

RAINBOW IDEAS – w/c 22nd June



- ✓ **THINK SOME MORE ABOUT your 'Journey out of lockdown'**
Read some more wise words from Charlie Mackesy, above, and decide if you feel that you are starting to see 'the other side.'
- ✓ **WATCH** the videos of Conga and Lily again - (follow the links below) and decide who are your **TRAVELLING COMPANION(S)**
<https://www.youtube.com/watch?v=1hacYQHqZIO>
<https://www.youtube.com/watch?v=bim01gFuvNE>
- ✓ **DRAW** a picture of you all **TRAVELING TOGETHER**
Draw in your own style or choose the style of an illustrator that you like
- ✓ **READ** a poem – maybe **LEARN** it **BY HEART**
Another poem to make us smile...'The Laughter Forecast' by Sue Cowling – it's on the next page
- ✓ **Some CULTURE** in **QUARANTINE**
Follow the link below and capture a moment to yourself with 5 stress-busting performances. All performances are recorded remotely during lockdown by musicians of the BBC Scottish Symphony Orchestra
<https://www.bbc.co.uk/programmes/articles/1TH9hRry29QR7T2Jzh4ZFr0/5-lockdown-performances-to-calm-the-mind>

'The Laughter Forecast' by Sue Cowling

The Laughter Forecast

Today will be humorous

With some giggly patches,

Scattered outbreaks of chuckling in the south

And smiles spreading from the east later,

Widespread chortling

Increasing to gale-force guffaws towards evening.

The outlook for tomorrow

Is hysterical.