

2.5" (63mm)



Rainbows, an adventure through time...

Create your own adventure through time...

Choose the stops in your time travelling journey. Mix and match with the activities to create your adventure. There is no minimum requirement and no need to complete something from every category.



"Bunnies" starts in Northern Ireland.



1965



First Rainbows units open in the UK.

Lynsey Hickling become the very first UK Rainbow!

When did your Rainbows unit open?



1987



1990s



Rainbow Rabbit mascot.
Standardised green cloth
Promise badge.



1997



Rainbow Riots 10th anniversary.

2004



"Look, learn, laugh, love"
Rainbows song was first sung!

Rainbows started wearing
the current uniform and
the Olivia mascot joined.



2008



Metal Trefoil Promise
badge introduced.



2012

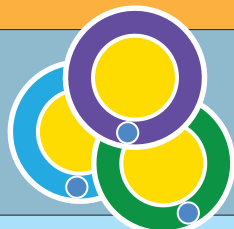


25th anniversary.

2013



Subject-based
Roundabout badges
appeared.



2018



Interest badges, Skills Builders
& Theme Awards launched.



2022

...the future...





Time Travel

Make a clock

Create a clockface, using a split pin. You could position the hand for each year or use it to help you learn about time. Or use a real clock movement with thick card to make your own working clock!

Time hopping

Mix up your meeting, doing things in a different order, as if you're hopping between times. You could start in the middle or the end, and finish at the beginning.

Build a time machine

Create a junk model, hat, backpack, clothing, or go big and build something you can sit in, stand in or crawl through.

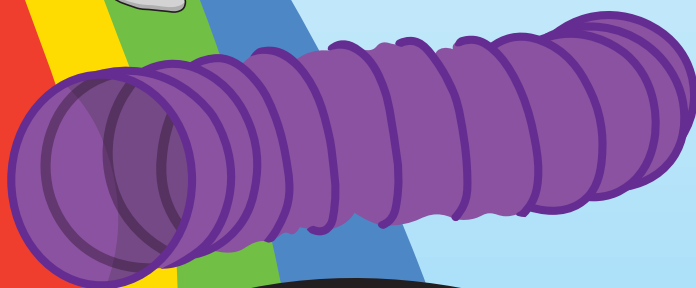


Rewind

Pretend you're travelling back in time by doing things backwards. Be careful walking backwards so that you don't bump into each other, obstacles or fall over.

Step in time

Perform an action or say a phrase to continue your journey to the next stop in your adventure through time.








UMAs





Rainbows

-  A royal engagement
-  Paint the past
-  Time travelling Rainbows
-  The story of us
-  Tune into our history
-  Turn them blue


Brownies

-  Brownie pocket challenges
-  Century time travel
-  Museum of imagination
-  Time-travelling celebration
-  Transforming travel

Guides

-  Chain-ging time
-  Creative curating
-  Uncovering the past
-  Wartime Guides

Rangers

-  Memories last a lifetime
-  Retro fashion



Bunnies

Rainbows origins can be traced back to 1960s Northern Ireland. A group called "Bunnies" was run for girls aged 4 to 7 because they were too young for Brownies.

Bunnies did not have a Promise. Girls had to memorise their name and address.

Following adoption by the Trefoil Guild in Ulster, a programme of badges was introduced in 1980.

In 1985 Bunnies became officially recognised by Girlguiding in the UK and decision was made to launch Rainbows in 1987.



Carrot hunt

Hide carrots, or pictures of carrots, around your meeting place for an egg-hunt style search.

Leapfrog

At least two players are required but as many can play as you have room for!

Start with one player crouched on the floor tucking in their head down and their legs and feet in. The second player runs up to them from behind, placing their hands on their back and leaps over with their legs straddled wide apart on each side.

Once landed, the second player assumed the crouch position and the roles are reversed.

Add more players to increase the line and the number of leaps.

Sack race

Bounce like bunnies and race to the finish line!

Rabbit craft

Get creative! Make a rabbit or a set of bunny ears from junk or craft materials.

Not very bunny!

Can you spot the characters that aren't rabbits? Mix up these two lists and read them out!

