



Be Well



20 minutes



Jump straight in



## RAINBOWS

# Rise and shine!

### What you'll need:

- A large, clear space
- Chairs – one for each girl

### Aim of activity

Do you love getting up in the morning? Discover the best way to start your day with a fun daily morning routine.

- 1 Everyone grab a chair and sit in a large circle together.
- 2 Chat about what you do in the morning to get ready for the day. This is your morning routine. Do you all do the same thing at the same time as everyone else? Probably not!
- 3 Having a good start to the day is really important. It gets you ready and helps you have a great rest of the day. Can you be

a morning superstar by being amazing at getting ready? Your leader will give each of you one part of the morning routine.

- 4 Now, as a unit, think of an action for each part. You could pretend to brush your teeth or eat a banana for breakfast.
- 5 Your leader will call out a part of the morning routine. If you hear your part, stand up, do your action and swap chairs as quickly as you can with another Rainbow who is standing up doing the same action. If your leader calls out 'Great day!', everyone stand up, do something that makes you feel positive like punching the air or smiling. Being positive in the morning sets you up for a great day!
- 6 Keep playing until you know all the parts of the morning routine.

### Take it further

Add in extra actions from your own morning routine. Maybe you read in the morning or visit your grandparents before school.

### Morning routine

There are many parts to a morning routine, and everyone's is different.

**Washing your face** – a nice splash of water helps wake you up and leaves you feeling squeaky clean.

**Getting dressed** – you need to dress for the day ahead. Going to school? Put your uniform on. Going swimming? Pop on your costume.

**Having breakfast** – eating breakfast is essential to start off your day right.

**Brushing your teeth** – make sure you brush your teeth for at least two minutes to keep them nice and healthy!