

# Rainbow Week



## Day One Yellow Day

Wear something yellow

Make 3 paper suns

Use your suns on the floor  
Sun 1 = Five jumps  
Sun 2 = Run on the spot  
Sun 3 = Make a wish

Name yellow foods

Make or draw a  
Yellow flower or car

Play I spy for yellow things you can see.

Read books: Choose books that have YELLOW pictures in them point them out and talk about the other colours too

Sing songs with something yellow in them-bananas in pyjamas

Make a yellow shaker  
See instructions

<https://www.learning4kids.net/2012/07/08/learning-colours-yellow/>

## Day Two Green Day

Wear something Green

Make 3 paper apples

Use your apples on the floor  
Apple 1 = sing a song  
Apple 2 = make a funny face  
Apple 3 = stand on one leg  
Add your sun to make the game bigger or mix the challenges up

Draw or make a frog or a crocodile

Eat something green

Sing 5 little speckled frogs or 5 green bottles

Discovery Box: Go on a 'green treasure hunt' around the house with a box or bag. Fill it with as many green things as you can find

<https://www.learning4kids.net/2012/09/23/learning-colours-green/>

## Day Three Red Day

Wear something Red

Sing — The wheels on the bus go round and or A big red bus

Find 5 items in your toys that are red. Take a photo of your red toys.

Make 3 paper shapes and colour red.

Round = Give me a smile  
Square = Baby shark song  
Triangle = touch your toes

Add your suns & apples make your game bigger

Read books find the red in it

Draw a lady bird or a bus and colour it in

<https://www.learning4kids.net/2012/06/03/learning-colours-red/>

## Day Four Blue Day

Wear Something Blue

Water play Bowl of water or in the bath 3 cups or pans, bricks anything you can fill, and pour with.

Read books Name five blue things you see in a book

Tell me a story about the things in the book

Make 3 paper numbers

No 3 = 3 hugs  
No 6 = 6 jumps  
No 10 = count your fingers  
Add your suns, apples, shapes to make your game bigger.

Make blue play dough

See instructions

<https://youtu.be/UCo7bRALA8A>

<https://www.learning4kids.net/2012/06/10/learning-colours-blue/>

## Day Five

### Rainbow colour

Wear as many different colours as you can.

Take a photo or draw yourself and all the colours. .

Sing the rainbow song and 5 other songs with colours.

Draw a rainbow put it up at the window to share with everyone

Use all your floor pictures and play a game of twister, no dial needed, one person picks the colour/shape and body part, take turns.

Make a rainbow of foods Find foods in different Colours to eat.

Make an indoor rainbow

<https://www.tate.org.uk/kids/make/performance/make-rainbow>  
[https://](https://www.learning4kids.net/2012/09/20/rainbow-activities-for-toddlers-kids/)

[www.learning4kids.net/2012/09/20/rainbow-activities-for-toddlers-kids/](https://www.learning4kids.net/2012/09/20/rainbow-activities-for-toddlers-kids/)

## Top Tips

Use anything you have around your home.

Every idea can be adjusted to what your little one would like to do.

Short on paper use the back of old letters that is still blank or used envelopes.

Let your little ones come up with ideas

Think about other themes for discovery bags—theme them around your routines

**Have fun!**