

# Sustrans School Programme

## Rainbow Quest!

**Suitable for:** All ages

### You will need

- Camera/phone or notebook & pencil
- Art materials (optional)



**Activity:** use your daily outdoor exercise time for a local walk, scoot or cycle. On the way, look for colours in nature or in human-made objects.

Using your camera, take pictures of interesting colours you find. Alternatively, scribble down the things you spot and draw or paint them when you get home.

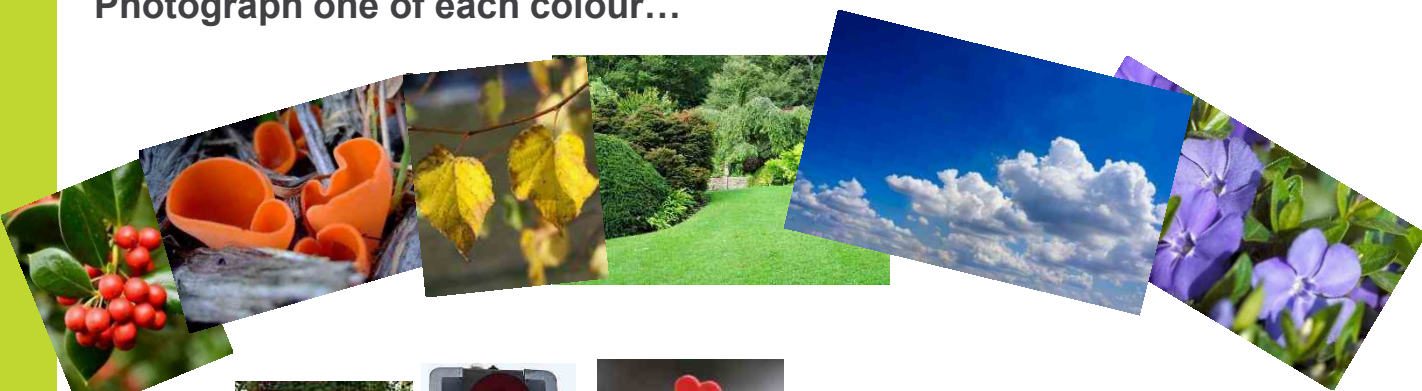
### Variations

- try to find something of every colour of the rainbow - red, orange, yellow, green, blue, indigo (dark blue) and violet (purple)
- find as many shades of one colour as you can
- focus on human-made objects, or things in Nature, or a combination of the two
- make a collage of all the images you collect
- write a poem or story about the colours you found, or what you experienced during the activity
- think about how the activity made you feel – which bits made you feel good? Did anything excite you or make you want to find out more?



# Rainbow Quest!

Photograph one of each colour...



Or lots of one colour...



Or do some doodles...



Or write a poem...

Red car on my street  
 Around my garden, green trees  
 In every cobweb, a whole rainbow  
 Nobody likes litter ☹️  
 Bright sunshine, blue sky  
 Orange traffic cone  
 Wellies, bright yellow!

Anything goes!

Think about how can you include the 5 Ways to Wellbeing into your Rainbow Quest...



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Think about how can you include the 5 Ways to Wellbeing into your Rainbow Quest...



BE ACTIVE



TAKE NOTICE

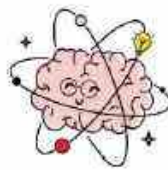


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