Bugs (Bunny)
Rabbit (Winnie the Pooh)
Easter (Bunny)
March Hare (Alice in Wonderland)
Peter (Rabbit, Beatrix Potter)
Benjamin (Bunny, Beatrix Potter)
Thumper (Bambi)
White (Rabbit, Alice in Wonderland)
Energiser (Bunny)
Miffy
Buster Baxter (Arthur cartoon)
Judy Hopps (Zootropolis)
Roger (Who Framed Roger Rabbit)

Clifford (the Big Red Dog)
Donald (Duck)
Daffy (Duck)
Garfield (cat)
Kermit (the Frog)
Snoopy (dog, Peanuts)
Nemo (fish, Finding Nemo)
Jerry (mouse, Tom and Jerry)

Back to the warren

Place several large hula hoops on the floor, representing rabbit holes. Choose someone to be a fox and everyone else to be rabbits. The fox must stand at the side facing away so that they cannot see.

The rabbits move around the space staying away from the hoops. The leader calls out "back to the warren!" The rabbits have 10 seconds to stand within a hoop before the leader calls out "fox!" Rabbits need to squeeze in together to be safe from the fox.

The fox now has 10 seconds to find any rabbits who have one or both feet outside of a hoop and tap them to capture them. They will become foxes too. Reduce the rabbits' head start by 2 seconds (until it is removed completely) and repeat the game until all the rabbits have been captured.

Vegetable patch raid

Can you grab something from the vegetable patch without getting caught?

Place a selection of toy food, balls, or bean bags into a small area at one end of your meeting space. Choose some gardeners to protect the vegetable patch. They can only move side-to-side across the middle of space. Everyone else is a rabbit and must start from and return to the opposite end of the space.

When the leader calls out "go!" the rabbits have 1 minute to grab 1 vegetable each at a time from the patch and bring it back. If a gardener catches them, they must put the vegetable back in the patch and return to the start empty handed to have another go.



UMAs

Rainbows

- Tricky treasure island
- Moonwalk

Brownies

- Fox, frog, flea
- Frogs in a pond
- Game on
- How many hats?

Guides

- Animal athletes



Uniform and Badges

New uniform design

Create a new uniform design, or new clothing item.



Guiding sisters

Make a paper doll chain to show different Girlguiding sections.

Explore the past

Find out how uniform has evolved and changed over the years.

Design a necker

Devise a colour scheme and emblem for a necker.



Oldies

Discover badges from the past.

Blanket fashion

Badge collections are often sewn on camp blankets. Look over a camp blanket. What stories do the badges tell?

The programme



Learn about the current programme badges and themes.

Interesting badges




Come up with your own design and activities for an Interest badge.

UMAs

Rainbows

-  Guiding and me
-  Shoe show

Brownies

-  Demanding designs
-  Stitch up your six
-  Trash fashion

Guides

-  Designer drawings

Rangers

-  Printing pro



Mascots

Story time

Write a story about your unit mascot or take them on a story walk.

Mascots and emblems

Take a look at different mascots and emblems and think about what they mean to you.

Play time

Play a game using your mascot.

My mascot

Make or design a new mascot.

Mascot friends

Have a mascot meet up, teddybear picnic, or swap a card with another unit on behalf of your mascot.






Bring a friend

Invite your friends to a meeting. Have a bring-a-friend event for girls in your age group.






UMAs




Rainbows

-  A warm welcome
-  Bear-y good games
-  Mascot maker
-  Memory mates
-  Peg portraits
-  Story trail





Brownies

-  Buddy bingo
-  Odd socks
-  Sole-mates

Guides

-  Hello my fabulous friend
-  K is for kindness
-  Ready, steady, teddy!

Rangers

-  Plastic fantastic
-  Spread the word
-  Think and throw
-  Welcome with open arms



Rainbows

Create a real Rainbow

A rainbow appears in the sky when sunlight shines from behind you through rainwater droplets in front of you. The sunlight is split into different colours and takes the form a circular arc.

Use a CD, a DVD, a prism, a glass of water, or fine mist spray, with sunlight or a bright white light to create a Rainbow. A fine mist spray in bright sun will create a Rainbow in mid-air. For other methods reflect the rainbow onto a white or light-coloured surface.

