

Rainbow Themed Walk



Government advice currently states that families are allowed out for daily exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and

Follow that rainbow !! Why not use these ideas to up brighten up your walk!

Keep a log of your Journey
How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

BEFORE YOU GO!

- Dress up in a variety of colours from head to toe. Get all the family involved .
- Can you remember the order and colour of the rainbow?

- Identify all the different colours on your walk.
- Be inquisitive! Ask a family member what colours make them happy?
- Bend your body to the shape on the rainbow.
- Make a rainbow using natural resources.
- Go on a hunt for colourful scenery.
- Climb up a tree and go rainbow hunting

WHEN YOUR BACK

- What colours are there within your home.
- Paint a picture using all the colours you saw on your walk.

Can you spot your favourite colour?



Important

Adhere to social distancing guidelines during any daily exercise.
Remain at least 2 metres away from other people at all times