

Hats off to Rainbows

A resource to help Rainbows celebrate their 30th birthday and learn about the amazing things girls and young women can do!



Happy 30th Birthday Rainbows!

What is Hats off to Rainbows and how does it work?

The activities are grouped as those for 'in the unit' and those for 'large event'. This means that you can complete the challenge in your unit, but will be great fun for the girls to meet with other Rainbows at a large-scale event. You can combine the activities to make your own programme plan, use the unit activities or attend a large-scale event. It's flexible so you can plan your celebration to best fit your unit.

All the activities aim to enable Rainbows to try new things and make links with the jobs people do in our world. The activities, whilst being both fun and challenging are intended to encourage Rainbows to think and talk about what they already know and see the possibilities that are open to them in the future.

One of the key elements of this resource is to invite people to meet with your Rainbows. Talk to other Leaders, family, friends and parents; you will find there is a wealth of people in your local community who have professional knowledge and skills to share. They may need your support to select an activity to share with Rainbows that is age appropriate but the activity list provides lots of ideas as a starting point.

There are ten different 'hats' and the unit or event team should select **at least five** depending on the girls' choices and the resources available. This means that the challenge can be completed in one event or over a term. However, if you would like to add your own 'hat' based on your local resources, go ahead! Most of all we hope your unit has fun celebrating with this resource.

To complete Hats off to Rainbows simply complete one activity from at least five different 'hats.'

Completing the Challenge

This is a flexible challenge - there are lots of ideas here and links to other Rainbow resources and useful websites.

- Start the whole event by learning our special song. Find this at the end of this pack
- Rainbow Chat - start with an activity to find out who is in your community - you might like to challenge your Rainbows to find what their family members do every day. Leaders can add to this too - partners, parents, relatives and friends will have jobs and community roles that the Rainbows will find new and interesting
- Share these together and talk about which jobs or careers your Rainbows are most interested in. Remember you need to complete five 'hats' to complete the resource
- Decide if you want to run a local unit based challenge or if this will be part of a larger Division or even a County event
- Contact the people your unit has decided they'd like to know more about, and chat to them about the challenge. Find out what they can offer. Remember it doesn't have to be from the suggestions here!
- Organise and run the event or your series of meetings. There are links to the Girlguiding website for all the important information you need to know about inviting guests to your unit and running large scale events including ratios and permissions at the end of this pack
- Share your event with us by contacting RaspberryRipple@girlguidnglaser.org.uk and don't forget to inform local press. Your County or Division PRA can help you to do this. Finally wear your Hats off to Rainbows badge with pride!
- Key: BBB (Big Brownie Birthday) and RR (Roundabout Rainbows)





The Curious Hat

The Caring Hat

Suggested visitors

Scientist, engineer, STEM careers, IT worker, Computer Support, Website Developer, Website Designer and lab technician

Suggested visitors

Nurse, doctor, dentist, vet, carer, chiropodists, opticians, paramedic, Red Cross, St Johns Ambulance, parent (with baby), firefighter, Guide Dog volunteer

In the unit

- Experiments using home 'ingredients'
- Coding (computers)
- Code breaking (Big Brownie Birthday (BBB) page 11)
- Chromatography (investigating colour)

In the unit

- Learn about Home Safety
- First Aid - how to clean a wound. Petroleum jelly, a little red lipstick and some sterilized budgie grit make a safe 'graze' to clean up.
- Rainbow charity (Rainbows Roundabout (RR), Get Healthy page 25)
- Being a good friend (RR page 19)
- Make a collection for a good cause and invite a person to donate towards this

Large Event

- Take it apart - a selection of real life objects to pull apart and reassemble - try (broken) clocks, simple watches - any simple machine will do.
- Transport an egg - use junk modelling resources to create a safe vehicle to transport an egg
- Scrapheap challenge - lots of junk - create a cart, boat
- Wind vane (RR Seasons page 8)
- Volcanoes (RR Global adventure page 15)

Large Event

- First Aid - bandages, cleaning wounds, emergencies
- Investigate an ambulance, coastguard car, fire engine
- Rescue a toy - set up pulleys and a basket
- Eye spy (RR All about Me page 5)

Space for Leaders to add planning notes:

Space for Leaders to add planning notes:





The Inventive Hat

The Questioning Hat

Suggested visitors

Designer, engineer, cook, chef , architect, game designer, film maker, inventor, product designer and creative producer

Suggested visitors

Historians, scientist, teacher, lawyer, traveller, Senior Citizen, museum curator, librarian

In the unit

- Lego - use construction kits to build houses, cabins, maze for a hamster/mouse
- Challenges - using straws to build structures to support a weight
- Paper airplane competition

