the fish is blowing bubbles.
5. Use a star cutter and cheese to make seaweed etc.

## CD Fish

### *Materials*

- CD
- Coloured card
- Sequins
- Wobble eye
- Ribbon
- Glue
- Scissors



### *What to do*

1. Cut shapes from the card for fins and tail. Glue to one side of a CD
2. Also glue on ribbon in form of a loop (to hang up finished fish).
3. Glue another CD on top of the first.
4. Use sequins to decorate the top CD.
5. Finish the fish by adding a wobble eye.



## Miscellaneous

### Under the sea yoga

Whale Pose – bend your back into a bow like an arching whale!

Starfish Pose – stretch out big like a starfish!

Crab Pose – crawl around like a crab!

Shark Pose – point your hands in the air like a shark fin!

Turtle Pose – pretend to be a turtle withdrawing into its shell!

Puffer-fish Pose – practice deep breaths and puff up like a puffer-fish!

Squid Pose – extend your arms and legs like a squid's tentacles and wiggle around!

Hermit Crab Pose – roll around like a hermit crab in its shell!

Seahorse Pose – reach high above your head while kneeling to turn your body into a seahorse shape!

Swordfish Pose – arch your back and lift your head high like a swordfish!

Stingray Pose – curl into a ball and relax like a stingray!

Octopus Pose – stretch your arms and legs out. Wiggle them like an octopus!

### Wooden Peg Starfish

#### *Materials*

- Wooden pegs
- Paint
- Glue

#### *What to do*

1. Dismantle the pegs and discard the springs.
2. Glue the two pieces of peg together. Glue the end of five pegs together to make a star.
3. Paint in different colours and allow to dry.



## Dolphin Bananas

### *Ingredients*

- Red & green grapes
- Bananas



### *What to do*

1. Cut the banana in half (keep the skin on, do not peel).
2. Cut the stem in half.
3. Place a grape in the opening. The dolphin will look like its catching a ball, just like at an aquarium

## Craft Stick Crocodile

### *Materials*

- Green craft sticks
- Green pipe cleaners
- Wobble eyes
- Zig zag scissors
- White Card
- Pen
- Glue



### *What to do*

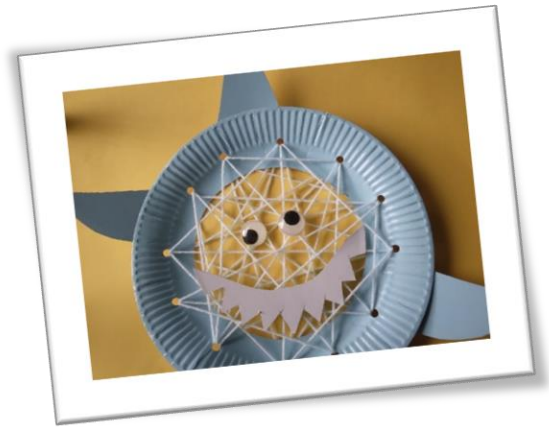
1. Take a green pipe cleaner and place it in the middle of the craft stick.
2. Start wrapping the pipe cleaner around the craft stick, working your way toward one end of the stick. It will not go to the end. Bend the ends to make legs.
3. Repeat the whole process using another pipe cleaner.
4. Cut a rectangle of white card slightly wider than the craft stick. Use zig zag scissors on the long edges.
5. Glue this to the bottom of the craft stick at one end. Add wobble eyes and draw nostrils with a pen.



## Woven Shark

### Materials

- Paper Plate – white or coloured blue
- Paint
- Single Hole Puncher
- Yarn
- Googly Eyes
- Glue
- Sticky Tape
- Scissors
- Brush
- Marker Pen



### What to do

1. If using a white plate paint one side grey or blue and allow to dry.
2. Carefully cut out the centre of the paper plate. Turn the cut-out piece over and draw the boat shape shown. These will make the fins and smile of the shark.
3. Use the hole punch to make holes around the inner ring of the plate. The number of holes could be increased or decreased to make this craft easier or harder to do.
4. Tape the end of a piece of wool to the back of the plate and thread the other through the holes on the plate until the space is full.
5. Cut along the lines made on the middle part of the plate. By cutting zig zag shapes on the curved bottom of the boat shape will make sharp teeth for the shark.
6. Glue on the shark's dorsal and pectoral fins.
7. Add the teeth and some wobble eyes.





