READY–SET–RAINBOW!

#ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
BEFORE YOU START...

- Ensure that you have warmed up and stretched off before you start any activities.

*Leeds City Council cannot be liable for any injury whilst your child/ren participate in these activities.

prepare the body for exercises by gradually increasing the heart rate and circulation.

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Greetings! My name is Cirrus and I am a cloud. I look after my mind to keep it healthy. Taking time to care for your mind can make you more happy and less stressed – this actually makes your whole body healthier!

Hello! My name is Hydro and I’m a droplet of rain. I love to be active and get my body moving by running, jumping, throwing, catching and much more!

Hi everyone! I’m Ray the sunshine. I like exercising all the muscles in my body, especially my brain! By trying out balance and coordination challenges, I give my brain a workout as well as my body.

Greetings! My name is Cirrus and I am a cloud. I look after my mind to keep it healthy. Taking time to care for your mind can make you more happy and less stressed – this actually makes your whole body healthier!

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Everyday, you have a very special challenge: TO MAKE A RAINBOW!

Complete one movement activity card with Hydro, one growth mindset card with Ray and one mindfulness card with Cirrus each day and make a rainbow for your very own rainbow chart. You have done something positive for your mind and body - hooray!

You can try any card in the pack, but there are a few things on each card to help you pick. First, in the corner there is an age recommendation. Second, there is a challenge rating out of five, with five being an activity that will require a lot of hard work, practise and effort. The challenge rating is demonstrated by different symbols for each cards:

You are not alone in all of this. All across Leeds, children are going to be working alongside Hydro, Ray and Cirrus to create rainbows. We would love you to join the rainbow movement online. Use the hashtag #ReadySetRainbow to share your progress. Each activity card has it’s own opportunity to connect online, as well as links to video tutorials to help you complete each challenge.

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JUMP TRAIL CHALLENGE

Set up a trail/pathway of cushions. Start at the beginning of your line of cushions and work your way round the trail jumping on and off the cushions.

You will need: Cushions
(the firmer/more solid the better!)

You will need:
Cushions
(the firmer/more solid the better!)

Set up a trail/pathway of cushions. Start at the beginning of your line of cushions and work your way round the trail jumping on and off the cushions.

Add an extra challenge:
• Make larger gaps between the cushions
• Create a winding pathway of cushions, perhaps you could follow a trail that curves all the way round your house?
• Try using only three cushions. Imagine that the floor is lava – don’t let any body part touch the floor! Use the three cushions to try and get from one end of the room to the other.

Online Challenge:
Take a picture of your cushion jump trail and share with us on social media using the hashtag #ReadySetRainbow

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BLANKET BOUNCE

You will need:
- A blanket or large towel
- Pairs of socks rolled up into balls

Stretch out the blanket or towel, with each person holding onto a corner or edge so that it is stretched tight like a trampoline. Throw the sock-balls onto the blanket/towel and try and work as a team to keep them bouncing into the air.

- How high can you bounce the socks?
- How many pairs of socks can you bounce at once?
- How long can you bounce them before one pair bounces off?
- Can you catch socks that fly off before they hit the ground?

Online Challenge:
Take a picture of your flying socks and share with us on social media using the hashtag #ReadySetRainbow
INDOOR OBSTACLE COURSE

Create your own obstacle course from things you have around the house. Check with adults at home first to check that the objects can be climbed through/over/under safely.

Here’s some ideas to get you started:

• Crawl under or over a row of chairs
• Stretch out a scarf on the floor and pretend it’s a balance beam
• Complete part of the course with something balanced on your head
• Crawl under a table
• Crawl through a tunnel made from propped up sofa cushions
• Have a stepping stone section where you can only tread on objects and not the floor. You could use clothes or small towels to create your small islands.
• Create your own ten pin bowling section: Line up empty plastic containers and roll a ball to see how many you can knock down.

