

BRONZE

#### 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

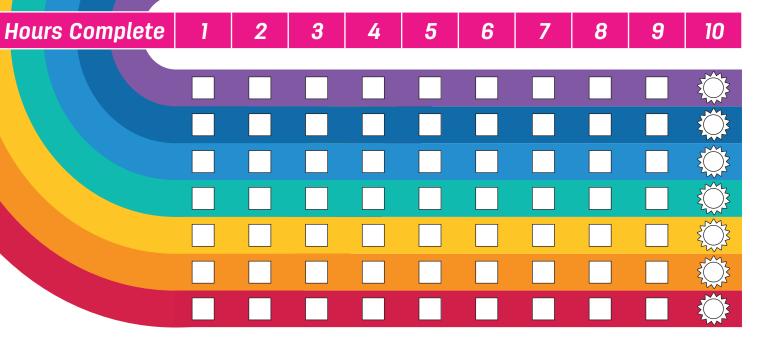
Yellow: Move More Activities

Green: Outdoor and Nature Activities

Blue: Mental Wellbeing and Mindfulness Activities

Indigo: Personal Challenge and Competition Activities

Violet: Themed Celebration and Creative Activities





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

SILVER NZE



## 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:



## **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





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#BlackCountryRainbowHour

# 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

Hours Complete	30	35	40	45	50

## #BlackCountryRainbowHour

Black Country Rainbow Hour

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NZE

## The Goal

GOLD

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:



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