In the unit

- Games through the ages - hopscotch, skipping songs
- Library and museum visits
- Create and set up a display exploring a topic you're interested in, in a public place
- Explore some traditions - try 'smores or dampers

Large Event

- Ready Steady Cook inspired activity
- Den building - indoors or outdoors, supply the resources like blankets
- Film making
- Use card tubes and tape to make a marble run

Large Event

- Create crime scene investigation - fingerprints, missing teddy, pegs, poles, stake, string, tarpaulins
- Archaeology - find things in a sand tray
- A play zone with old fashioned toys and games
- What is it? Items from the past to investigate
- Invite girls who have participated in a guiding international experience to run an activity

Space for Leaders to add planning notes:

Space for Leaders to add planning notes:





The Entertaining Hat

The Active Hat

Suggested visitors

Actor, singer, clown, face painter, dancer, magician, presenter, performer and circus artist

Suggested visitors

Swimmer, footballer, athlete, gymnast, dancer, yoga instructor, Judo coach, PE teacher/coach, cheer leader, international dancer

In the unit

- Clowns (RR Festivals page 15)
- Musical me (RR All About Me page 19)
- Perform a song
- Learn a new game that the Rainbows can lead

In the unit

- Fit for life (RR All About Me page 14)
- Yoga bugs (RR Get Healthy page 19)
- Rainbow Olympics (RR Get Healthy page 15)
- Circuit sports

Large Event

- Magic tricks - learn a few simple tricks
- Circus skills - learn some simple tricks to perform
- Song and dance routine

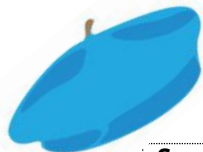
Large Event

- Trampolining
- 'Girls Can' Olympics
- Cheer leader dance
- Dance routine from a different culture/country

Space for Leaders to add planning notes:

Space for Leaders to add planning notes:





The Creative Hat

The Construction Hat

Suggested visitors

Artist, designer, architect, baker, cake decorator, art gallery curator, florist and nail/makeup artist

Suggested visitors

Brick layer, mechanic, plumber, tiler, carpenter, electrician, gardener and interior decorator

In the unit

- Design and make a Rainbows 30th birthday cake
- Make a shoe box room
- Design a wall mural for a hospital or your meeting place
- In the salon (RR Get Healthy page 8)

In the unit

- Investigate brick laying patterns and recreate with Lego
- Using tools (saw, hand drill, hammer nails) build bird/bug boxes
- Plant bulbs or plants at your meeting place

Large Event

- Work with a visitor to create a large art piece. This could be painted or a collage
- Make clay tiles to be put together
- Make and decorate cup cakes
- Provide a blank resource for the Rainbows to decorate - money box, picture frame etc
- Bead making - paper or air hardening clay

Large Event

- Repairing punctures (e.g on a bike)
- Bricklaying
- Challenges - build the tallest tower from six sheets of newspaper
- Using newspaper tubes and tape, make a bridge that spans a 30 cm gap

Space for Leaders to add planning notes:

Space for Leaders to add planning notes:



The Leading Hat

The Adventurous Hat



Suggested visitors

Police Constable, head teacher, fireman, member of the forces (army, navy, air force) Girlguiding Leaders from other sections, Chief Executive, Manager and Activist

Suggested visitors

Search and Rescue team, Coastguard, climber, outdoor centre staff, members of the forces (army, navy, air force)

In the unit

- Changes (RR Being in charge page 17)
- Community hunt (RR All about me page 9)
- Money, money, money (RR Global Adventure page 9)
- Making rules - if you were in charge?
- 'Follow the leader' games
- Invite a friend to Rainbows and take care of her

In the unit

- Whodunit (RR Seasons page 10)
- Bugs (RR World p 5, BBB page 19)
- Pond dipping
- Go on a penny hike (BBB page 8)
- Attend a campfire

Large Events

- Team work challenges
- Mum (Dad, Head teacher) for the Day - dress up, what would you do?

Large Events

- Climbing wall / traversing
- Orienteering,
- Geocaching
- Service vehicles at the event to investigate
- Visiting soft play- with challenges

Space for Leaders to add planning notes:

Space for Leaders to add planning notes:



Recording your unit's achievements

- Take lots of photos - you could create a unit photobook of your 30th birthday celebrations
- Create a headband or bracelet that the Rainbows can put their stickers on
- Download the passport and stickers to record the activities
- Make video clips of the girls' future career aspirations, share them with Girlguiding LaSER on social media
- Share the events with the local press. Contact your local PRA as they will know the best local person to help you
- Remember to check video and photo permissions

To order your badges please fill in the badge order form on the Hats off to Rainbows website page on the Girlguiding LaSER website and return as detailed. This can be found here:

<http://www.girlguidinglaser.org.uk/hats-off-rainbows/>

Badges cost 80p each plus postage and packaging as detailed in the badge order form.