UMAs

Rainbows

- Find the rainbow
- Fruit shop
- Pendulum painting
- Sort it out
- Sticky salt
- Underwater fireworks

Guides

- Rainbow challenge
- Splatter
- Tantalising tangrams

Brownies

- Brownie beads
- Colour creation
- Foam favourites
- Magical mixtures
- Milk masterpiece
- Tape to create
- What's the point?

Rangers

- Scratch the surface

Sorted

Arrange items into the colours of the rainbow.

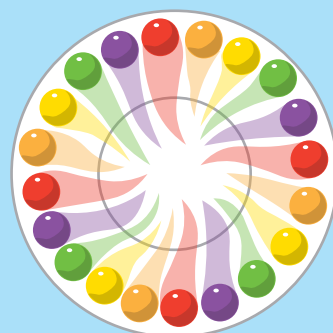
Grow a rainbow

Grow a rainbow up a paper towel. Along the bottom edge of the paper towel, add different coloured ink, food colouring, or colour in adjacent squares with pens. Place this bottom edge into water and watch as your rainbow grows up the paper towel.

Rainbow on a plate

When you place Skittles sweets in water the food colouring and sugar coating dissolves and spreads. It makes a cool rainbow effect.

Arrange different coloured Skittles around the outside of a plate. Next add a little warm water and watch their rainbow tails grow.

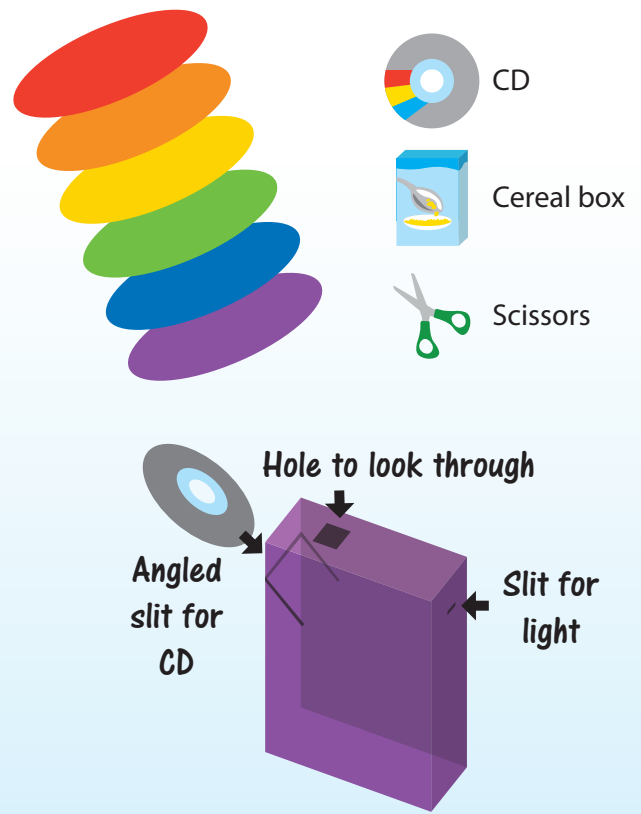


A light study

Light is made up of all the colours of the rainbow. This is called the light spectrum. Every natural element has a characteristic light spectrum, like a finger-print in the light.

Make a working spectrometer using a CD and a cereal box. Cut a slot into the side of the box, at a 30° angle, to slide in the CD shiny side up. Cut out a square on the top of the box, above the CD, to look through. Next cut a very neat slit on the opposite end of the box for the light to go in. The cleaner this is cut the better.

Use your spectrometer with different sources of light, and types of light bulb, to see the different rainbows on the CD.



Rainbow craft

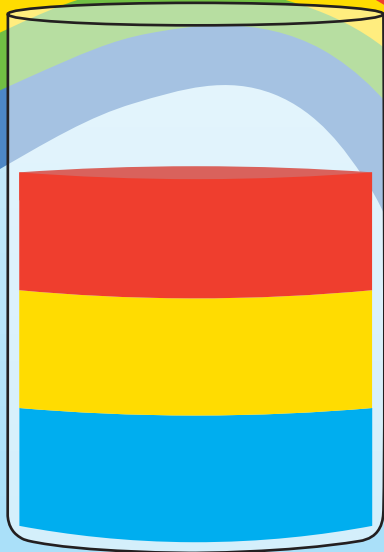
Paint, draw or make a rainbow using craft materials.

