**Programme plan – Rainbows**

An example term plan for a typical September-December Term (dates as examples only)

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| **Week commencing**  | **Activities planned** | **Timings****(mins)** | **Resource level** | **Themes covered** | **Total hours completed** |
| **Week 1**14/09 | **Welcome to the unit**Welcome back returning Rainbows and introduce newcomers. Introduce leaders and unit helpers.Explain unit rules and run through toilets and fire exits. | 10  | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Icebreaker** Play a getting to know you game. E.g. Get everyone to stand in a circle and call out their name whilst everyone else gives them a big wave. Have the Rainbows pass a ball to each other whilst calling out each other’s names. Encourage returning Rainbows to help new Rainbows. | 5  | Low  |
| **Main activity**Friendship mastermind – UMA, Pack 10, Know myself Hiding hedgehogs – UMA, Pack 10, Be well | 15 20  | LowMedium |
| **Wrap up**Take some time to explain how girls can do interest badges at home. Ask your older Rainbows to teach your newer Rainbows the Rainbow song and actions. | 10  | None |
| **Week 2**21/09 | **Welcome**Welcome Rainbows back, ask them to share their best memory of last week’s unit meeting. Remind everyone of meeting rules. Ask girls if there are any new rules they’d like to add. | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Icebreaker**Teach/remind everyone of your unit's favourite game. Play the game. | 10 |  |
| **Main activity** Moonwalk – UMA, Pack 8, Have adventures | 30  | Medium |
| **Wrap up**Take some time to ask Rainbows about what kind of activities they enjoy – go through some UMA topics and take a vote on which ones are their favourites. Jot down their opinions and use this to help plan the next few weeks of activities Laughing out loud – UMA, Pack 10, Be well | 1015 | NoneNone |
| **Week 3**28/09 | **Welcome** Welcome your Rainbows back and play another getting to know you game:e.g., duck, duck, goose with namesRemind everyone of meeting rules. | 10 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Main activity** Puppet pals – Skills builder, Innovate, Stage 1, Know myself | 30  | high |
| **Wrap up**Give Rainbows some examples of skills builders that they could do this term. Give them the choice between two and ask them to stand one side of the room for one and the other side for another. Plan in whichever SB has the most votes.Ask Rainbows to bring in something they find in nature next week. (Remind them not to pick flowers or plants). | 105 | None/low |
| **Week 4**5/10 | **Welcome**Welcome Rainbows in. Ask Rainbows to give their nature item to a unit helper/leader. Remind everyone of meeting rules. | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Icebreaker**Choose and play a [five minute filler](https://girlguiding.viewer.foleon.com/guiding-magazine/guiding-winter-2022/5-minute-fillers) **OR**Write down the names of some well-known games on flip chart paper. Go through each one with girls and explain the game. Ask girls to choose their favourite by putting a sticker on the paper. Play the one with the most votes. You can do this each week to give girls the choice of what game they’d like to play. | 5 | Low/None |
| **Main Activity** Hidden nature – UMA, Pack 5, Have adventures (use nature items Rainbows brought in to add to your own resources) Fuzzy feelings – UMA, Girlguiding magazine, Know myself | 1515 | LowLow |
| **Winddown** Get girls to sit in a circle and ask them what their favourite thing about Rainbows is. Make a note of their favourite things and plan more of them into your programme.  | 5 | None |
| **Week 5**12/10 | **Welcome**Welcome Rainbows, remind them of the rules. Ask girls if there’s any rules they’d like to add. Listen to girls' ideas and see what rules would work best for the group. Ask them if there’s anything they’d like to tell their unit this week.  | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Warm up**Teach your unit [the Rainbow song](https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/the-rainbow-song/). Play the song for them to listen to. Try learning the first verse. | 10 | Low |
| **Main activity** Growing cups of kindness – Skills builder, Make change, Stage 1, Take action | 45 | High |
| **Wrap up**Tidy up and try singing the Rainbow song altogether. Who can remember the first verse?Put Rainbows into pairs or threes and ask them to think about what things they enjoy doing at Rainbows. What type of activities do they like? In their pairs they can come up with one great idea to share with the unit. Use this to add activities to your term plan. Work with them to figure out which ideas can be done. | 10 | None |
| **Week 6**19/10 | **Welcome**Welcome Rainbows and remind them of the meeting rules.  | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Main activity**Monster mash – UMA, Pack 9, Express myself  | 45 | Medium |