Resources

Curious Hat

- <http://stem-works.com/>
- <http://engineeringforkids.com>
- <https://sciencebob.com/category/experiments/>
- <http://www.scienceboffins.co.uk/science-corner/popular-fun-science-to-try-at-home>
- <https://www.edutopia.org/blog/teach-kids-coding-resources-parents-matt-davis>

Caring Hat

- <http://www.redcross.org.uk/What-we-do/Teaching-resources/Teaching-packages/Microsite/Life-Live-it-first-aid-education-for-children>
- <https://www.guidedogs.org.uk/aboutus/staying-in-touch/guide-dogs-publications/children-and-young-people#.WH53gfmLTIU>

Inventive Hat

- <http://thestemlaboratory.com/lego-challenge-cards/>
- <http://blog.muddypuddles.com/brilliant-den-building-ideas/>

Questioning Hat

- <http://www.bbc.co.uk/history/forkids/>
- <http://www.yac-uk.org/session-resources-and-ideas>
- <https://www.teachitprimary.co.uk/science-resources/investigations/tags/2531>

Entertaining Hat

- <http://magictricksforkids.org/>
- <http://www.kineticworkshops.com/circus-skills-tutorials/>

Active Hat

- <https://www.sportengland.org/about-us/>
- <https://www.sportengland.org/our-work/women/this-girl-can/>

Creative Hat

- <http://buggyandbuddy.com/18-ways-for-kids-to-make-beads/>
- <http://www.redtedart.com/salt-dough-recipe-beads/>
- <http://www.hobbycraft.co.uk/storefinder> - Hobby craft will run workshops for Rainbows using a range of their products. Contact your local store

Construction Hat

- <http://birdbox.segfl.org.uk/news/article-38-How-to-build-your-own-bird-box.html>
- <http://childhood101.com/2014/06/5-construction-challenges-for-kids-stem/>

Leading Hat

- <http://extension.psu.edu/youth/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/i-can-be-a-leader-leadership-fun-for-children>
- <https://www.girlguiding.org.uk/social-action-advocacy-and-campaigns/social-action-and-campaigns/>
- <https://www.girlguiding.org.uk/social-action-advocacy-and-campaigns/social-action-and-campaigns/campaigns-led-by-girls/>

Adventurous Hat

- <https://www.girlguiding.org.uk/what-we-do/adventure-for-girls/>
- <http://www.girlguidinglaser.org.uk/blog/2015/08/19/a-message-from-sally-kettle/>
- <http://girlguidinglaser.org.uk/growingupwild/>

General

- Girlguiding partners include Pets at Home, Microsoft and Rolls Royce, take a look at the partnerships page to see if any of these can inspire your activities <https://www.girlguiding.org.uk/about-us/our-organisation/our-partners-and-supporters/>
- Adult Education Centres are in contact with people with many skills - teachers and students
- Local colleges and universities are a good place to find professionals and experts near you
- Baker Ross <http://www.bakerross.co.uk/>
- Crafty Crocodiles <http://www.craftycrocodiles.co.uk/>

Safe space

- Safeguarding Code of Conduct

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/>

- Inviting visitors to Rainbow units and Large-Scale Events

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/managing-risk/risk-management-for-activities-and-events/>

- Risk assessment forms

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/managing-risk/risk-management-for-activities-and-events/>

Running a Large-Scale Event

- Coordinators Guide

<https://www.girlguiding.org.uk/globalassets/docs-and-resources/residentials-and-going-away/event-coordinators-guide-to-large-scale-events-2013.pdf>

- Event forms

<https://www.girlguiding.org.uk/globalassets/docs-and-resources/safeguarding-and-risk/information-and-consent-form.pdf>

- Events outside the meeting place

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/managing-risk/risk-management-for-activities-and-events/>

- Adult/girl ratios

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/adult-to-child-ratios/>

Hats off to Rainbows song:

Can a Rainbow...

Adapted from the version written by Iris Hirsch of Girl Scouts, Central Maryland

Tune: She'll be coming round the Mountain

Can a Rainbow be a doctor? Yes she can!

Can a Rainbow drive a tractor? Yes she can!

Can a Rainbow mend a tyre?

Can a Rainbow lead a choir?

Can a Rainbow watch a fire?

Yes she can, yes she can, yes she can!

Can a Rainbow climb a mountain? Yes she can!

Can a Rainbow be a leader? Yes she can!

Can a Rainbow be a plumber?

Can a Rainbow be a drummer?

Can a Rainbow play all summer?

Yes she can, yes she can, yes she can!

Just you wait until were older, then you'll see

We'll be women in tomorrow's history!

As we grow throughout the years

We'll sing out loud and clear

And we're starting off right here

Yes we can! Yes we can! Yes we can!