

Sustrans School Programme

Rainbow Quest!

Suitable for: All ages

You will need

- Camera/phone or notebook & pencil
- Art materials (optional)



Activity: use your daily outdoor exercise time for a local walk, scoot or cycle. On the way, look for colours in nature or in human-made objects.

Using your camera, take pictures of interesting colours you find. Alternatively, scribble down the things you spot and draw or paint them when you get home.

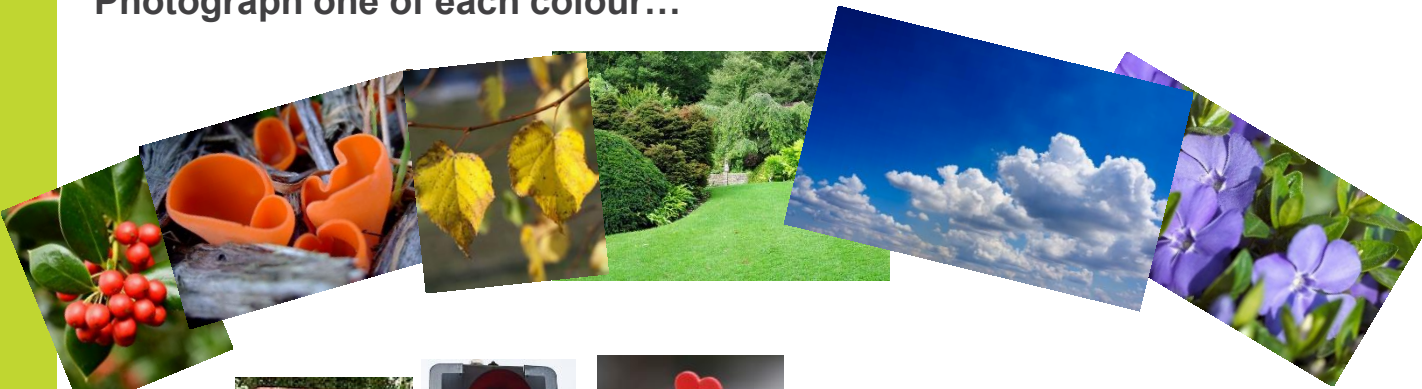
Variations

- try to find something of every colour of the rainbow - red, orange, yellow, green, blue, indigo (dark blue) and violet (purple)
- find as many shades of one colour as you can
- focus on human-made objects, or things in Nature, or a combination of the two
- make a collage of all the images you collect
- write a poem or story about the colours you found, or what you experienced during the activity
- think about how the activity made you feel – which bits made you feel good? Did anything excite you or make you want to find out more?



Rainbow Quest!

Photograph one of each colour...



Or lots of one colour...



Or do some doodles...



Or write a poem...

Red car on my street
 Around my garden, green trees
 In every cobweb, a whole rainbow
 Nobody likes litter ☹️
 Bright sunshine, blue sky
 Orange traffic cone
 Wellies, bright yellow!

Anything goes!

Think about how can you include the 5 Ways to Wellbeing into your Rainbow Quest...



Rainbow Quest!

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BE ACTIVE



TAKE NOTICE

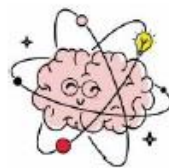


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

