Rainbows

Six-week virtual programme plan - example

Here’s an example six-week programme virtual plan for your Rainbows meetings.

We’ve included activity and programme suggestions for virtual meetings.

Where possible we’ve included programme activities that you can find on [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 across a range of programme activities to help you work out how to adapt activities for your unit meeting space.

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 relevant to 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  \_\_/\_\_/\_\_ | **Welcome and meeting rules**  Spend some time welcoming girls back.  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 term 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) |
| **Ice breaker** **or wind down:** [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.  **Main activity:** [Paint the past](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/activity-videos/) unit meeting activity video, Know Myself | 5 mins  30 mins |
| **Wrap up**  [Snakes and ladders](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  Show girls a [challenge](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/monthly-challenge-and-activities/) from Adventures at Home and challenge them to complete at home and share at the next unit meeting. | 10 mins |
| Week 2  \_\_/\_\_/\_\_ | **Welcome**  Interest badge discussion. Who’s working on or about to start which badges?  Or  Girls feedback on their challenge progress. | 10 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Ice breaker or wind down:** [Guess who?](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  **Main activity:** [Chattering teeth](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rainbows-chattering-teeth.pdf) magazine unit meeting activity, Know Myself | 10 mins  20 mins |
| **Wrap up**  [Knife, fork and spoon](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  Girls choose which skills builders they want to do next week. More than one skills builder can be run at a time. | 10 mins |
| Week 3  \_\_/\_\_/\_\_ | **Welcome**  Allow girls to catch up with each other.  **OR**  [Dance](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) it up virtual game. | 10 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Main activity:**  Skills builder time - All skills builder activity packs can be bought from the Girlguiding shop.  Example Rainbow skills builder activities for virtual meetings:   * **Who else will help -** Influence, stage 1, Take Action * **Set the story straight -** Make Change, stage 1, Take Action. Adaptation: Ask girls to tell you the way they’d like to change the story and why. * **Colour my mood -** First Aid, stage 1, Be Well * **Laugh out loud -** Feel Good, stage 1, Be Well | 30 mins  45 mins  30 mins  20 mins |
| **Wrap up**  [Did you see it](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game. | 5 mins |
| Week 4  \_\_/\_\_/\_\_ | **Welcome and meeting rules**  What’s been the highlight of girls’ weeks? | 10 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Ice breaker or wind down:** [Dance party](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  **Main activity:** [It’s sounding stormy](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rainbows-sounding-stormy.pdf) magazine unit meeting activity, Express Myself. | 5 mins  30 mins |
| **Wrap up**  [The big blue whale](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/activity-videos/) activity video, Be Well  Are there any new girls that are ready to take their Promise? Ask girls to think how they want to do their take Promise. Girls can use the Rainbow Promise challenge on [Adventures at Home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/monthly-challenge-and-activities/). | 10 mins  10 mins |
| Week 5  \_\_/\_\_/\_\_ | **Welcome**  Get girls energised by playing heads shoulders, knees and toes. | 5 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Ice breaker or wind down:** [Sounds in the round](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game.  **Main activity:** [What is that?](https://www.youtube.com/watch?v=CmjBpkLxWpg&feature=youtu.be) unit meeting activity video, Skills For My Future  Or  Plan a Promise party for next week for any new girls taking their Promise. | 10 mins  30 -45 mins  Depends on plans |
| **Wrap up**  [Follow the Rainbow](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-4-7/virtual-games/) virtual game. | 5 mins |
| Week 6  \_\_/\_\_/\_\_ | **Throw your planned Promise party.**  New girls who are ready take their Promise and are awarded the badge.  Any interest badges, skills builder stages or awards the girls have earned so far are presented and their achievement is celebrated by everyone. | Depends on plans | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |