



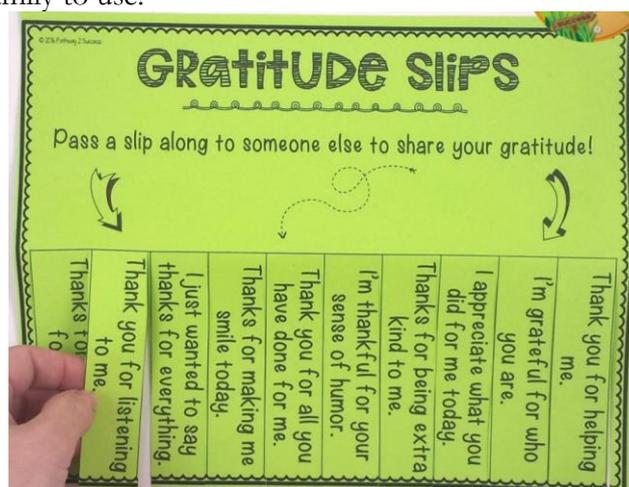
## Our Rainbow Promise

LOVE HONESTY RESPECT PEACE FORGIVENESS  
PATIENCE SUPPORT KINDNESS AND JOY

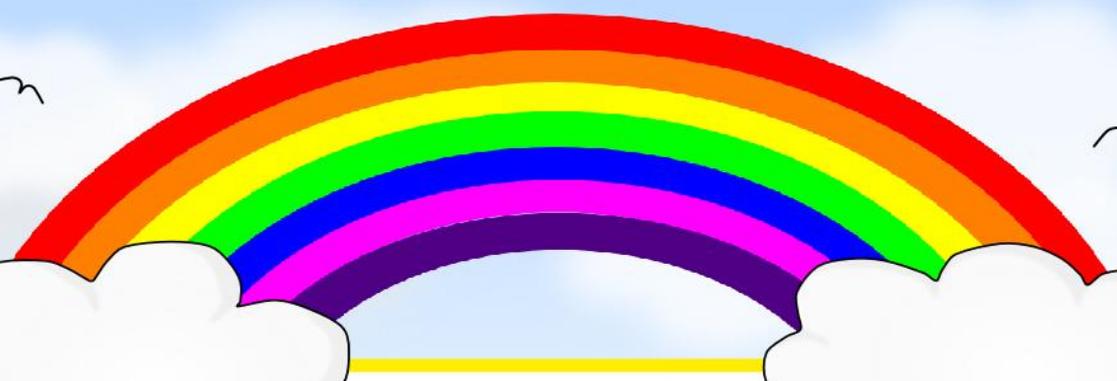
This week we want you to think about our rainbow promise. What does it mean to you and your family? In what ways do you already show the different parts of the rainbow promise, and how could you show it in other ways?

### Wellbeing

- Let's think about **respect**. What does it mean to you? Talk to family members about what it means to them. Think about the following questions and then make a poster encouraging people to be respectful.  
Why do you think it is important to treat everyone with respect?  
Why do you like to be treated with respect?  
Do you think you are a respectful person? Why?  
Name one time when someone else treated you with respect. How did it make you feel?  
Name one time when someone else didn't treat you with respect. How did it make you feel?
- Gratitude slips. Look at the picture below. Could you make something similar at home for you and your family to use?



- An online story of kindness, set in Italy during the Coronavirus outbreak - <https://issuu.com/lucamdamianni/docs/maria>



- Can you look after your teddy or dolly for the day and show them the values of our rainbow promise? Perhaps you could have breakfast or set up a picnic with your toy? You could even read them a story and tuck them up in bed and give them a cuddle! You might like to draw a picture of yourself with your favourite toy!

- Kindness chart  
Create a kindness chart either for the week or the month, thinking of all the different ways you can show kindness to those around you. You could use the one below or create your own.

Date: \_\_\_\_\_

### I Can Show Kindness!

Let someone else go first 	Give a kind compliment 	Say 'good morning' 	Say 'hi' to someone 	Tell someone 'thank you' 
Share with someone else 	Offer to help someone out 	Invite someone to join you 	Give someone a high-five 	Write a compliment list about yourself 
Ask someone how they are 	Work with someone new 	Hold the door open 	Do an extra chore 	Forgive someone for a mistake 
Help clean up 	Spend time with a friend 	Write a kind note 	Help someone having a tough day 	Just listen to a friend 

- Play a game with your siblings or grown up. Practise taking turns, listening carefully to each other and being patient. Most importantly though, have fun doing this!

### Art

- Design a stained-glass window that reflects our rainbow values - maybe you could include St Francis and St Clare in it, too!



- Create a poster with all our Rainbow values on it. You could add lots of exciting pictures and drawings to decorate and show others how to live our values.



- You could make a rainbow using paper strips and cotton wool- like in these pictures:



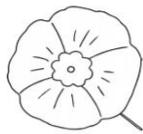
- There are many signs and symbols for peace – here are a few. Have a go at designing your own symbol for peace?



the peace sign



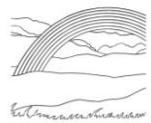
a dove



a poppy



an olive branch

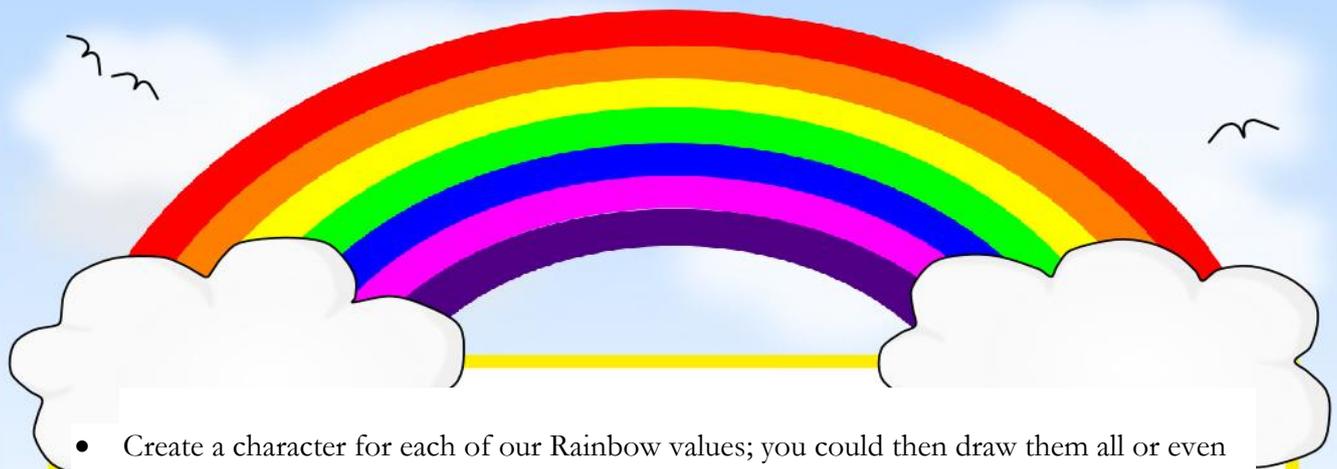


a rainbow

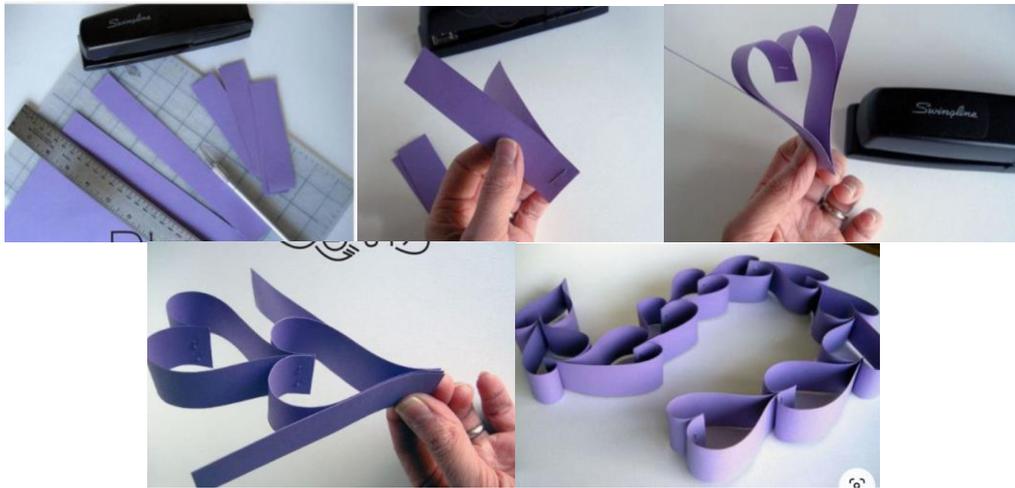
- Could you make a piece of art showing our rainbow promise values, or ways to demonstrate them? How about something that shows what you are thankful for connected to our rainbow values? Or a piece of art that includes a quotation that reminds us to show our rainbow such as ‘Always be a rainbow in someone else’s cloud’.



- Make a collage to show our Rainbow values. Draw pictures or paste magazine pictures that show different ways people can show these values to others.



- Create a character for each of our Rainbow values; you could then draw them all or even make stick puppets of each of them!
- Make a heart paperchain



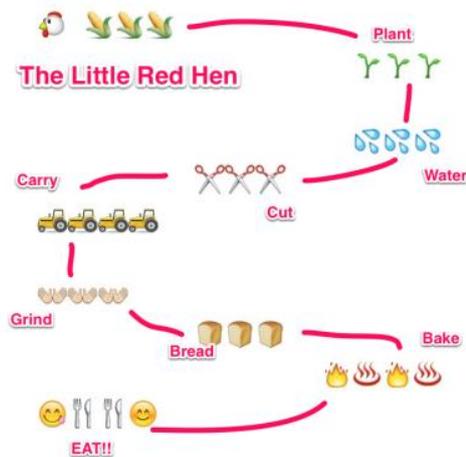
- You could colour some pasta and make yourself a rainbow necklace by threading it onto some wool or string. Maybe you could make a necklace for someone else in your family?

### Music

- Create a song, a rap, or a chant about our Rainbow Promise. Your words should explain why it our Rainbow Promise is important and how it could make the world a better place.
- Can you sing these words to the tune of “I can sing a rainbow”, or you could make up your own lyrics about our Rainbow Promise, to whatever tune you like!  
Love, Forgiveness, Respect and Peace. Honesty, Kindness and Joy. God sent us a rainbow, be a rainbow, in everything you do. Have patience in your heart, support everyone, and respect everyone you meet. JP family rainbow, we are rainbows, sing along with me.

## English

- Have a read of 'Peace at Last' or watch a retelling here <https://www.youtube.com/watch?v=9U9y35kWBvM>  
In this story Mr Bear is trying to get quiet, in order to sleep. Can you create a story mountain or story map – using pictures to visually represent the main plot points in the story – can you label it? Here is an example of a story map for The Little Red Hen.



But peace is more than just being quiet; it is feeling a sense of calm and restfulness inside. Can you go on a listening walk and list all of the things you hear on your walk? Somewhere safe and with your adult, could you close your eyes and describe what you can hear?

- Write a paragraph describing how the world would be different if more people showed the Rainbow promise towards one another.
- Make up a poem using the words from our Rainbow promise, or use each word as an acrostic poem, with each letter of the word starting a word or sentence.
- Make a list of all the ways people can show the Rainbow Promise to each other. What things might they say to each other, what things might they do? How can we show it at school? How can we show it at home?
- Look up each of our Rainbow words in a dictionary and write out the definition.
- Write a welcome letter to someone new starting at our school. How would you explain the Rainbow Promise and what it means to this new person?



- Can you write a story where the characters show our Rainbow Promise values?

- **Do Unto Otters**

A lovely book thinking about how we treat others. Watch the story and think about how the rabbit and the otters were good neighbours. Can you write your own version of the story using different animals? Or maybe you could write a story including the other ways that the rabbit could demonstrate how he would like to be treated?

<https://www.youtube.com/watch?v=AKzM3CZoWqY>

### RE

- Remember the story of Noah and the Rainbow Promise – some people believe that the dove represented His Spirit bringing the good news, forgiveness of God and man. First, following the Flood during Noah's time, Noah sent out a dove. The first time, the dove returned to him. On the second occasion, the dove returned with an olive leaf in its mouth, so that Noah could see there was land not covered with flood water. The third time Noah sent out a dove, it did not return, revealing the dove had found a new home. The dove became a symbol of God's peace following forgiveness.

Linking to this, can you create an origami dove?

<https://www.youtube.com/watch?v=w7xtcoibkd4>

Perhaps you could put your dove in your window as a symbol to your neighbours walking by. How will you incorporate more peace into your life?

- Find a bible quote for each of our values, e.g. 'Live in peace and the God of love and peace will be with you' - 2 Corinthians 13:11. Can you make a poster to show all of the quotes that you find?

### Cooking

#### **Rainbow cookies**

- 175g softened butter
- 50g golden caster sugar
- 50g icing sugar
- 2 egg yolks
- 2 tsp vanilla extract
- 300g plain flour
- zest and juice 1 orange
- 140g icing sugar, sifted
- sprinkles, to decorate

### Method

1. Heat oven to 200C/180C fan/gas 6. Mix the butter, sugars, egg yolks and vanilla with a wooden spoon until creamy, then mix in the flour in 2 batches. Stir in the orange zest. Roll the dough into about 22 walnut-size balls and sit on baking sheets. Bake for 15 minutes until golden, then leave to cool.
2. Meanwhile, mix the icing sugar with enough orange juice to make a thick, runny icing. Dip each biscuit half into the icing, then straight into the sprinkles. Dry on a wire rack.

### Maths

- Can you make a set of love-themed number bonds?

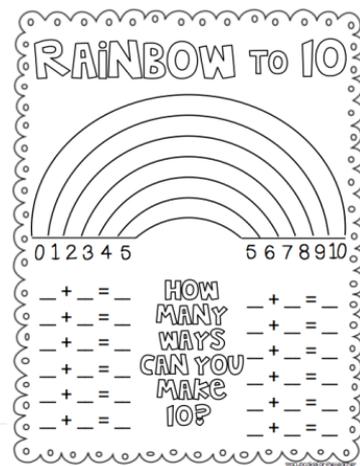


Or could you make some rainbow number bonds?

BONDS TO 10 



	0 and 10	3 and 7
	1 and 9	4 and 6
	2 and 8	5 and 5



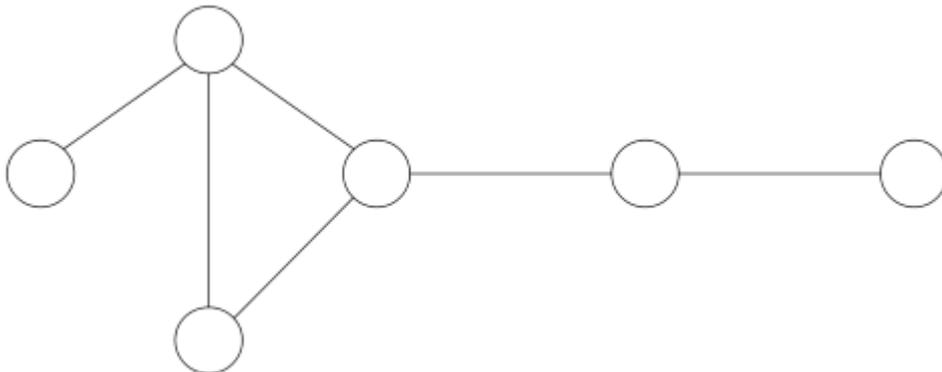
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- There are 8 Rainbow Promise values. Why don't you explore the number 8 this week?

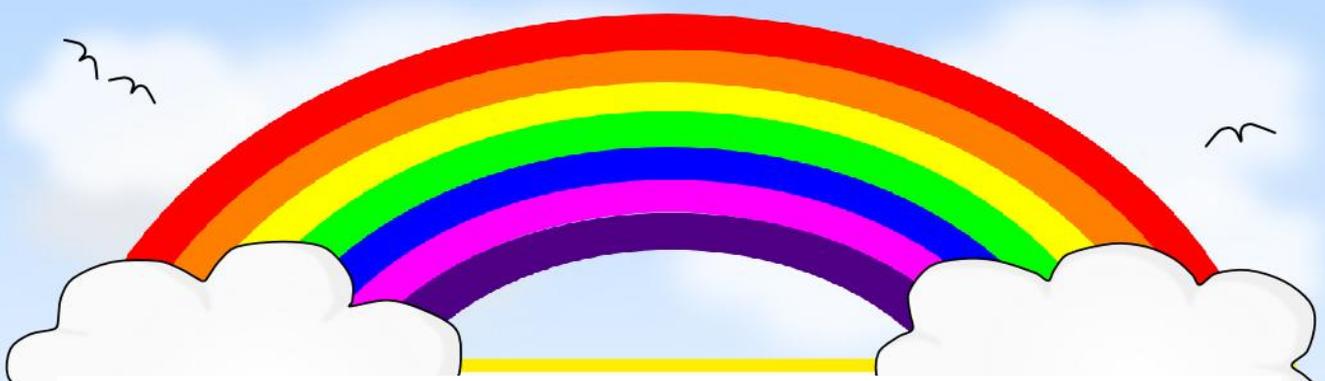


- This challenge is about finding a variety of ways of asking questions which make 8. You might think of  $6 + 2$ , or  $22 - 14$  or... However, try to create examples that use all the different mathematical ideas that you know about. Perhaps you could challenge yourself to find ways of making 8 that you think no-one else will have thought of.
- Practice your 8 times table – remember to practice division as well as multiplication – how many times can you write it out in a minute? Can you count backwards in 8s? What are the links between the 8 times table and the 4 times table? Could you use the 4s and 8s to try out your 16 times table?
- How many representations of the number 8 can you find in your house? Is there anything you have exactly 8 of?
- **Who's Who? (KS2 maths challenge)**  
We can represent a group of friends by drawing a graph.  
Each node represents a person.  
An edge joins two nodes if and only if those two people are friends.

Here is a graph showing a group of friends.

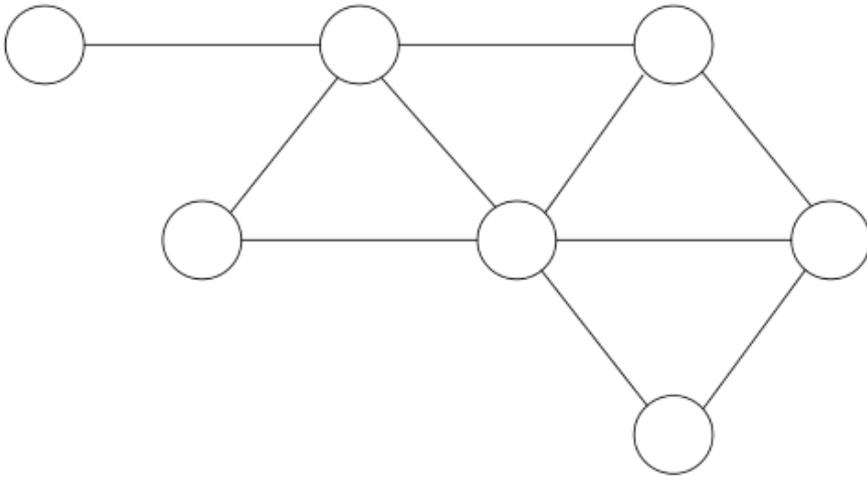
**Can you work out who's who using the clues below?**



- 
1. Alan has 3 friends, Barney, Charlie, and Daniel.
  2. Barney and Ed are both friends with Charlie.
  3. Ed is Frank's only friend.

