

RAINBOW IDEAS are back! (w/c 11th January)



1. MAKE, BAKE or CREATE Challenge

This week I am taking inspiration from Adjoa Andoh and creating a beautiful visual thankyou to put in my lounge window...it might be a rainbow?? I hope that people who walk by my house smile when they see it...in times like these.

2. LISTEN AGAIN...

We have so much to thank Charlie Mackesy for - his illustrations are another example of beautiful visual thankyou's as well as wonderful mottos; precepts; thoughts; inspiration. Listen again to *The Boy, The Mole, The Fox and The Horse* by following the link below – it is available for 20 days. It's gorgeous!

<https://www.bbc.co.uk/sounds/play/m000r630>

3. LEARNING MOMENTS from 2020

Think about what your 'learning moments' from 2020 are: to know who the 'real heroes' are in our world; to say thank you to someone somehow more often; to walk more; to be kinder to yourself; to stay brave and magnificent. Watch the London 2020 new year fireworks by following the link below – a reminder of all the things that happened in 2020.

https://www.youtube.com/watch?v=MpJlg_3DnLk

4. MOMENTS OF LIGHT

What are your 'moments of light'? We talked about these during Monday assembly this week and listened to some of Radio 4's *Moments of Light* from Josephine and Adjoa. Record/write about/draw these and share them – we can use them for 'Good Morning' on Mondays ☺

5. SING...

to 'The Show Must Go On' by Queen

<https://www.youtube.com/watch?v=uKLMYZlbIb8>

6. DANCE...

...to 'Celebration' by Kool and the Gang and video your dance moves for Celebration Assembly – teachers are sharing their dance moves 'live'!

<https://www.youtube.com/watch?v=3GwjfUFyY6M>

7. ALL YOU NEED IS...the cello

A reminder of the wonder of the cello – here is Patrick Dexter offering comfort and joy playing the cello in his garden in Ireland for no other reason than he loves it! There are more videos of Patrick playing online – this could be your 'moment of light' every day.

<https://www.youtube.com/watch?v=SlCh8xM0UoQ>