

A stylized rainbow with three bands of color: red, yellow, and blue, arching over the word 'Rainbows'.

Rainbows

Activity Pack Fabulous Friends!

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Rainbow Friendship Bingo!

Aim: For the girls to learn more about their Rainbow friends

Materials: Template below (1 per girl) and pens or pencils.

Activity: Ask the Rainbows to complete the Bingo card below (you could use the template below or replace the examples shown to reflect your unit) by talking to other Rainbows in the group and asking them questions to find who fits the descriptions. When you have had a 'yes' from a girl, the Rainbow must ask her to sign the box. Ask the girls to not go back to the same people with another question until they have spoken to everyone else first.

<p>Owens a dog or a cat...</p> 	<p>Likes vegetables..</p> 	<p>Plays a musical instrument...</p> 
<p>Loves oranges...</p> 	<p>Likes reading...</p> 	<p>Loves or hates chocolate...</p> 
<p>Went on a plane in the last 12 months...</p> 	<p>Enjoys cooking...</p> 	<p>Has nice handwriting...</p> 
<p>Likes to sing...</p> 	<p>Has ever broken a bone...</p> 	<p>Laughs all the time...</p> 



Make a Rainbow

Aim: To reinforce the message that, just as different colours, when joined, make something beautiful, people, with all their differences, can get together to make something beautiful as well.

Materials: One paper coffee filter for each girl, markers of various colours, squirt bottle or spray bottle full of tap water, aprons, newspaper.

Activity: Flatten out the filter on a tabletop covered with newspaper. Colour with the markers, making wide curves that follow the shape of the round edge.

Wet the filter, either by dipping fingers in water and dribbling drops onto the filter, or using a squeeze bottle or spray bottle. The colours should melt and run. Let it dry (this may take several hours), or blow-dry it with a warm hair dryer. When dry, cut the circle in half, then trim one half to resemble a rainbow. These can be used in many ways—make a grey clouds background and mount each girl's rainbow. It could be used to decorate a card, to give to a friend. Suspend by string from the ceiling, or from a mobile made from coat hangers, so they turn in the air.

Unit Collage

Aim: For Rainbows to talk about and realise all their good qualities.

Materials: Pens, pencils, pieces of paper (any size that you can get), glue.



Activity: Get all the girls to write their names and write or draw their good qualities, for example, things they are good at (e.g. ballet) or something good about their personality (e.g. helpful) on pieces of paper. They could also colour the paper with their favourite colour.

Assemble together on a large sheet of paper/ back of old wallpaper so you can see all the positive things all individual Rainbows bring to the group. Discuss that it's good to have a mix of talents and personalities in a group and it is good that we all are different and we should celebrate differences.



Give a Friend a Hand

Aim: Remind girls that we all can help each other. Friends need each other.

Materials: 1 large tree branch - leafless. Or draw a large tree on a big piece of paper. Enough A4 size sugar paper in several colours. Or, if you can do messy crafts, white A4 paper, poster paint and newspaper to protect the floor and tables. Thread and hole punch.

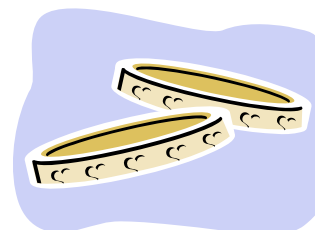
Activity: Have each girl either:
Trace round her hand, with the fingers closed, like a mitten. Cut the hand out. She then writes her name on it. Punch hole and thread string through, knot.

Or (the messy choice): have two colours of paint for girls to choose between. Pour paint into a plate and have each girl dip her palm lightly, then press it on the white paper. Allow to dry, then cut carefully round the hand, write her name with black pen, punch hole and thread string, knot. Deck the tree branch with the leaf-names.

Talk about what you can do to help a friend e.g. get help for her if she's being bullied, stand up for her, listen to her.

