

There are six themes that run through your programme



Know Myself



Express Myself



Be Well



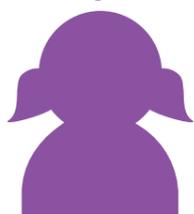
Have Adventures



Take Action



Skills For My Future



1

Interest badge

There are 12 interest badges for you to earn. You can do these at any time, anywhere and in any way you'd like.

1

Skills builder

You can work towards this in your Rainbow unit.

2 hours

Unit meeting activities

You can complete these in your Rainbow unit.

Theme awards

When you've completed one skills builder badge, one interest badge and two hours of unit meeting activities you've earned **one** Theme award.



Rainbow Gold award

This is the highest award you can earn as a Rainbow.

To earn this award you need to:

- earn all six of your Rainbow Theme awards
- complete all three parts of the Rainbow Gold award challenge which can be found in the Rainbow badge book.



Rainbows top awards

Any **two** Theme awards will earn you a Rainbow Bronze award. Any **four** will earn you a Rainbow Silver award. When you've completed all **six** Theme awards you can work towards your Rainbow Gold award.