Online Challenge:
Take a picture of your indoor obstacle course! Share with us on social media using the hashtag #ReadySetRainbow

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SERIOUS FACE DANCE OFF

NUMBER OF PLAYERS: 2+
DIFFICULTY RATING: 

The aim of the game is to keep a straight face while the other players aim to do their daftest dance moves – no smiling or laughing allowed! Dance to the music and try and use as much of your body as possible – the sillier, the better!

You will need:
- A bit of floor space
- Funky tunes!

Online Challenge:
Share your silliest dance moves with us on social media using the hashtag #ReadySetRainbow
See if you can keep a serious face!

www.active.leeds.gov.uk/healthy-at-home
WALK THE LINE

You will need: • Outdoor chalk

DIFFICULTY RATING:  

RECOMMENDED: ANY AGE

Choose one of the following activities:

**Curved line:**
Draw a line with lots of curves and bends. Follow it all the way to the end – make sure your feet stay on the chalk line the whole way! Once you can ‘walk the line’ – try speeding up and follow the line as quickly as you can.

**Line stretch:**
Draw two lines and keep your feet on both. Make the lines zigzag so that you need to stretch to keep one foot on each line.

**Obstacle course:**
Draw: wiggly lines to follow; straight lines to jump over; stepping stones to hop over; spirals to spin on! The possibilities are endless – over to you!

**Wild wheels:**
Draw sets of straight and wiggly lines and follow them on your bike or scooter.

Online Challenge:
Take a photo of your chalk obstacle course and share with us on social media using the hashtag #ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
DESIGN YOUR OWN WORKOUT

RECOMMENDED: ANY AGE  DIFFICULTY RATING:

You will need:
- A bit of floor space
- Music (optional)

Choose a set of exercises and lead your own workout – you’re the leader and everyone needs to follow you! If there’s a few of you in the house, take turns being the ‘instructor’. Don’t forget to shout out plenty of encouragement to your team.

Here are a few different types of exercises that you could choose from:

- Marching/jogging on the spot
- Star jumps
- Stretching up to the ceiling/stretching out wide/touching your toes
- Jumping on the spot
- Mountain climbers
  (Get in the press up position. Keeping your hands still, move your knee to your elbow – one leg at a time.)

Online Challenge:
Create your own workout video and share with us on social media using the hashtag #ReadySetRainbow

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CHALK CHALLENGE

You will need:
• Chalk

Choose one of the following activities:

1. Draw yourself a chalk number line. Stand at zero. One player shouts out a number and the other players race to that number on the line. Take turns to shout out numbers.

2. Draw yourself your own town full of roads and ‘drive’ round them. Add traffic lights where you have to stand still for five seconds; speed limits to show how fast/slow you need to go; bridges – drive as low to the floor as you can; roundabouts – twirl round on the spot. And any other fun ideas you can think of!

3. Long jump: Draw a line on the ground. Jump as far as you can and mark where you land. See if you can beat your furthest distance.

Online Challenge:
Share your chalk towns with us on social media using the hashtag #ReadySetRainbow

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PUZZLE RELAY

Choose an area that has a bit of open space e.g. a garden, driveway or large room. Put the jigsaw pieces at one end of the room and position yourself (and any team mates) at the opposite end of the room.

More than 3 players: If there’s enough people in your house, you can have two relay teams, racing against each other. You will need two separate jigsaws. Each player runs to the pile of jigsaw pieces and brings ONE PIECE back to their team. They then high-five their team mate who runs to collect the next piece – and so on. The aim of the game is to be the first team to complete the jigsaw puzzle!

2 – 3 players: Play as one team and time yourselves to see how quickly you can complete the jigsaw. Do it again and try and beat your score!

1 player: This is really going to get your body moving! Run back and forth to collect each jigsaw piece and finish the puzzle. Time yourself. What’s your best time?

Online Challenge:
Time your speediest puzzle relay run and share your quickest time with us on social media using the hashtag #ReadySetRainbow

A jigsaw
(or make your own by drawing a picture and cutting it up into a few different pieces)

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#ReadySetRainbow

**Movement**

**ANIMAL BOOGIE**

**RECOMMENDED:** ANY AGE  
**DIFFICULTY RATING:**  

You will need:  
- A bit of floor space  
- Music

Get your favourite tunes lined up: It’s time to do the Animal Boogie!

**Can you:**
- Do the funky chicken?  
- Dance as tall as you possibly can, like a giraffe?  
- Waddle like a groovy penguin?  
- Dance close to the floor like a slithering snake?

**Online Challenge:**  
Take a picture or video of your best Animal Boogie moves. Can you think of any other cool moves for a different animal? Share with us on social media using the hashtag #ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
GIANT HOPSCOTCH

**You will need:**
- Chalk
- A marker (small stone/twig etc.)

**Recommended:** ANY AGE

**Difficulty Rating:**

On your drive or the pavement outside your house, use outdoor chalks to draw a giant hopscotch.

**Rules of the game:**

The first player stands behind the starting line to toss his or her marker (a stone or twig) in square one.

Hop over square one to square two and then continue hopping all the way to the end of your hopscotch.

Turn around and hop back towards the start line. Pause in square two to pick up the marker, hop in square one, and out.

Continue by working your way up the hopscotch: next aim for square two, hop to the end and then return, picking up your marker. Then square three, then four – until you’re aiming for the last number on your hopscotch.

All hopping is done on one foot unless there are two squares next to each other: then you can place a foot in each square.

**Online Challenge:**

Who can hold the record for the longest hopscotch in Leeds? Share your giant hopscotch with us on social media using the hashtag

#ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
BALL BALANCE

**You will need:**
- A Ball

**RECOMMENDED:**
AGE: 2 - 5

**DIFFICULTY RATING:**

_This might take a bit of time and effort … and that’s okay!_

Stand up tall and strong. Lift one leg and place it on the top of a ball. Hold the position for as long as you can. Swap and try on the other leg.

Can you slide your foot forwards and backwards across the top of the ball? Can you get the ball to roll forwards and backwards too? Swap and try with your other leg.

**Online Challenge:**
_Time how long you can hold the balance position and share your best time with us on social media using the hashtag:  #ReadySetRainbow_

www.active.leeds.gov.uk/healthy-at-home
Try each of these yoga positions by copying the pictures. For each one, hold the position and shout out a positive statement about yourself e.g. ‘I am strong’; ‘I am determined’.

Online Challenge:
We would love to see a video of you shouting out your positive statements! Share with us on social media using the hashtag: #ReadySetRainbow
BALLOON BOUNCE

You will need:
• A Balloon

‘I can’t do this YET, but I will learn’

• **Keep it up:** Using any part of your body, keep the balloon from touching the ground. How many times can you touch it and keep it in the air before it reaches the floor?

• **Blow the balloon:** Crouch/lie down so that your tummy is facing the floor. Blow the balloon to the other side of the room. Focus on your breathing as you go. For a trickier challenge, add some obstacles (like cushions or toys) that you have to move the balloon around.

• **Balloon tennis:** With two players or more, hit the balloon from one person to the next. How many times can you pass the balloon before it touches the floor?

Online Challenge:
Share your brilliant balloon moves with us on social media using the hashtag:
#ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
BALANCING BOOGIE

DIFFICULTY RATING: ANY AGE

You will need:
- Music
- Something to balance on your head
  e.g. a lightweight book or magazine; a cuddly toy; a pair of socks etc.

• Balance the chosen object on your head (no hands holding onto it!) and practise slowly walking around the room. Can you speed up a little and still keep it balanced on your head? Can you crouch down to the floor and stand up again without it falling off?

• Play the music. Try and dance as energetically as you can whilst still keeping the object balanced. Can you dance low to the floor and then dance up tall?

• Challenge one another with some tricky dance moves. Is the object still balanced?

‘I cheer myself up when it gets hard!’

