



Black Country
**Rainbow
Hour**

The Goal



Can you complete 10 hours of activity for each of the 7 colours?

Instructions

Put a tick in the box on your tracker every time you do an hour of activity for any of the colours. When you reach the sun and achieve 10 hours for every colour, your tracker is complete and you will get a Bronze badge!

Submit your completed tracker at:
www.blackcountryrainbowhour.co.uk

School Name:

Child's Name:

Teacher Sign Off:



Rainbow Hour Tracker | **Bronze Award**

Red: Games Activities

Orange: Health and RSE Activities

Yellow: Move More Activities

Green: Outdoor and Nature Activities

Blue: Mental Wellbeing and Mindfulness Activities

Indigo: Personal Challenge and Competition Activities

Violet: Themed Celebration and Creative Activities

Hours Complete

1

2

3

4

5

6

7

8

9

10

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Children are now also able to earn Children's University stamps as part of the programme. For every Rainbow Hour you complete, you can also receive a stamp towards your next Children's University certificate. Show your Rainbow Hour tracker as evidence to your teacher and they will give you a code for your hours.

#BlackCountryRainbowHour

Rainbow Hour Tracker | Silver Award



Red: Games Activities

Orange: Health and RSE Activities

Yellow: Move More Activities

Green: Outdoor and Nature Activities

Blue: Mental Wellbeing and Mindfulness Activities

Indigo: Personal Challenge and Competition Activities

Violet: Themed Celebration and Creative Activities

The Goal



Now you've completed 10 hours, can you complete a total of 25 hours of activity for each of the 7 colours?

Instructions

Put a tick in the box on your tracker every time you do 3 hours of activity for any of the colours. When you reach the sun and achieve 25 hours for every colour, your tracker is complete and you will get a Silver badge!

Submit your completed tracker at:
www.blackcountryrainbowhour.co.uk

School Name:

Child's Name:

Teacher Sign Off:

Hours Complete

13

16

19

22

25

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Rainbow Hour Tracker | Gold Award



Red: Games Activities

Orange: Health and RSE Activities

Yellow: Move More Activities

Green: Outdoor and Nature Activities

Blue: Mental Wellbeing and Mindfulness Activities

Indigo: Personal Challenge and Competition Activities

Violet: Themed Celebration and Creative Activities

The Goal



Now you've completed 25 hours, can you complete 50 hours of activity for each of the 7 colours?

Instructions

Put a tick in the box on your tracker every time you do 5 hours of activity for any of the colours. When you reach the sun and achieve 50 hours for every colour, your tracker is complete and you will get a Gold badge!

Submit your completed tracker at:
www.blackcountryrainbowhour.co.uk

School Name:

Child's Name:

Teacher Sign Off:

Hours Complete

30

35

40

45

50

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