

Race for a rainbow



Race for a rainbow can be done in the garden or on a walk in your local area. It helps to encourage critical thinking and can be adapted for younger children who are just learning colours, as well as older children who love a bit of competition!

Time: One hour

#30DaysWild

What you'll need



- A smartphone or a camera to snap photos on
- Piece of paper
- Coloured pens or pencils

What to do

1. On a piece of paper, mark the different colours of the rainbow in a table. This is how the children will track the colours they find.
2. Send the kids into the garden with a smartphone or camera and tell them to find something in nature that is the same colour as the first colour of the rainbow on the piece of paper.
3. They should either take a photo to show you or bring it back to you (only encourage this if the object isn't attached to the ground or alive).
4. If it's something physical, like a leaf or a twig, place it on

the rainbow table next to its colour. If it's a photo, simply write the name of it in the correct coloured pen.

5. Repeat for all colours of the rainbow! If you run into any tough ones, make a note of the missing colours and later search the internet together for a UK species that represents that colour. For example, if you're missing blue (although a picture of the sky would work!), find a photo of a blue tit online.
6. If you have a printer, you could print the photos the children took and stick them to your rainbow table to complete it.



“

For younger children, try doing this activity with them, as a family. Use it to teach them about different colours. You can adapt it to include as many or as few colours as you like!

”



Leanne from
The Wildlife Trusts

Share your rainbow table with us
on social media using

#30DaysWild

@WildlifeTrusts

@wildlifetrusts

@thewildlifetrusts