Rainbow

Six-week flexible programme plan - example

This programme plan is written to be delivered through a blended offer. This is where you make guiding work for you and your unit. This could be through how often you meet, how long, and in what way. In this example plan, the unit meets virtually once every three weeks (for a slightly longer time than a typical unit meeting), with one activity sent home for the girls to complete in the other weeks.

Some of these programme activities can be found on our website at [Adventures at home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/), but you should use the programme resources you have available as well.

Check out our [adaptation suggestions](https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/planning-your-programme/adapting-programme-activities/) on our website to help you adapt a range of programme activities.

These examples are suggestions only. If you’re using a digital platform that puts a time limit on calls, you might need to edit, amend or delete some information to make the plan work for your unit.

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| **Things to do before starting a virtual meeting** |
| [Receive consent forms from all girls](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/online-guiding-and-virtual-unit-meetings/safe-online-guiding/)  [Check your meeting meets safeguarding rules](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/online-guiding-and-virtual-unit-meetings/safe-online-guiding/) – for example, the right number of adults  Send out the meeting link for girls to join in  Decide on a platform that will work best for you and your unit. Check the terms and conditions, including age requirements, as many are changing their features regularly.  Discuss the plans with your leadership team, and decide who’ll lead each part of the meeting. Also think about who will monitor the chat function and waiting room.  Make sure you’re in [a suitable space](https://www.girlguiding.org.uk/making-guiding-happen/policies/digital-safeguarding-policy/digital-safeguarding-procedures/), and that your internet connection, sound and video work |

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| Week commencing | Activities planned | Time | Themes covered |
| Week 1  \_\_/\_\_/\_\_  Virtual meeting | **Welcome and meeting rules**  Spend some time welcoming girls back. What’s one thing they want to tell the group?  Create some meeting rules with the girls. For example, try not to speak over each other. Make sure the girls know how to use your online platform.  Speak to the girls about how Rainbows is going to run over the next few weeks and what they can expect. | 10 mins  5 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker**  [10 seconds to go](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  **Main activity:**  [Growing cups of kindness](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rainbows_growing-cups-of-kindness.pdf) Make change skills builder, Take action | 10 mins  45 mins |
| **Wrap up**  [Are you up for the challenge](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  Speak to girls about the activity you’re sending home (see week 2). Let them know whether they need to bring it to the next virtual meeting. | 10 mins  5 mins |
| Week 2  \_\_/\_\_/\_\_  Activity at home | **Activity to be done at home**  [Turn them blue](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/activity-videos/) unit meeting activity video, Know Myself.  Send the girls the video of the activity for them to complete at home over the next two weeks. Ask them to bring their plaque to your next session. If a girl doesn’t have a paper plate, they could use a round piece of paper or card. |  | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| Week 3  \_\_/\_\_/\_\_  No meeting |  |  |  |
| Week 4  \_\_/\_\_/\_\_  Virtual meeting | **Welcome and meeting rules**  Spend some time welcoming girls back. Girls could show the plaque they completed at home and tell everyone why they chose that person.  Remind girls of the meeting rules set out previously. | 15 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker or wind down:**  [Rainbow says](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  **Main activity:** [Pedal power](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rainbows_pedal-power.pdf) Get sporty unit meeting activity, Be Well | 15 mins  30 mins |
| **Wrap up**  [Sounds in the round](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  Speak to girls about the activity you’re sending home. Let them know whether they need to bring it to the next virtual meeting. | 15 mins  5 mins |
| Week 5  \_\_/\_\_/\_\_  Activity at home | **Activity to be done at home**  [The Rainbow Promise](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/monthly-challenge-and-activities/) Rainbow challenge.  Send girls [The Rainbow Promise challenge sheet](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rainbow-promise-activity-sheet.pdf). |  | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| Week 6  \_\_/\_\_/\_\_  No meeting |  |  |  |

There’s a wide range of activities you could send the girls to complete at home. For example, you could use our Rainbow challenges or How-to videos. You could also set three challenges for them to complete. For example, a treasure hunt, a mind puzzle and to keep a happiness diary for a week. Check out our social channels for more suggestions of quick activity ideas!