

Rainbow Adventure

Winter

Activity

Winter Olympics

Ideas for a Rainbow meeting on a Winter Olympic theme

1hour - indoors

Budget: Probably less than £5

Risk Assessment: Food colouring - (if used beware can stain), Noise (excitement), running and cleanliness

Time		Equipment
6.00	Welcome - Registration/opening	
6.05	Winter Olympics Race - or Build a Snowman - equal teams	None - or One Set per team of cut out snowman pieces
6.15	Olympic Sport Ideas Figure Skating- Ice Dancing- Luge- Snow shoe relay race Slalom - Curling - Bobsled Snowball Relay	Newspaper & Sticky tape None Skateboard One pair of snow shoes per team made from strong card and tied on by string (or large rubber bands) Cardboard Box per team, one ping pong ball or large marble, 8 cocktail sticks (to be used as flags) a newspaper and sticky tape(can be used to make humps and bumps for course). Hockey sticks or rolled up newspaper , bean bag Coloured ice cubes per team (food colouring) Straws Cotton wool balls, 2 bowls or containers jar of Vaseline or similar
6.50	Ten Little Snowmen - action Song	Song sheet
7.00	Rainbow closing and song	

Game - Winter Olympics Race Number each girl 1-4. Number 1 Skating, 2 Skiing, 3 Curling etc. Tell a story and as each person's sport is mentioned they race to end of hall and back, everyone runs when **Winter Olympics** is said.

Game - Build a Snowman Cut three big circles of paper for the snowman, a paper hat or cap, paper eyes, nose, mouth, and pipe. Or use template attached. Put all the pieces in a paper bag or other container; one bag per team. Line up in a relay fashion. On "Go", the first team member runs and takes a piece out of the bag, lays it on the ground, runs back and tags the next person. First team to assemble their snowman wins.

Alternative: Each team sits in a circle, everyone is blindfolded and the paper bag of snowman parts is in the middle of their circle. Without talking, assemble a snow man!

Activity- Winter Olympics - Ideas

Figure Skating- design a figure skating outfit from newspaper and sticky tape **STYLE**
Ice Dancing- The girls can create their own ice dance routines. A one minute routine with points awarded for jumps and style.

Luge- One person lay on a skateboard and is taken around a course by a partner and timed. The member on the skateboard cannot use her hands

Snow shoe relay race

Each team member has to shuffle around a short route and then untie the snow shoes and pass on to next person.

Slalom - the challenge is to build a slalom course in the box top with a 'start' and 'finish' for another team to navigate their ball/marble through the numbered pairs of flags to the finish.

Curling - Make up game of curling using a beanbag that must not leave the floor

Bobsled -Make a flat course with a downward slope at the end. Each 'bobsledder' has to blow their ice cube across the flat surface to the slope using their straw. The first bobsled that slides down the slope to the bottom wins.

Snowball Relay - Place the full bowl of cotton balls at one end of the room and an empty one at the opposite end. Line up in relay fashion. Each person to have a dab of Vaseline put on their nose. On "Go", the first team member crawls (if the floor is suitable) or runs to the bowl and without using her hands gets a ball on her nose and takes it to the empty bowl, she has to remove the ball into the bowl, without using hands. Tag the next person. The team with the most snowballs wins.

NB not everyone likes the feel of cotton wool balls!

"Ten Little Snowmen"

10 Little Snowmen dressed up fine: (Hold up 10 fingers)

this one melted then there were 9 (Bend down 1 finger)

9 Little Snowmen standing tall and straight

this one melted then there were 8

8 Little Snowmen white as clouds in heaven

this one melted then there were 7

7 Little Snowmen with arms made of sticks

this one melted then there were 6

6 Little Snowmen looking so alive

this one melted then there were 5

5 Little Snowmen with mittens from the store

this one melted then there were 4

4 Little Snowmen beneath a green pine tree

this one melted then there were 3

3 Little Snowmen with pipes and scarves, too

this one melted then there were 2

2 Little Snowmen standing in the sun

this one melted then there was one

One Little Snowman started to run

but he melted away, and then there were none