Here is a second network of friends.

Again, use the clues below to figure out who's who.



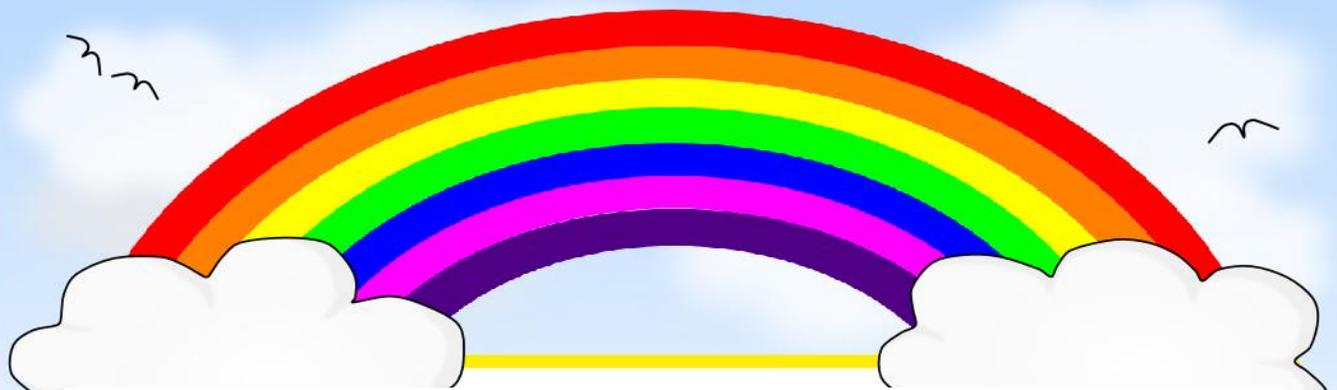
1. Bella and Ciara are friends
2. Emily and Ciara are not friends
3. Bella is Fiona's only friend
4. Anna has more friends than anyone else
5. Daphne has three friends
6. Gill and Daphne are not friends
7. Emily has two friends

**Once you've solved the two puzzles, here are some green star questions to consider:**

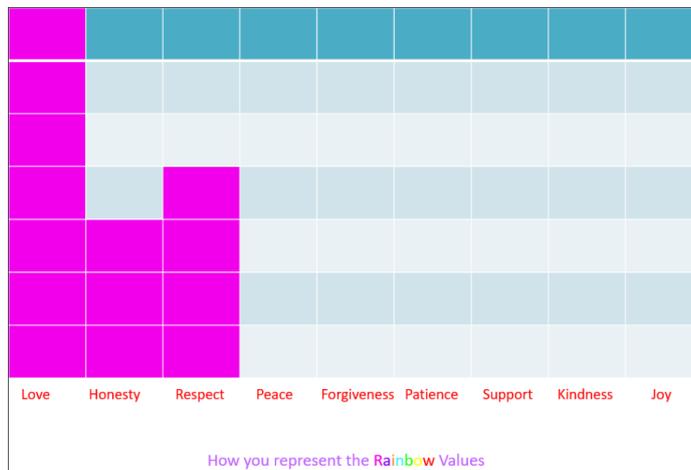
Did each problem have a unique solution?  
Were there any clues you didn't need to use?

If you label each node with the number of friends the person has, and add together all the numbers, what can you say about the answer? Can you explain why?

Can you design a puzzle with five friends with a unique solution?



- How do you represent the rainbow values? Give yourself a score out of ten for how well you think you have represented each of our rainbow values this week. Can you make a bar chart like the one below to represent your scores? Which value was the highest rated? Which was the lowest? Which will you work harder to represent next week?