## Games

### Fishtail

Girls form up in single file – each one grasping the waist of the girl ahead.

The last girl has a 'white tail' tucked into the back of her belt.

The head tries to manoeuvre so that she can snatch the tail while the girl with the tail tries to prevent it. After a few minutes, another two girls change places with the head and tail.

### Fish in water

The fish (girls move around hall) swim around the sea. As leader calls out need to do appropriate action

Octopus      get in pairs so have 8 limbs

Starfish      lie on floor spread eaged

Sharks              use hands to snap like a shark

Fishing nets    converge in group around leader

### The Net

*How to play:*

- Two girls stand in the centre holding hands they are the "net"
- They call out "Who's afraid of the net?"
- Others are "fish" who call out from one end of the room, "Not us, we are brave fish" and race to the other end, avoiding being caught in the net.
- If caught, they join the net, which must not break and catch other fish when they race down to the end of the room. Only the outside hands can tag.

### Fish Relay

*You will need: Tissue paper fish, loosely rolled up newspapers, blue paper 'pond'*

*How to play:*



- Split the girls into teams. Each team needs a fish and 2 newspaper beaters.
- Half the team stand at one end of the hall; the other half at the other end opposite them.
- The fish is moved across the floor to the other half of the team by beating the floor behind it to waft it along.
- The game is played as a relay race. When each girl has had a go, the fish is put in the pond and the first team to do so is the winner.

## Fishes in the Sea

### *How to play:*

- Girls sit in a circle.
- Go around circle giving each girl one of 3 fishes name e.g. whale, shark, dolphin.
- Say a name, all girls with that name jump up & run round the circle & back to their space as fast as possible (or at the command Sharks are coming!)
- Add other commands:

Choppy sea – hopping

Rough sea – jumping

Calm sea – walking

Tides turn – opposite way round circle

## Fish Stomp

*You will need:* thin wool, newspaper fish, Sellotape

### *How to play:*

- Wool attached to fish shape with Sellotape.
- A fish is then attached to each girl by tying wool round waist of each girl so that the fish touches the floor and lies flat.
- Girls must stomp on other girls' fish but at the same time prevent anyone from stomping on their own fish.
- Winners are the last girls remaining after a set time who still have a fish attached to them.

Will need lots of Sellotape to reattach wool and replacement fishes for any torn fish to replay game. Can make it harder by having smaller fish.

## Octopus

One person is the 'Octopus'.

Everyone else stands at once end of the room and they are the fishes.



The Octopus shouts 'swim little fishes swim' everyone must run past the octopus without being tagged. If they are caught then they must sit on the floor where they were caught and they cannot move except for their arms, which they can use to tag girls as they run past, acting as the Octopus' tentacles.

This continues until everyone is out except one who is the winner.

## Tadpole

*You will need:* ball

*How to play:*

- Place the girls into two teams
- One team forms a circle and the other forms a line near to the circle (use a marker to show where the line begins)
- A leader stands in the middle of the circle and one by one throws the ball to a girl and she then throws it back to them – the person in the middle needs to keep count of how many throws there have been
- Meanwhile the other team must run around the circle one at a time – once they've run around the join the back of the line and sit down
- When all the girls have ran the circle team stop throwing and the leader announces how many throws
- The teams then swap over

## In The Pond

*You will need:* Chairs, Chalk

*How to play:*

Mark a big circle on the floor. This is the pond. The whole group stands around the edge.

The leader shouts:

"In the Pond," - all jump into the circle.

"On the Bank," - all jump out.

But... sometimes she will trick you by saying "On the Pond" or "In the Bank." But nobody should move, or they are out.

## Tadpole Family

*You will need:* bean bag

*How to play:*

- Girls form groups of three, two make an arch these are mummy and daddy frog the third crouches beneath the arch and known as the tadpole.
- Beanbag placed in the centre of circle.
- The leader calls mummy frog, daddy frog or tadpole & the corresponding girl runs around the outside of the circle and back through the arch.
- The first to grab the beanbag scores a point for her "family".
- The tadpole must form the arch if either mummy or daddy frog is called.
- After a while see which family the most points before the girls have to find new partners.



