

# RAINBOW IDEAS - w/c 14<sup>th</sup> April

## The SAME:

1. **MAKE or Bake Challenge - Say THANKYOU to someone somehow**  
This week I have made a poster to say thank you to the NHS and put it in my lounge window.
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; 1 Xtra and 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 'IF' by Rudyard Kipling – just learn 1 verse or maybe 2 or more if you want to. I am learning the last verse and have changed the ending...*If you can fill the unforgiving minute With sixty seconds of distance after, Yours is the Earth and everything's that in it, And – which is more – you'll be a woman my daughter!* You might also want to find out more about this poet/writer.
4. **LEARN something NEW**  
This week I need to learn how to cut my fringe!
5. **Some CULTURE in QUARANTINE**  
This week a gift from the Birmingham Ballet specially adapted by Carlos Acosta – a dance about life and about hope...and with a new ending.  
<https://www.bbc.co.uk/programmes/articles/2LtS2qKgXf737QdhRkt6h2N/carlos-breathes-new-life-into-dying-swan>

## DIFFERENT:

1. Design a poster for one of the NIGHTINGALE hospitals
2. Decide how you are a CREW member looking after SPACESHIP EARTH, NOT a passenger and discuss it with someone
3. Make a list of how you have 'ADJUSTED YOUR SAILS' so far
4. Explore the BBC sport archives with Radio 5 Live 'Replay'  
<https://www.bbc.co.uk/programmes/p06qbzmi>
5. Be active!

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