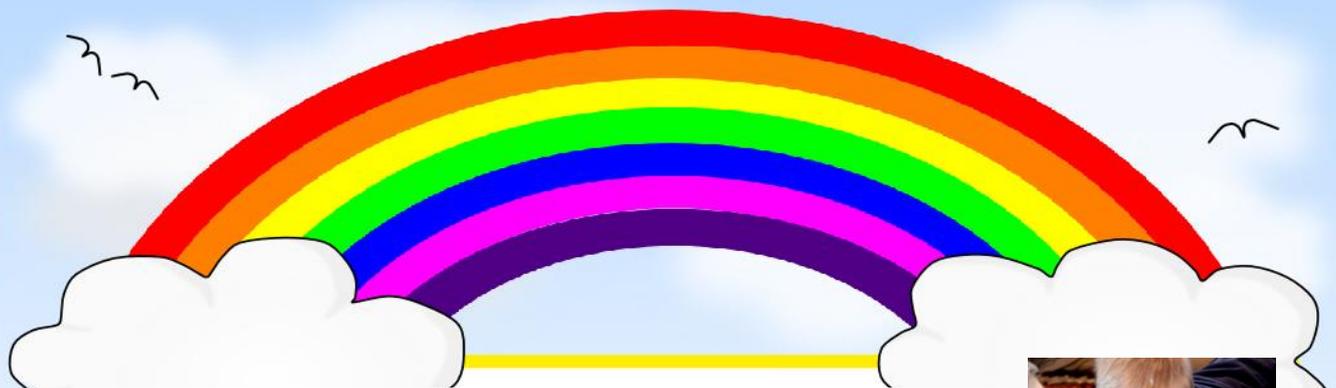


## PE

- Rainbow yoga for all ages – a guided yoga video for all ages with a rainbow theme:  
<https://www.youtube.com/watch?v=dF7O6-QabIo>
- An energetic, noisy rainbow dance video, that thinks about colours. Can you join in? Can you make your own dance moves?  
<https://www.youtube.com/watch?v=tbPGvZDNoY0>

## Science

- A game to test your patience!  
With your parent's permission, create some zigzag lines on the floor – this could be with tape or, if outside, some chalk. If you don't have those, you could draw some on a big piece of paper or card.  
Using a straw and a pompoms or small ball, can you blow the ball along the zigzag line without it coming off?  
As you blow your pompoms along the line of coloured tape, ask:



- Does it work better if you are closer or farther away?
- What is the difference between hard short bursts of breath and longer, slower breaths?
- If you have more than one line, which line is hardest? Which is easiest?

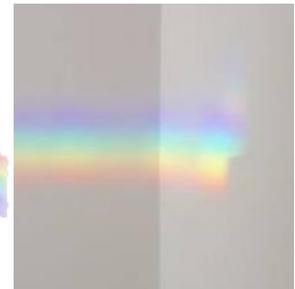
Maybe you can create several lines and have races with other family members. If it's a race, you could include forfeits such as: if the ball leaves the line you have to restart.



- Can you make a rainbow?

**What you'll need:**

- A glass of water (about three quarters full)
- White paper
- A sunny day



**Instructions:**

Take the glass of water and paper to a part of the room with sunlight (near a window is good).

Hold the glass of water (being careful not to spill it) above the paper and watch as sunlight passes through the glass of water, refracts (bends) and forms a rainbow of colours on your sheet of paper.

Try holding the glass of water at different heights and angles to see if it has a different effect.

**What's happening?**

While you normally see a rainbow as an arc of colour in the sky, they can also form in other situations. You may have seen a rainbow in a water fountain or in the mist of a waterfall and you can even make your own such as you did in this experiment!

Rainbows form in the sky when sunlight refracts (bends) as it passes through raindrops; it acts in the same way when it passes through your glass of water. The sunlight refracts, separating it into the colours red, orange, yellow, green, blue, indigo and violet.

Can you find any other ways to make your own rainbows? (Hint: try mirrors, garden hoses on a spray setting, cds/dvds)



- Rainbow skittles experiment and more:



A link to instructions about many different rainbow themed experiemnt, including the skittle experiment pictured above.

<https://www.growingajeweledrose.com/2018/08/skittles-rainbow-experiment.html>