## The Naughty Frog

### *How to play:*

- All the girls except three are frogs, a Leader is the Mother Frog and they live in a den.
- The remaining girls are dogs, and they sit anywhere away from the den.
- The frogs say the following as they come out of the den jumping in frog fashion.

*There was a little frog*

*Who went hop, hop, hop*

*His mother called to him*

*To stop, stop, stop*

*He would not obey her, that bad little frog*

*And so he was caught*

*By a big, black dog*

- On the word 'dog' the dogs chase the frogs on all fours.
- Those who are caught are taken to the dog's den or alternatively become dogs.
- Mother frog makes sure all frogs leave the den and that they do not return until the word 'dog' has been said.

## Alligator

### *How to play:*

- Girls in two teams & stand in a line on opposite sides of a large open space called the river.
- One girl chosen as the alligator & points or calls to another girl on one side to cross the river.
- This girl calls or points to a girl on the opposite side.
- They try to cross the river and change places without being tagged by the alligator.
- If a girl is caught, they becomes the new alligator.



## Mr. Crocodile

*How to play:*

- One girl is chosen to be the crocodile and stands in the middle of the hall. All the others stand at one end.
- The girls call out "Please, Mr. Crocodile, can we try to cross the river?" and the crocodile calls out, "yes, but only if..." and suggests things like "you are wearing blue," "you had toast for breakfast" etc.
- Any girls to whom this applies can try to cross by running to the other side of the hall whilst the crocodile tries to catch them.
- Any that are caught join the crocodile in the middle.
- The winner is the last girl to be caught.

## Sharks - Parachute game

*You will need:* parachute

*How to play:*

- Girls sit with their legs outstretched under the parachute.
- Choose 1 girl to be a shark and 2 girls to be lifeguards.
- The shark tries to pull people under, and the lifeguards try to pull the girls back.
- Any that go under become sharks.
- When only the lifeguards remain, repeat!

## Sharks and Islands

*You will need:* 'islands' made of sheets of newspaper stuck together.

*How to play:*

- Split the girls into teams of approx. 4 girls.
- Give each group a large sheet of paper and tell them this is their island. Each team to stand on their island.
- When the Caller says 'swim!' all girls should move around the hall between the islands miming swimming.
- When the Caller says 'shark!' they should all 'swim' back to their island and stand on it.
- Each time an adult rips a part of the island away.
- Teams must help each other stay on their increasingly tiny islands!
- The winning team is the last to not fall in the sea.



## Songs

### Fish in the Sea – tune wheels on the bus

The fish in the sea go swim, swim, swim  
swim, swim, swim, swim, swim, swim  
The fish in the sea go swim, swim, swim  
All through the Day

The lobsters in the sea go pinch, pinch, pinch  
pinch, pinch, pinch, pinch, pinch, pinch  
The lobsters in the sea go pinch, pinch, pinch  
All through the Day

The octopus in the sea go wiggle, wiggle, wiggle  
wiggle, wiggle, wiggle, wiggle, wiggle, wiggle  
The octopus in the sea go wiggle, wiggle, wiggle  
All through the Day

The crabs in the sea go click, click, click  
click, click, click, click, click, click  
The crabs in the sea go click, click, click  
All through the Day

### Fishy Pokey (Sung To: 'Hokey Pokey')

Put your left fin in, take your left fin out  
You do the fishy pokey and you turn yourself  
around that's what its all about

Put your right gill in, take your right gill out (etc.)

### Sticky, Sticky Starfish (Sung to: "Twinkle, Twinkle Little Star")

Sticky, sticky little starfish,  
How I wonder what you are,  
Beneath the sea so cool and blue  
Can you see me as I see you?  
Sticky, sticky little starfish  
Beneath the sea so cool and blue!

### Rainbow Fish – tune Frere Jacques

Rainbow fish, Rainbow fish,  
In the sea, in the sea,  
A-splishing and a-splashing,  
A-splishing and a-splashing,  
Look at me, look at me.

### Five Little Fishes

Five little fishes  
Swimming in the sea  
Teasing Mr Shark  
You can't catch me...  
You can't catch me  
Along came Mr Shark  
As quiet as can be...  
SNAP!

