Rainbow

Example 3-week getting started programme plan

With some Rainbow units across Scotland, England and Wales taking in 4-year-olds, this programme plan is designed to help you with younger and new Rainbows, by showcasing some of our easier to run and fun ice breaker activities.

Each activity is linked to where it can be found or purchased. Check out more [programme plan](https://www.girlguiding.org.uk/making-guiding-happen/coronavirus-keeping-safe/meetings-during-covid-19/adapting-programme-activities/) examples for virtual and outdoor guiding and take a lot at our [adaptation suggestions](https://www.girlguiding.org.uk/making-guiding-happen/coronavirus-keeping-safe/starting-to-meet-in-person-again/adapting-programme-activities/) on to help you adapt a range of programme activities. These examples are suggestions only.

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| Week commencing | Activities planned | Time | Themes covered |
| Week 1  \_\_/\_\_/\_\_ | **Welcome to the unit**  Spend some time welcoming your Rainbows. Ask returning Rainbows about what they are excited to do at Rainbows this term. Ask new Rainbows to tell everyone their name.  Explain to the girls any unit rules you may have and how they ask to use the toilet. | 5 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:**  Play a quick getting to know names game. Get everyone to stand in a circle and call out their name whilst everyone else gives them a big wave. Have the Rainbows pass a ball to each other whilst calling out each other’s names.  **Main activity:**  [Hiding hedgehogs](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac10-rainbows-what-is-that--6236/), Mind and movement unit meeting activity, Pack 10, Be Well.  Or  [Coral reef city](https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-have-adventures-coral-reef-city--0003a/), Magazine unit meeting activity, Have Adventures. | 10 mins  20 mins  20 mins |
| **Wrap up:**  Take some time to explain how girls can do [interest badges at home](https://www.girlguiding.org.uk/what-we-do/our-stories-and-news/blogs/interest-badges-taking-the-adventure-home/).  Ask your older Rainbows to teach your newer Rainbows the Rainbow song and actions. | 5 mins  5 mins |
| Week 2  \_\_/\_\_/\_\_ | **Welcome**  Welcome all your Rainbows back. Ask them to tell each other their favourite thing they did last week. | 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:**  Teach your new Rainbows your unit’s favourite game.  **Main activity:**  [Time travelling Rainbows](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac2-story-puzzles-rainbows--6026/), Guiding traditions unit meeting activity, Pack 2, Know Myself.  Or  [Captain’s orders](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac3-captains-orders-rainbows--6036/), Fair play unit meeting activity, Pack 3, Be Well. | 5 mins  60 mins  30 mins |
| **Wrap up:**  [The big blue whale](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac9-underwater-fireworks-rainbows--6215/), Mind and movement unit meeting activity, Pack 9, Be Well. You can also watch our How-to video for this activity [here](https://www.youtube.com/watch?v=Ps940lg1UFs&list=PLiLlQQSWBV5YhTraFEWBtOMG4hkkx9AgW&index=1). | 15 mins |
| Week 3  \_\_/\_\_/\_\_ | **Welcome**  Welcome all your Rainbows back and play the quick getting to know you name game from week 1 again. | 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:**  [Find the rainbow](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac9-underwater-fireworks-rainbows--6215/), Friendship unit meeting activity, Pack 10, Know Myself.  **Main activity:**  [You’ve got a friend](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac6-snowed-in-rainbows--6066/), Better together unit meeting activity, Pack 6, Take Action.  Or  [Snacks for quacks](https://www.girlguidingshop.co.uk/products/rainbows/resources/umac5-snacks-for-quacks-rainbows--6056/), Exploring nature unit meeting activity, 5, Have Adventures. You can also watch our How-to video for this activity [here](https://www.youtube.com/watch?v=zyDjktvz-yc). | 10 mins  45 mins  30 mins |
| **Wrap up:**  Ask the Rainbows what they want to do for the rest of the term. Work with them to figure out which ideas can be done. | 5 mins |