Friendship Jewellery

Aim: To encourage girls to use skills they are learning, and to make new friends. They will make beads for a bracelet, and earn them by doing good, friendly deeds. Schedule this for after a discussion of what makes a friend, and what you can do to make a friend.



Materials: Old magazines / wrapping / marbled paper (any sturdy, pretty paper), scissors, glue or a glue stick, a sturdy drinking straw / chop stick / knitting needle, elastic thread, wool / sturdy string.

Activity:

Select a piece of paper and begin to cut triangles from it, approximately 5cm across the bottom and 25 cm long—this will be your bead. Cut as many as you wish.

Place the paper triangle dull side up on the table. Lay the straw across the wide end. Tightly make two turns round the stick.

Cover rest of paper with glue, and then continue to make a tight roll to the tip, carefully ensuring the paper is rolled evenly.

When you come to the end, apply glue to the tiny tip, and hold it down till it adheres.

You should be able to slip off the bead from the stick. Continue this process until you have the number you need.

Keep your beads in an envelope this week. Each girl should do anything she can think of to help an old friend and be kind to a new one. She could make a play date with a new person, or sit with someone else at dinner time. She could make a project with an old friend—try something completely new. She could talk about what they'd do if they ever got angry with each other, for instance. Write down what she did, and bring it to a discussion at the next meeting. She can tell about what she accomplished, and string a bead for each good deed, to make a pretty necklace or bracelet.



Friendship Quilts

Aim: To work together as a unit and be able to see each other's good points.

Materials: You may choose to do this using either paper and scraps, or cloth and textile paints.

Easiest: A sheet of coloured paper for each girl. An assortment of scrap - cotton wool balls, crayons, markers, sequins, string, ribbon, old magazines, wrapping paper etc., glue.

More ambitious: squares of inexpensive white fabric, the ends cut with pinking shears so it won't unravel. Fabric markers or paints.

Activity:

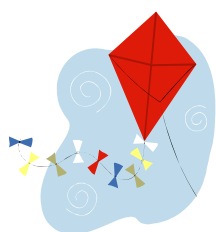
A friendship quilt is an old American custom that can be replicated easily. Once, women would sew these for a new bride, or a friend who was going away. Each woman decorated a square, and then all were sewn together, reminding the recipient of all her friends.

Give each girl a piece of paper or fabric. Ask them to decorate as they wish and place their own name in the design.

In addition, cut out a white block per girl and write her name at the top. Then ask the girls to think about what they value about each of the other girls in the group e.g. Amy makes me laugh, Hattie is always kind, Sophie likes to read, etc. Ask the girls to fill in the blank blocks with a selection of these kind comments for their friends.

Collect all the blocks, and attach them to each other, alternating a white block with a block made by a girl. (You can use tape on the back for paper blocks; for fabric use a quick stitch or fabric glue).

Hang your Friendship Quilt - Rainbows will be happy to see their handy work, and the compliments they receive. You can talk about working together as a team and how everyone contributes something.



Come In!

Aim: All girls like to spend time in their rooms and privacy is important. Still, talking problems out with a good friend or a parent is an important habit to form and a welcoming sign could signal that it's time to talk. A make-your-own door hanger will cue visitors.

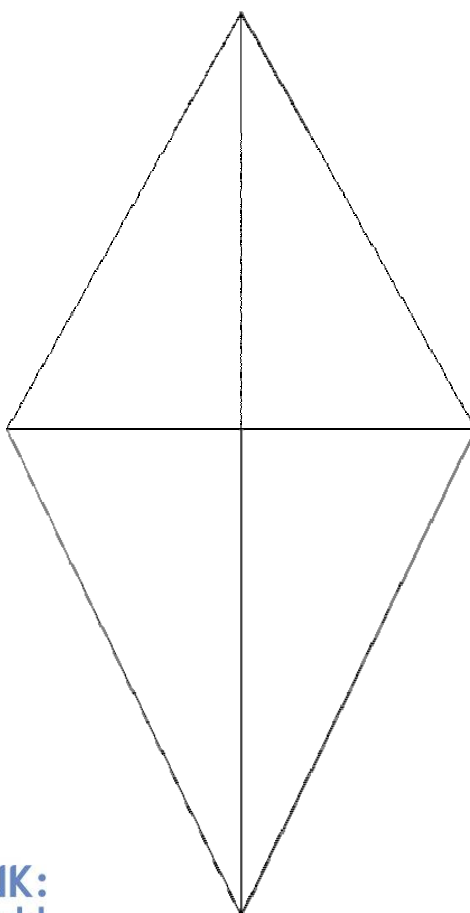
Materials: One sheet of shirt cardboard per girl, crayons, markers, scissors, pieces of ribbon, as many copies of the kite and door hanger templates as you need.

Activity: Photocopy the door hanger pattern and the kite triangle pattern below - 1 per Rainbow. Stick the door hanger pattern to the shirt cardboard and cut out. To make the 3-D kite simply, bend lightly across the centre, both ways. Cut out and decorate the kite, then attach the kite to the door hanger and make a ribbon kite tail, with bows tied along its length.

Rainbows may need help cutting out the inner circle on the door hanger pattern.

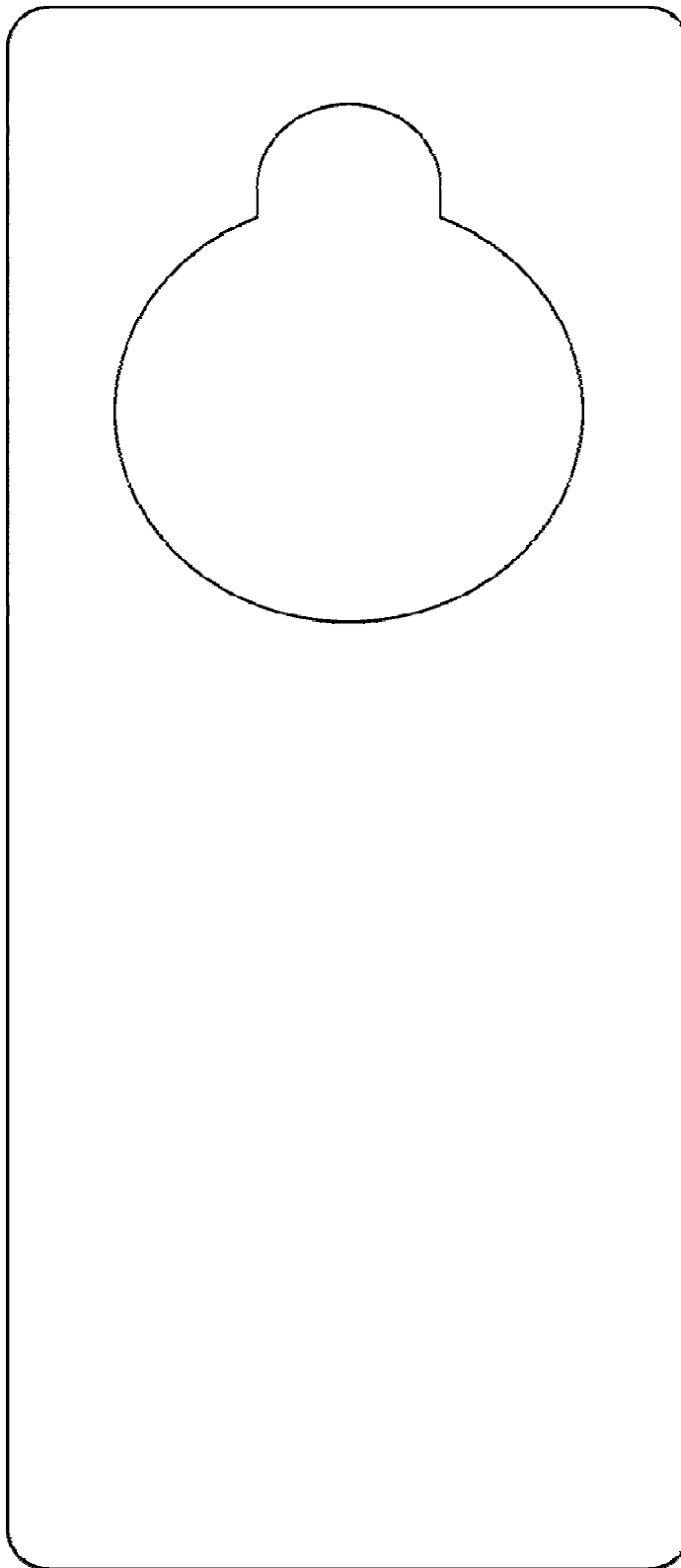
You can have different door hangers depending on how you are feeling. Perhaps write, COME IN, or WELCOME or OPEN on the front.