There are lots of ideas, including creating a rainbow paperchain, tassels, or a popup card!

Rainbow in a glass

Using food colouring and sugar you can carefully layer different coloured water to create a stack of colours in a glass.

Mixing sugar into water increases its weight. By adding different amounts of sugar to each colour and carefully adding each colour to one glass, you can make a stack. Don't forget to start with the heaviest colour (most sugar) and finish with the lightest.





Celebrate



Throw a party!

Have a disco, play party games, and decorate the room. The fun is endless!

Rainbow Riot

Introduce the other sections to Rainbows. Invade a Rainbows meeting. Visit a Rainbows meeting or invite Rainbows to your meeting.

Birthday cards

Create cards celebrating 35 years of Rainbows. You could swap cards with another unit.

Pamper day

From making face packs to painting nails. What fun could you have with a pamper session?




Colourful drinks

Mix up colourful soft drinks and create interesting new flavours.





UMAs



Rainbows

-  Cheer challenge
-  Pizza party
-  The big blue whale




Brownies

-  Celebrate good times
-  Pop-up cards

Guides

-  Checking in
-  Prepare to be amazed!

Rangers

-  Fudge factory
-  Rainbow rewind
-  Relaxation station





Traditions



Have a Rainbow chat

Have a Rainbow chat about turning 35 years old! You could discuss the activities you would like to do to celebrate.

A Rainbow chat is a group discussion like a Brownie pow wow, or Guide Patrol Leaders' Council.

I promise that I will do my best to think about my beliefs and to be kind and helpful.

The Promise

Practice the Promise. You could make a Promise paperchain, bracelet, magic potion, or another craft.



You could also investigate different Promise traditions that you may encounter on your Guiding journey.

Going on parade

Have you ever been part of a parade, show or event? Maybe you have attended a religious, thanksgiving or memorial service with your unit.

Take part in an event, go on a parade, if you can, or recreate something in your unit meeting.



Rainbows song

Perform the Rainbows song. Maybe you could add a special 35 year celebration twist!

*Look at the world around.
Learn everything you can.
Laugh as you go along.
Love this world of ours.*

*Look, Learn, Laugh, Love.
Rainbows have begun.
We're all here now.
Come and join the fun.*

(To say goodbye, the end of the song changes)
*Look, Learn, Laugh, Love.
We've had lots of fun.
Bye bye Rainbows.
Sleep well everyone.*

Design a flag

Design a flag for your unit, group, six or patrol.

World Thinking Day

World Thinking Day is celebrated by girl guides and girl scouts all over the world on 22 February every year. Look at Guiding around the world and find out how your unit fits into the Guiding family.



Play a game

Do you have a game that you play a lot during unit meetings? Maybe you've played Hedgehogs, or Duck, Duck, Goose? Play some group games from past and present.



Camping and sleepovers

There's nothing like the fun of a sleepover, residential or camp and it's an opportunity available to all sections. Maybe you've been away or are going away in your Guiding journey.

If not, you can bring some of the fun to a unit meeting. Pitch a tent and learn what to pack. You could even have a virtual visit to somewhere you'd like to go.

From archery to zip lines, you could bring the activities to your meeting in some form. Look up Magic and Mayhem, Fearless Fun, Wellies and Wristbands, and Sparkle and Ice for some ideas.

UMAs

Rainbows

-  All my friends
-  A race against time
-  Be a Brownie
-  Hiding hedgehogs
-  Parlour party
-  Promise potions
-  Trefoil creations
-  World Centre postcards



Pot of Gold

Rainbows have a special Pot of Gold presentation and celebration when it is time to move on to Brownies.

Create your own miniature pot of gold and reflect on your Guiding journey so far.



Clever campfire

Nothing can be more of a Guiding tradition than a Campfire.

From cardboard cut outs, a simple pile of small logs, to clever lights and special effects, if you can't have a real campfire then there are plenty of ways to recreate the fun.