Online Challenge:
Share your best balancing moves with us on social media using the hashtag:
#ReadySetRainbow

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# ReadySetRainbow

## Growth Mindset

**GROW YOUR BRAIN**

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<th>DIFFICULTY RATING:</th>
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‘I try until I succeed!’

Is there something that you have always wanted to do, but have never really found the time to practise? Well, now’s your chance to grow your brain and learn a new skill.

**Step 1:** Choose a skill you would like to learn – it can be anything! Here’s some ideas: a forward roll; handstand or headstand; skip (with or without a skipping rope); walk on tiptoe; a cartwheel; balance on one leg; throw and catch a ball a number of times.

**Step 2:** Create your own set of ‘Top Tips’ that you can use to help you get better at your new skill. Look for advice on the internet, in a book or perhaps you can phone a friend or ask someone in your house about how they learnt that skill.

**Step 3:** Practise, practise, practise! This is probably going to take time and effort. Remember, not ‘I can’t do it!’, instead ‘I can’t do it YET!’

**Step 4:** Celebrate all your successes along the way – those things that you get better at before achieving the end result. Keep a written journal or video diary of your progress.

**Online Challenge:**

*Share your progress with us on social media using the hashtag: #ReadySetRainbow*

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Place the basket a short distance in front of you.
Stand still – aim – and try and throw each ball into the basket.

**Extra Challenge:**
- Mark yourself a starting point using any object that you have lying around the house. Start with the basket close to you. Once you can get all three balls in the basket, gradually move the basket further and further away. Measure your best distance by the number of strides from your marker to the basket.
  - Use a smaller ball
  - Use a smaller basket

**Online Challenge:**
Share your Basket Toss best shots with us on social media using the hashtag: #ReadySetRainbow

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You will need:
- **Three (or more) balls** (You can make them from a rolled up pair of socks or scrunched up paper)
- **Basket** (laundry basket/empty bin/bucket etc.)

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**BASKET TOSS**

**RECOMMENDED:** ANY AGE

**DIFFICULTY RATING:**

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‘I have a plan and I will try different methods to achieve my goal’
In order for your community to be happy and healthy, it needs you! An important part of building a strong community is being able to offer something of value that comes from within us.

What can you give?

Can you think of an idea to:

- Stay active
- Be healthier
- Be happier
- Connect with other people

Whether it is a bright idea or a talent that you could share, we can achieve great things when we work together.

**Online Challenge:**
Get in touch and share your ideas with us on social media using the hashtag
#ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
SUPERHERO STANCE

RECOMMENDED: ANY AGE

DIFFICULTY RATING: ☀️ ☀️ ☀️

‘I believe in myself’

You are a superhero! Come up with five poses that make you feel strong. Practise moving from one pose to another in a sequence. Here are some examples of powerful poses:

Now come up with your superhero motto. Choose one statement for each pose or come up with your own:

- Mistakes help me to learn and grow
- Learning is my super power
- I am brave enough to try
- I stick with things and don’t give up easily
- I love new challenges

Online Challenge:

We would love to see a picture or video of your superhero moves! Share with us on social media using the hashtag: #ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
SPOTLIGHT

You will need:

- Music

NUMBER OF PLAYERS: 2+
DIFFICULTY RATING: ☀️☀️

'Everything you don’t know, is something you can learn!'

Play your favourite music and bring out all of your funkiest, wackiest dance moves. Take turns for one player to have the ‘spotlight’ (clench your fist and hold your arm straight like it’s a torch). When the ‘spotlight’ is pointed at someone, everyone freezes and the person in the spotlight shows off their best dance move. Everyone in the group now copies their move, until the spotlight shines on someone new. Everyone not in the spotlight then freezes again - there’s now a new dance move to copy!