| **Winddown**Tidy up. Teach everyone the 2nd verse of [the Rainbow song](https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/the-rainbow-song/). | 5 | None |
| **Wrap up**Choose and play a [five minute filler](https://girlguiding.viewer.foleon.com/guiding-magazine/guiding-winter-2022/5-minute-fillers). | 10 | None/Low |
| **Week 7** 26/10 | **Welcome** Welcome Rainbows and remind them of the meeting rules. Tell Rainbows about 2 activities and ask them which one they’d like to do this week.  | 10 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Icebreaker**Play a quick warm up game like stuck in the mud, musical statues or captains coming  | 5 | None |
| **Main activity** (depending on Rainbows choice)All about you – Skills builder, Lead, Stage 1, Skills for my futureORUntanglers – Skills builder, Lead, Stage 1, Skills for my future  | 30 | MediumLow |
| **Wrap up**Tell Rainbows about the Rainbow promise. Ask them to think about whether they’d like to make their promise soon. | 10 | None |
| **Week 8**02/11 | **Welcome**Welcome Rainbows, remind them of meeting rules. | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Main activity**[Poppy fields](https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-know-myself-poppy-fields--0003m/)– UMA, Know myself | 60 | High |
| **Wrap up**Tidy up and say goodbye. | 5 | None |
| **Week 9**9/11 | **Welcome**Welcome girls, remind them of the rules. See who can remember [the Rainbow song](https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/the-rainbow-song/), sing it all together and learn 3rd verse. | 10 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Main activity**Introduce the promise with this UMA:Promise potions – UMA, Pack 5, Know myself | 45 | High |
| **Wrap up**Have a Q&A circle time about the Rainbow promise. See if girls have any questions about it after their activity. Ask Rainbows to put their hands up if they feel ready to do their promise. Make sure they know that it’s their choice whether they do it or not. Let girls know they will be able to do their promise in the next few weeks. Ask them to let you know who would like to do it. | 10 | None |
| **Week 10**16/11 | **Welcome** Welcome Rainbows, remind them of meeting rules. Explain UK parliament week. | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Main activity**UK Parliament Week activity[Rainbow department of small change](https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-take-action-parliament-and-me-rainbow-dept-of-small-change--0004y/) – UMA, Take action | 60 | Low |
| **Wrap up**Play your units favourite game to wind down. Do a voting exercise to remind them on the importance of having their voices heard – pick 3 UMAs that they could do next term and explain what they’re about. Spread them out across the room. Ask Rainbows to stand beside the one that they think sounds best. They could hop over to one, dance over to another and skip towards the 3rd. Do that activity on your first week back next term. | 5 | None |
| **Week 11**23/11 | **Welcome**Welcome and remind girls of the meeting rules. Ask girls if they would like to do a SB or a UMA – give them the option of two you have ready prepared. | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Main activity**(Depending on Rainbows choice)Guiding and me – UMA, Pack 4, Know myselfORA bite sized adventure – SB, First aid, Stage 1, Be well | 30 30 | MediumLow |
| **Wind down** [Rainbow promise sheet](http://chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https%3A//www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rainbow-promise-activity-sheet.pdf) – give girls the sheet to colour in and plan ideas for their promise party (you could also use the sheet for the Rainbow promise in Makaton)  | 15 | Low |
| **Wrap up**Ask girls to put their hands up if they will be making their promise next week. Ask them to bring in one item for the party. | 5 | None |
| **Week 12**30/11 | **Welcome**Welcome and reminder of meeting rules. | 5 | None | Know myself □ Express myself □ Be well □ Have adventures □ Take action □ Skills for my future □ (Tick themes as appropriate) | UMA:Skills Builder: |
| **Activity**Festive crafts (making Christmas cards, decorations or ornaments)Use blog posts: [festive activity ideas 1](https://www.girlguiding.org.uk/what-we-do/blog/12-fun-festive-activities/#:~:text=Snowball%20race&text=Try%20and%20snowball%20relay%20race,climb%20over%2C%20under%20and%20around.), [festive activity ideas 2](https://www.girlguiding.org.uk/what-we-do/blog/24-festive-things-to-make-and-do/), [festive activity ideas 3](https://www.girlguiding.org.uk/what-we-do/blog/festive-ideas-for-the-winter-months/) (you could use decorations for the party) | 20 | Medium |
| **Promise party** Girls make their promises, and you have a promise party using their ideas from the previous week, hand out any badge's girls have achieved this term | 35 | Medium |
| **Wrap up**Do some reflection on the term with your Rainbows. They could draw their favourite memory of the term; share something they are proud of or that they’ve learnt. Tidy up and goodbyes. | 10 | None |