Four little fishes  
Swimming in the sea...

### Fish Farm

Old mc Donald had a fish farm, eeh-ih-ee-ih oh,  
And on that fish farm he had some starfish.

eeh-ih-ee-ih oh,

With a twinkle, twinkle here. (*mime twinkle with hands*).

And a twinkle, twinkle there.

Here a twinkle, there a twinkle

Everywhere a twinkle, twinkle

Old mc Donald had a fish farm eeh-ih-ee-ih oh,

verses

crabs – pinch pinch (*pinch*)

jellyfish – wobble wobble (*shake*)

sharks – snap snap (*clap*)

octopus – grab grab (*grab*)



Good Evening Friend Dolphin - tune Good Evening Friend Rainbow

Good evening, friend Dolphin, how lovely to see you

And thank you for coming to swim by my side.

I want you to know that I will always love you,

I'll do you no harm now, there's no need to hide.

I've no nets to hurt you; I don't want to trap you.

I just want to see you have fun in the sea,

'Cos I am a Rainbow and I care for dolphins.

And your very best friend will always be me!

Insert name of section if Brownie or Guides

The Crocodile

Oh, she sailed away on a pleasant summer's day,

On the back of a crocodile.

"You see," said she, "he's as tame as he can be,  
I'll float him down the Nile."

But the croc' winked his eye as she waved to all  
good-bye,

Wearing a sunny smile.

At the end of the ride the lady was inside,

And the smile on the crocodile!

Five Little Frogs

Five little speckled frogs, sat on a speckled log,  
Catching some most delicious bugs, yum, yum.

One jumped into the pool, where it was nice and cool,

Now there were four green speckled frogs, glub, glub.

Four little speckled frogs .....

Three little speckled frogs .....

Two little speckled frogs .....

One little speckled frog, sat on a speckled log,

Catching some most delicious bugs, yum, yum,

He jumped into the pool, where it was nice and cool,

Now there were no green speckled frogs, glub, glub.

Little Tadpole - tune Frere Jacques

Little tadpole, Little tadpole

Lost his tail, lost his tail.

Now he has two feet.

Now he has four feet.

Look a frog! Look a frog!

Five Little Tadpoles

Five little tadpoles swimming near the shore,

The first one said, "Let's swim some more."

The second one said, "Let's rest awhile."

The third one said, "Swimming makes me smile."

The fourth one said, "My legs are growing long."

The fifth one said, "I'm getting very strong."

Five little tadpoles will soon be frogs.

They'll jump from the water and sit on logs.



### Five Frisky Frogs

Five little frisky frogs, hopping on the shore (*hold up five fingers*)

One hopped into the pond -SPLASH!! (*jump out*)

So, then there were just four.

Four little frisky frogs (*hold up four fingers*)

Climbing up a tree, one fell into the grass, BOOM!  
(*pretend to fall*)

So, then there were just three.

Three little frisky frogs (*hold up three fingers*)

Bathing in the dew, one caught a sneezy cold A-  
CHOO (*sneeze*)

So then there were just two.

Two little frisky frogs (*hold up two fingers*)

Sleeping in the sun, One slept the day away,  
SNORE! (*pretend to sleep*)

So, then there was just one,

One little frisky frog (*hold up one finger*)

Sitting on a stone, let's call his four friends back,  
Yoo-hoo, Yoo-hoo

So, he won't be alone.

### The Frog Song

#### **(a)(b)**

Mm mm went the little green frog one day.

Mm went the little green frog.

Mm went the little green frog one day.

And the frog went mm mm mm.

#### **(a)(b)(c)(d)**

But we know frogs go (clap) na na na na na

(clap) na na na na na (clap) na na na na na

We know frogs go na na na na na

They don't go mm mm mm.

#### **Actions**

(a) *blink*

(b) *stick tongue out*

(c) *hands on head, wiggle fingers*

(d) *stand on one leg, wave the other leg and wave arms.*





## Order form

You can order badges either through our online shop or by cheque/bank transfer

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By bank transfer, send the above information and confirmation of payment to [barnehurstrainbows4@gmail.com](mailto:barnehurstrainbows4@gmail.com) with the subject *Underwater Fun*.

BACS details

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