S'more fun

Want some more? You can make s'mores in any setting. You can even use marshmallow fluff and chocolate spread when melting your own isn't an option.



Singing and stories

Bring everyone together for some campfire songs.

If singing isn't your thing, you could tell stories instead.



Start a new tradition

Introduce something new to your unit that you will do on a regular basis, which could be weekly, termly or annually.

UMAs

Guides

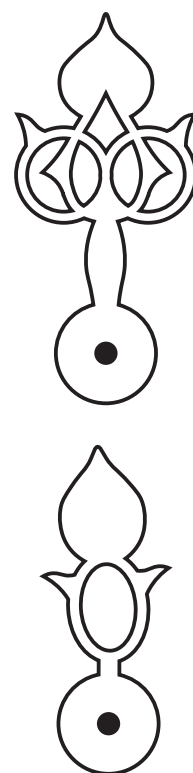
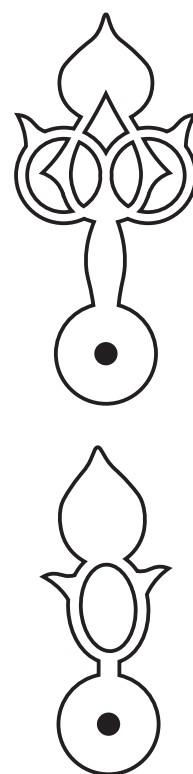
Brownies

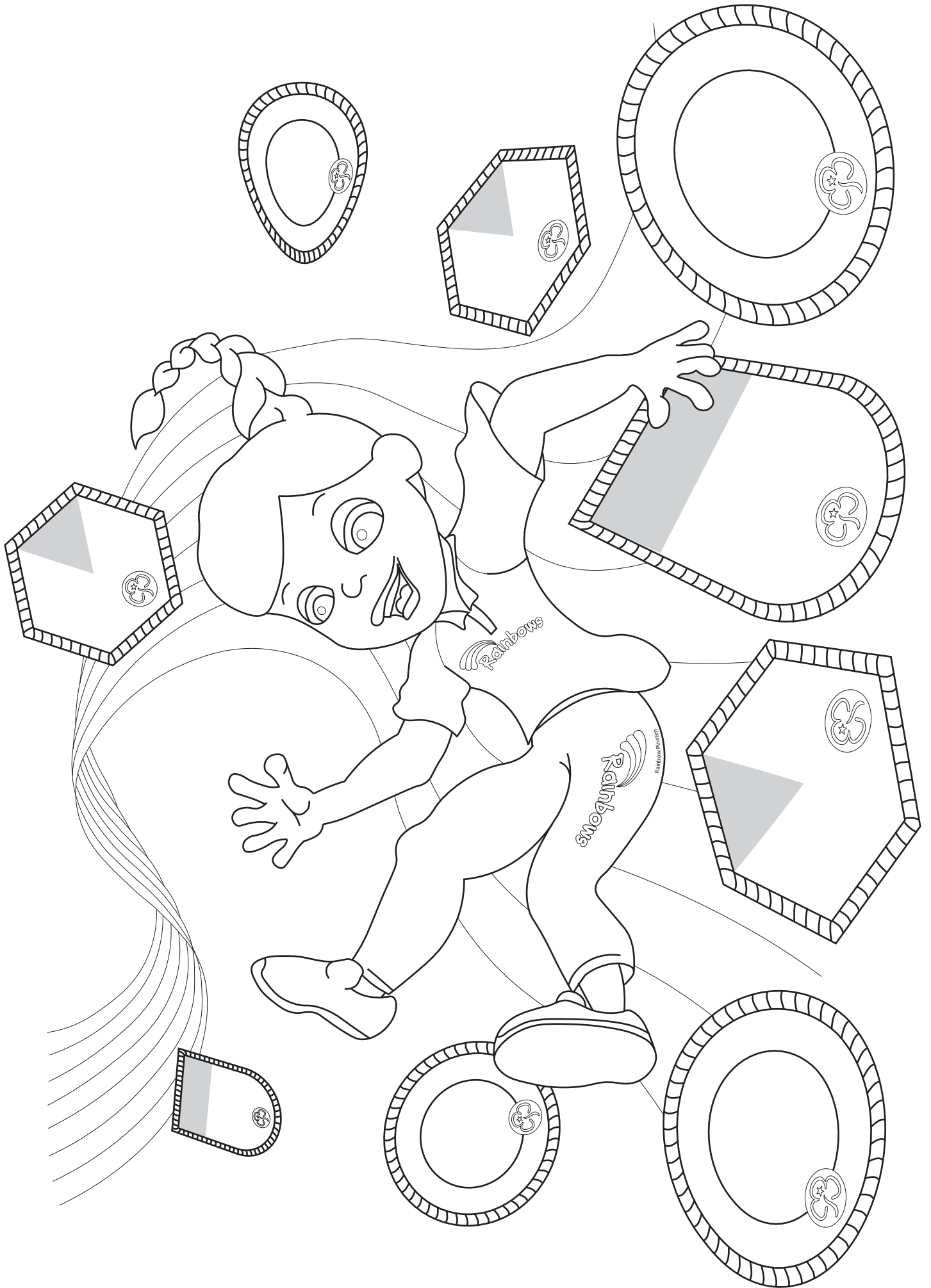
- Festival fun
- Guiding in a bubble
- Lend a hand
- Mime time
- Strike a light
- The legend of the Brownies
- Trefoil trivia

