

Activity ideas	Activity name	Activity details	Where can I find this activity?	Links
Welcome to the unit	Warm welcome	Create a warm welcome to the Rainbow unit.	Better together UMA topic - pack 6 You can also watch our How to video for this activity:	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac6-snowed-in-rainbows--6066/ How to video: https://www.youtube.com/watch?v=zn7lj8gFeo0
	Captain's orders	Choose helpful rules for playing Rainbow games in the future.	Fair play UMA topic - pack 3	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac3-captains-orders-rainbows--6036/
	Where are the bananas?	Think about how to include everyone.	Better together UMA topic - pack 7	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac7-the-rainbow-web-rainbows--6173/
	Pizza party	Create a unique pizza slice to show who you are.	Better together topic - pack 8	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac8-turn-them-blue-rainbows--6177/
Getting to know each other	Fish are friends	Find out what your friends like.	Friendship UMA topic - pack 10 - to be released Sept 2021	UMA pack: to be released Sept 2021
	Fastest friend first	Get to know other Rainbows.	Get guiding UMA topic - pack 3	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac3-captains-orders-rainbows--6036/
	Memory mates	Get to know new Rainbow friends.	Get guiding UMA topic - pack 5	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac5-snacks-for-quacks-rainbows--6056/
	Hobby-tastic	Share your interests with your unit and be inspired by others	Magazine activity, digital download	https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-express-myself-hobby-tastic--0003j/
	You've got a friend	Celebrate Rainbow friends.	Better together UMA topic - pack 6	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac6-snowed-in-rainbows--6066/
	Hiding hedgehogs	Play a fun game with your unit.	Mind and movement UMA topic - pack 10 - to be released Sept 2021	UMA pack: to be released Sept 2021
Jump straight in activities	Snacks for quacks	Create healthy snacks for ducks.	Save the planet UMA topic - pack 5 You can also watch our How to video for this activity:	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac5-snacks-for-quacks-rainbows--6056/ How to video: https://www.youtube.com/watch?v=zyDjktvz-yc
	Stretch it out	Discover ways to stretch your body.	Spotlight UMA topic - pack 7	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac7-the-rainbow-web-rainbows--6173/
	Litter critters	Help protect our planet from litter	Magazine activity, digital download	https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-take-action-litter-critters--0003l/
	Let's go...	Have fun using miming skills.	Spotlight UMA topic - pack 6	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac6-snowed-in-rainbows--6066/
	Rise and shine	A fun daily morning routine	Magazine activity, digital download	https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-be-well-rise-and-shine--0003n/
	Shifting shades	Get outside and explore seasonal leaf textures and colours.	Out and about UMA topic - pack 9	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac9-underwater-fireworks-rainbows--6215/
	A big thank you	Make something special to say 'thank you' to those in your local community.	Community action UMA topic - pack 2	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac2-story-puzzles-rainbows--6026/
	Coral reef city	Explore what lives under the sea	Magazine activity, digital download	https://www.girlguidingshop.co.uk/products/rainbows/resources/uma-rainbows-have-adventures-coral-reef-city--0003a/
	Find the Rainbow	Explore the colours of the Rainbow.	Friendship UMA topic - pack 9	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac9-underwater-fireworks-rainbows--6215/
Girlguiding history	Time travelling Rainbows	Explore Rainbow history	Guiding traditions UMA topic - pack 2	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac2-story-puzzles-rainbows--6026/
	Trefoil creations	Explore the world Trefoil	Guiding traditions UMA topic - pack 4	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac4-guiding-and-me-rainbows--6046/
Cool down	The big blue whale	Colour breathing techniques.	Mind and movement UMA topic - pack 9 You can also watch our How to video for this activity:	UMA pack: https://www.girlguidingshop.co.uk/products/rainbows/resources/umac9-underwater-fireworks-rainbows--6215/ How to video: https://www.youtube.com/watch?v=Ps940lg1UFs&list=PLiLlQQSWBV5YhTraFEWBtOMG4hkkx9AgW&index=1