



Activities & Inspiration



Making the most of rainy days

After it's rained and the sun bursts through the clouds, or when it's raining whilst the sun's out, we sometimes see a weather phenomenon called a rainbow. These beautiful natural creations have long been at the centre of myths as people wondered what they could mean.

True or false?

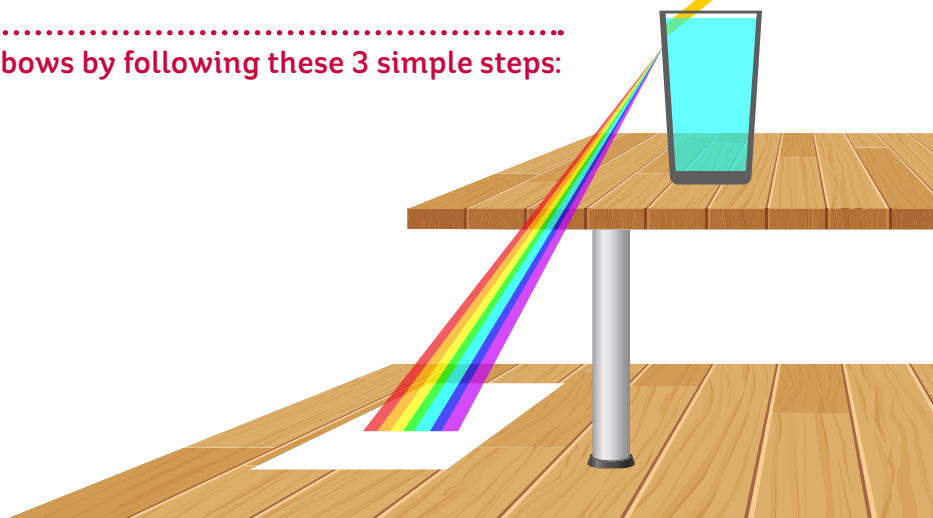
1. Rainbows are actually full circles, but we only see half of them
2. Rainbows contain nine different colours
3. Rainbows are formed when the sunlight shines through raindrops at a certain angle
4. A 'moonbow' is a night time rainbow
5. A rainbow is an object which you can touch if you can find where it begins



Rainbow creations

Why not try making your own rainbows by following these 3 simple steps:

- 1 Get a straight-sided glass and fill with water
- 2 Hold the glass in direct sunlight or use a torch to shine light through the glass
- 3 Place a piece of paper on the floor underneath and you should see a rainbow!



Rainy day giveaway

Are you a "cereal" BrainBox? We've got a fantastic opportunity for you to win an educational games Bumper Pack, including:

- BrainBox Science Pack
- Fraction Action Lotto
- Story Cards Original
- Roman Numeral Snap
- Addition Explorer Book

We have 30 to give away – simply email us at breakfastclubuk@kellogg.com with the subject line 'Brainbox', along with your school name and address by 5pm **Friday 30th June**.

For more information about Brainbox visit:
www.greenboardeducation.com



Answers: Quiz: 1. True! The earth gets in the way which means we only see half of the circle, creating the familiar arc shape. 2. False! Rainbows feature a 'spectrum' of 7 colours – red, orange, yellow, green, blue, indigo and violet. 3. True! This is called 'refraction'. 4. True! These are very rare but happen when moonlight instead of sunlight is refracted by moisture in the air. 5. False! If you walk towards it, it will also move as the angle of the light changes.

Turn the page for craft activity



Butterfly suncatcher

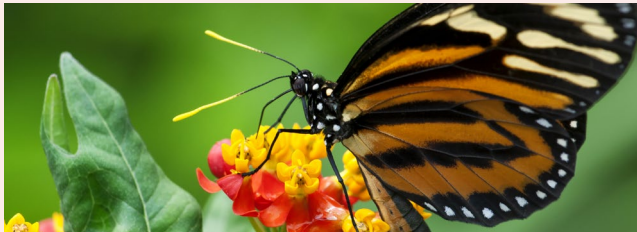
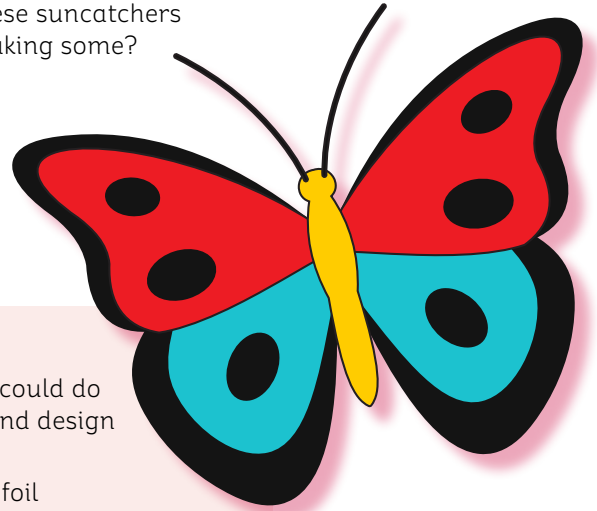
Playgrounds look great filled with children's creations! We've seen these suncatchers hanging around school gardening patches – why not have a go at making some?

You will need:

- Shiny or translucent paper
- Glitter
- Shiny materials e.g. foil
- Hole punch
- String/cotton thread

Method

1. Draw a butterfly outline on the shiny paper and cut it out – you could do this for the younger children or encourage them to be creative and design their own butterfly shapes
2. Decorate the butterflies on one side of the paper using glitter or foil
3. Make a small hole near the top of the butterflies and tie them to bits of string/cotton
4. Hang the suncatchers around your playground, from canes or bushes in your garden patch, or hang in the window of your breakfast club area.



Take your breakfast outside

When we get busy during term time it's easy to forget about taking some time out to enjoy the weather. Why not take your Breakfast Club outside and have your food 'al fresco'? You could even set out some blankets and make it a morning picnic! While you're outside, see if the children can count how many butterflies they see or how many birds they hear, or plan a treasure hunt around the playground.

Don't forget: if it's sunny outside wear sun cream.

Grow your own breakfast

Spring is the perfect time of year to start growing delicious fruit and vegetables. You don't even need lots of outdoor space – you could start with something simple like cress, and work up to herbs like mint or oregano, and when you're feeling more adventurous try tomatoes. The colours will look lovely on a sunny windowsill and children enjoy seeing something grow from a tiny seed. If you've had any success growing food at your school we'd love to see your pictures!



Outdoor games giveaway

We've got **20 Giant Domino sets** to give away – perfect for the playground or the school hall. To enter, just email us at breakfastclubuk@kellogg.com with the subject line 'Dominoes' along with your school name and address by 5pm **Friday 30th June**.

For T&Cs, see the Activities and Inspiration PDF.

