

# RAINBOW IDEAS - w/c 21<sup>st</sup> April

## The SAME:

1. MAKE or BAKE Challenge - Say THANKYOU to someone somehow

This week I made a card for the staff of my local supermarket to say thank you to them all for working so hard and delivered the card to their Customer Service Desk when I was shopping.

2. Take part in THANK YOU Thursdays with the GREAT BRITISH SINGALONG @ 9am and CLAPPING for the NHS @ 8pm

I will be singing with Radio1; Radio 2; 6 Music; 1Xtra and the Asian Network in the morning and clapping along with my neighbours from my front garden in the evening (actually I bang a pan with a spoon instead!)

3. LEARN a poem BY HEART

This week it is 'LEISURE' by William Henry Davies - we do have the time to 'stand and stare' now. Make the most of this time and notice what you see. I have loved staring at my neighbour's beautiful cherry blossom tree, watching the blossom collect on my back yard. It's like being at a wedding!

4. LEARN something NEW

This week I learnt how to change the yellow toner in the photocopier!

5. Some CULTURE in QUARANTINE

This week a gift from a monastery of Benedictine nuns living in seclusion in southern France - it has opened its doors to allow recordings of its Gregorian chants to be made available to the outside world providing some comfort in these different times.

<https://www.youtube.com/watch?v=bx3feU3Cpx0>

## DIFFERENT:

1. Watch the video about Captain Tom Moore and how he has raised money for the NHS. How are we all improving our carbon footprint at the moment? 😊

<https://www.youtube.com/watch?v=EmYoB9av60s>

2. Watch the video of 'Restoring the heart of Te Fiti' and make a collage of Te Fiti BEFORE and AFTER

[https://www.youtube.com/watch?v=Y1AsliGh\\_j8](https://www.youtube.com/watch?v=Y1AsliGh_j8)

3. Think about 'BEFORE' and 'AFTER' - draw 2 pictures of yourself, label them 'before lockdown' and 'after lockdown' and keep making notes/pictures around them over the next few weeks

4. Explore the BBC sport archives with Radio 5 Live 'Replay'

<https://www.bbc.co.uk/programmes/p06qbmj>

Last week I listened to Nottingham Forest's European Cup Double.

5. Be active!

Last week I completed Joe Wicks 7 Days of Sweat!!!

I will be posting my 5 DIFFERENT things during this week! 😊😊😊😊😊