Online Challenge:
Share your best moves with us on social media using the hashtag: #ReadySetRainbow
### Story of My Life

**DIFFICULTY RATING:**

- Online Challenge:
  - Perform your story for someone in your house.
  - You can also share with us on social media using the hashtag: #ReadySetRainbow

**You will need:**
- Music

**RECOMMENDED:**
- 5+

- **‘I am on the right track’**
  - Have a think – by yourself or with someone else – about all the things in your life that you have learned so far. Think about how amazing it is that you once were a baby and you learnt to sit up, walk and talk. What else have you done that you are proud of?
  - Choose a song that you love. Put together some dance moves or actions that tell the story of the great things that you have achieved in your life so far.
  - Stop and rest. Think about what you would like to achieve next. Can you add this into your routine?

[Link to activity](www.active.leeds.gov.uk/healthy-at-home)
Mindfulness

• Sit or lie down so that you can look out of a window.
• Make no noise and listen to the sound of your breathing. Can you put your hand on your chest and feel your heartbeat?
• What noises can you hear in your house or out on the street?
• Now look out of the window and look at the clouds. What can you see?
• Are there any cloud animals living up there? How about cloud people? Or even cloud aliens, robots or dinosaurs?

Draw a picture of what you can see.

Online Challenge:
Be a part of the rainbow movement. Share your cloud drawings using the hashtag: #ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
Find a quiet place and sit comfortably. Feel your heart beat by placing your two middle fingers on your neck – just below your jawbone. Carefully move your fingers around until you can feel your heartbeat. Finding your heartbeat in this way is called checking your pulse. Take a moment to feel how fast or slow it is. Listen to your breathing.

Now jump up. It’s time to make your heart beat faster! Do the following exercises:

- Jump on the spot x 10
- Jumping Jacks x 10
- Hop x 5
- Run on the spot as fast as you can for 10 seconds

Using your two middle fingers, find your heartbeat again. What has happened to your heartbeat? Has it changed? Pay close attention to your breathing. Sit still like this for a few minutes and feel how your heartbeat and your breathing change.
Find a quiet place. Stand straight and tall with your shoulders pulled slightly backwards.

Starting at the lowest part of your body, breathe in and gently squeeze the muscles in your feet by tightening them and then slowly release the squeeze.

- Next, work your way up the muscles in your legs. Try and do one leg at a time. Squeeze the lower part of the muscle in your leg and release, followed by the muscles in your upper leg.
- Squeeze your bottom (buttock) muscles.
- One arm at a time, focus on the different muscles that you can feel. Squeeze/tense the muscles and then relax.
- Shrug your shoulders towards your ears and then gently lower them down.
- Take a deep breath in and fill your lungs with air. Try and breathe out from the top of the lungs (upper part of your chest).
- Gently look down towards the floor, bringing your chin to rest on your chest.
- Pucker your lips as if blowing a kiss or whistling.
- Squeeze your eyes tight shut.
- Wrinkle your forehead as if you’re frowning and then relax by giving a big smile!

#ReadySetRainbow
FIVE SENSES

RECOMMENDED: ANY AGE

DIFFICULTY RATING:

‘Incredibly, the activity in your brain never stops. Countless messages zip around inside it every second – just like a supercharged pinball machine. Your neurons create and send more messages than all the phones in the entire world’


Slow down and take the time to think about all of the information that your brain is processing. Find a calm space and make yourself comfortable. You experience the world through five major senses. With this challenge, write down or say aloud:

- Five things you can see
- Four things you can feel
- Three things you can hear
- Two things you can smell
- One thing you can taste

Online Challenge:
Share your pictures of the five things that you can see on social media using the hashtag:
#ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
Choose one of the following activities:

1. Rainbow colour hunt: Move around your house and look out of the window. Try and find something that is:
   - RED
   - YELLOW
   - BLUE
   - GREEN
   - ORANGE

2. Rainbow breathing: Imagine that you are walking over a rainbow. Start at the bottom and breathe in as you walk up the curve to the top. As you reach the top and start to walk down the other side, slowly breathe out. Repeat and imagine that each colour in the rainbow is a different path. Imagine that you are filled with that colour. Let each colour soak up through your toes and up through your entire body – up through your fingertips and every strand of hair.

3. Rainbow thanks: For each colour of the rainbow, think of something that you are grateful for. Draw a picture of your rainbow and write what you are thankful for – one thank you for each colour.