- Against the Law
- Director's cut
- House of Guiding
- International explorer
- The two match challenge
- Treasure hunters
- Warm in the wild
- Washing line of pride
- World Centre welcome

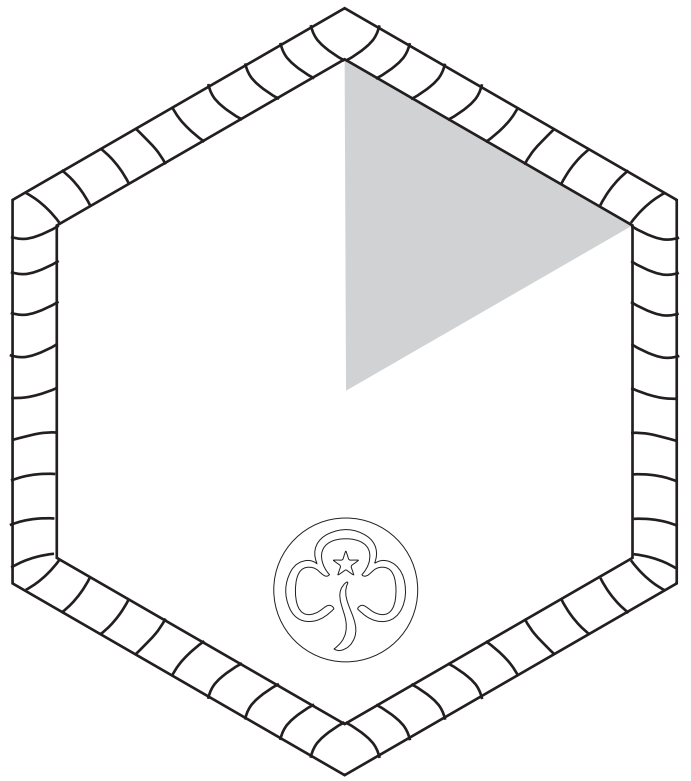
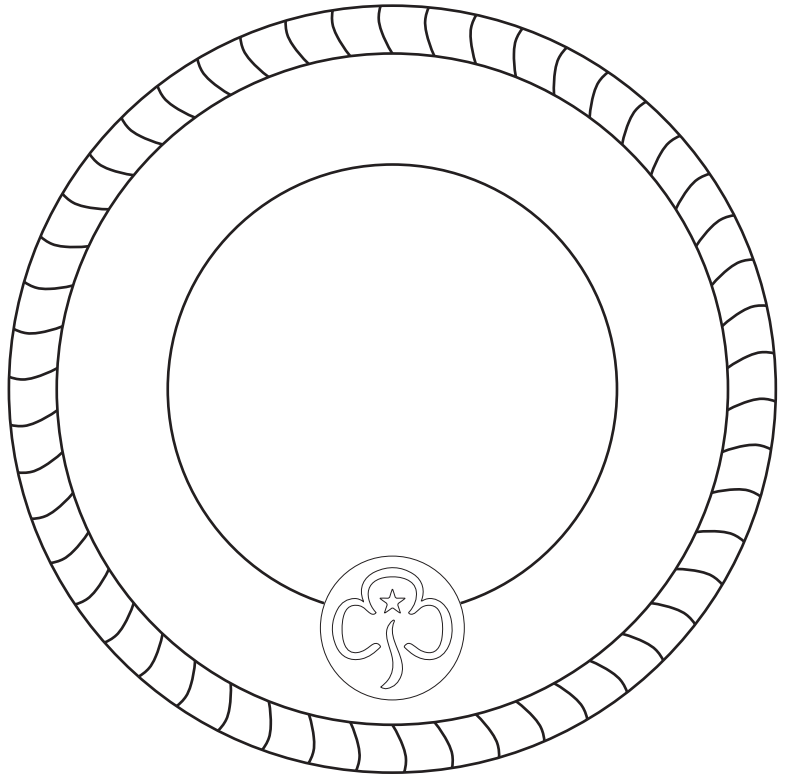
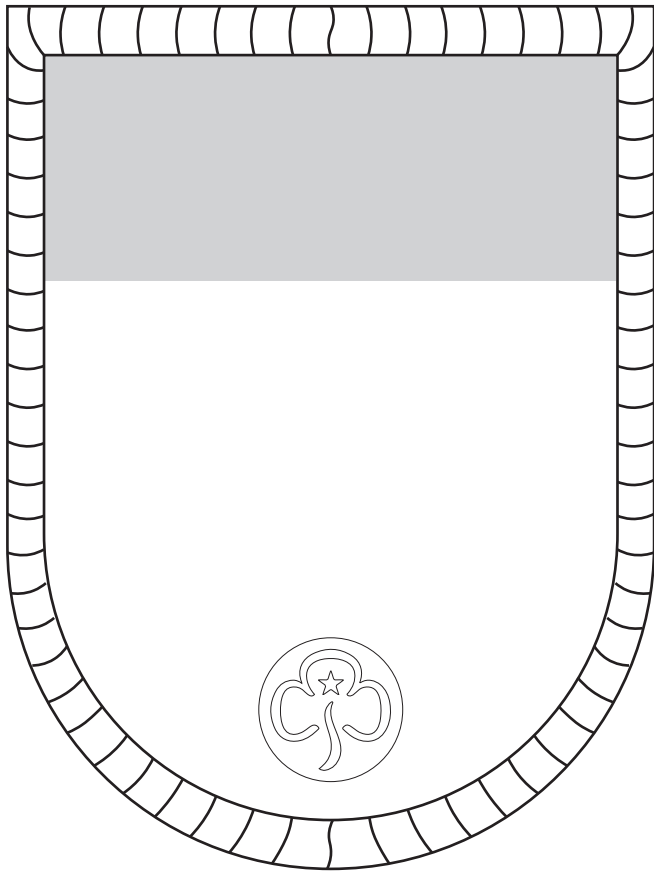
Rangers

- All tied up
- Campfire cookout
- Meeting charades
- Trefoil tree
- Winter feast-ival



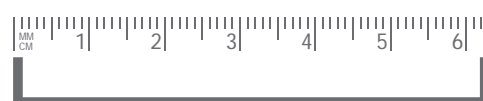


Rainbows Programme Badges



Badge Order Form

Contact Name
Unit
Address
Email Address



2.5" (63mm)

I would like to order

x Rainbows, An adventure through time badges

@ £1.00 each.

Badge total

£

Postage

£

TOTAL

£

Postage

1-2 badges - £1
3-20 badges - £1.50
21+ badges - £2.00

Please make payment using either of the following options:

BACS

Account Name: Guides of Kent - Kent East
Account Number: 67838731
Sort Code: 60-14-05

Reference: <NAME><UNIT>GD28

Cheques

Make cheques payable to
"Guides of Kent - Kent East"
and add the following reference
to the back:
<your name> <unit name> GD28

Rainbows 35 Badge, 34 Pier Avenue, Herne Bay, CT6 8PQ

rainbows.hb@icloud.com