Kite Pattern



Come In! continued

Door hanger Pattern





Friendship Songs

Songs like these can either be woven into their plays, or be part of the meeting. Sing a few of these songs as a unit as an activity.

You are my best friend

Tune: "You are my Sunshine"

You are my best friend,
My very best friend,
You make me happy
All the time.
I'll be your best friend,
Your very best friend,
Until the end of time.

Challenge the girls to make actions for the song!

Will you be a friend of mine?

Form the girls in a circle, with one in the middle. Join hands and circle the centre person and sing the first line together. Then the centre girl sings second line and inserts action of her choice. In the next verse, all girls sing and imitate the action. Take turns in the centre.

Tune: Mary had a little lamb

Will you be a friend of mine, a friend of mine, friend of mine?
Will you be a friend of mine and (insert an action, like jump, clap, smile)
around with me?

Yes, I'll be a friend of yours, friend of yours, friend of yours.
Yes, I'll be a friend of yours and (action) around with you.



Let's Make Friends



Aim: This cooking activity is to demonstrate that although the ingredients are all different, they can mix together and be very good. All people are different (hair, skin, size, ability, etc.) but can mix together and be very good friends.

There are two recipes listed. The first one will take longer to do.

Materials: Sugar cookie dough (see below). Heart-shaped cutter, oven, pans, soft icing, assorted sprinkles e.g. dots, hundreds and thousands, etc.

Activity: Buy (or make, using the recipe below) sugar cookie dough, and bring to the meeting. Let each girl roll out and cut out a heart, then bake it and allow to cool. (Or, could be prepared to this point at home, and brought to the meeting). Each girl decorates her cookie to perfection, then carefully cuts it lengthwise so there are two equal halves. Then share with another girl. Can also be done with pre-made cupcakes. Bring icing and decorating things (tube icing, chocolate chips, etc) and let each girl do a portrait of another on the cupcake. Share.

Recipe for old fashioned sugar cookies (to be cut into shapes):

3 cups (270 grams) sifted all-purpose flour

1 ½ teaspoons baking powder

½ teaspoon salt

1 cup (90g) white sugar

1 cup(220 g) butter

1 egg, lightly beaten

3 tablespoons cream

1 tsp vanilla extract (the good stuff)

Preheat oven to 200°C

Over a large bowl, sift together all-purpose flour, baking powder, salt, sugar. Cut in butter and blend with a pastry blender until mixture resembles breadcrumbs. Stir in egg, cream, vanilla. Blend well. May be chilled. On a floured surface, roll out to thickness of card (⅛ inch). Cut into shapes, bake and decorate.



If you are short of time try this method -

Materials: cupcakes, prepared icing, small sweeties, plastic spoons or spreaders.
Bring prepared but un-iced cupcakes to the meeting. (You can buy these, or whip up a prepared mix).



Pair up the girls, and ask them to make a portrait of the other's face on the cupcake. Don't expect accurate representations. As they work, they can tell their partner something about them that is outstanding - whether that's her kindness, her big brown eyes or her ideas.

While they eat their cakes, ask for each girl to tell the group what her partner's best point is, and list it on a poster, e.g. "Alex is really funny." Talk about looking for what's special about each girl.