Online Challenge:
Share your rainbow activities with us on social media using the hashtag: #ReadySetRainbow

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### Mindfulness

**TAKE A BREATHE**

- Find a quiet place and sit comfortably. Set the timer for one minute.
- Breathe deeply in and out. Pay attention to any sounds that you can hear in your house or out on the street.
- Take another slow deep breath and imagine sending the air down into the lungs and then back up again.
- Take another deep breath and hold it for a moment, before letting it go.

**You will need:**
- **A timer**
  (You could use: a watch/clock or a phone stopwatch/timer)

**RECOMMENDED:** ANY AGE

**DIFFICULTY RATING:**

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TREASURE HUNT

There’s treasure all around us! Can you spot any of these things by hunting around your house or looking out of your window:

- The sun
- The moon
- A warm and quiet space
- A smile
- A flower
- Raindrops on a window
- A cloud
- A rainbow

Online Challenge:
What else did you find on your treasure hunt that made you feel happy? Share pictures of your mindfulness treasure on social media using the hashtag: #ReadySetRainbow

www.active.leeds.gov.uk/healthy-at-home
Mindfulness

Paying Attention

Recommended: Any Age

Difficulty Rating:

Have a go at one of the following activities:

- **Hand squeeze:** Squeeze your hands really tight hold for ten seconds. Let go and pay attention to how your hands feel. Keep focused on that feeling for as long as you can.

- **Staring competition:** Find a calm and quiet room. Sit down and choose an object. Stare at that object and try and remain focused on just that object for as long as possible. If you notice that your mind starts to wander, try and bring it back to focus only on that object.

- **New focus:** Do something around the house that you have never done before e.g. watering a plant; emptying out a drawer/box; looking at all of the ornaments in a room etc. Do that new activity and try and notice every little thing about it – give it all of your attention to it and try not to get distracted by anything else.

- **Wherever you are, stop and look around you. What can you see? What can you hear? How do you feel?**
Find a comfortable quiet space, sit down and close your eyes. Think of the people that you love and care for: family members, friends etc. Think of what you would say if they were in the room now. Send them positive thoughts. Using your voice in your mind, tell them things that you like about them and nice things that you want to happen to them. Write down or say aloud three messages that you wish for your loved ones.

Start the day by thinking about the positive things that you are going to do for yourself. Write down or say aloud three things that you are going to do to make yourself feel good. Here are some ideas:

- **Dance to one of your favourite songs**
- **Take a bit of quiet time to read or draw**
- **Find someone in your family and give them a big hug**
- **Stop and daydream**

**Online Challenge:**
What makes you feel happy?
Let us know on social media using the hashtag: 
#ReadySetRainbow
**EMOTIONAL BOOGIE**

**RECOMMENDED:**
ANY AGE  
**DIFFICULTY RATING:**

**You will need:**
- Music

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Play your favourite music. The aim of the game is to dance to the theme of a particular emotion. You can all dance together or you can have one player choose an emotion in secret, with the others trying to guess their mood.

Here are some Emotional Boogie challenges:

- **Dance like you are feeling happy**
- **Dance like you are feeling sad**
- **Dance like you are feeling scared**
- **Dance like you are feeling angry**
- **Dance like you are feeling excited**

Think carefully about your facial expressions and also about how you might move your whole body if you were feeling that emotion.

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**Online Challenge:**
Share your Emotional Boogie pictures and videos with us on social media using the hashtag:  
#ReadySetRainbow

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www.active.leeds.gov.uk/healthy-at-home
Search **Active Leeds on YouTube** to access the Ready Set Rainbow playlist.

[www.active.leeds.gov.uk/healthy-at-home](http://www.active.leeds.gov.uk/healthy-at-home)
THANK YOU FOR TAKING PART IN OUR ACTIVITIES.

Get Active → Stay Active.

Please take some photos and videos of you and your family taking part in the activities and share on our social media platforms.