



MISSION:

PROMISE



**RAINBOW EDITION
BY TWINKLE OWL**

MISSION:



PLANNING

Mission One: Promises, Promises

- Discuss with the Rainbows the last Promise they made - this could be to do something or finish their homework or to return something borrowed
- Colour in the Rainbow like 'Colour by Numbers' - you might like to sing the Rainbow Song or learn the colours in another language

Mission Two: B.E.S.T.

- Ask the Rainbows to bring in either their B.E.S.T. Bear, Toy, a photo of their B.E.S.T. Person or something from their B.E.S.T. Hobby and then talk through each of their B.E.S.T.'s
- Talk to the girls about what their B.E.S.T. thing to do at Rainbows is and whether they have any B.E.S.T. Ideas about what the unit could do in the future
- Ask the girls to come wearing their 'Sunday Best' - smartest uniform, neatest hair, polished shoes etc.
- If you have problems with behaviour, you could introduce a Rainbow Reward Chart - for the B.E.S.T. Rainbows to get a sticker at the end of that evening

Mission Three: I Believe You

- Get the Girls to write what they believe in on their pots of gold and draw it in the cloud. This could be; fairies, Father Christmas, God or that the Gruffalo is real.
- Read the girls a fairy story from the land of make believe
- Put the following songs on and get the girls to dance around - you might like to play musical bumps; Smashmouth - I'm a Believer and Kylie Minogue - I Believe in You

MISSION:



PLANNING

Mission Four: 'Can' you be Kind

- Make the Rainbow Bead string to either attach to their Rainbow uniform or make a keyring. You will need; Ribbon or Cord String (Rainbow Coloured can be purchased cheaply on eBay), Multi-coloured Beads and possibly a safety pin or keyring.

Mission Five: Secretly Serving Others

- Get each Rainbow to help people on 5 different occasions either in the holidays or between meetings - they may need to get an adult to help them write what they did to help. You could provide each girl with 5 stickers to stick on their chart for completing each secret serving.

Mission Six: Fingers & Thumbs

- Rainbows have only recently begun in being able to salute and some will struggle with managing to salute. This is where the paper hand is brilliant. Print off the hand template and cut out - then get each Rainbow to fold it according to the salute.

Other Mission Ideas

- Play the Secret Agent Rainbow Race Game
- Create Secret Agent ID Cards
- Create a Spy Mission Pack including; night vision goggles, the secret files of mission promise and their ID Cards plus a magnifying glass
- Play I Spy
- I Can Feel a Rainbow Poem & Inside Out Face Drama

MISSION: PROMISE

Mission Number One:

Promises, Promises

Mission Number Two:

B.E.S.T.

Mission Number Three:

I Believe You

Mission Number Four:

'Can' you be Kind?

Mission Number Five:

Secretly Serving Others

Mission Number Six:

Fingers & Thumbs



SECRET AGENT:



WRITE YOUR NAME HERE!

Your mission, if you choose to accept it, is to complete a series of Challenges in order to help you understand 'What it is to be a RAINBOW' & the RAINBOW PROMISE!

The
RAINBOW
Promise

I promise that I
will do my best to
think about my
beliefs and to be
kind and helpful.

MISSION NUMBER ONE:

PROMISES, PROMISES

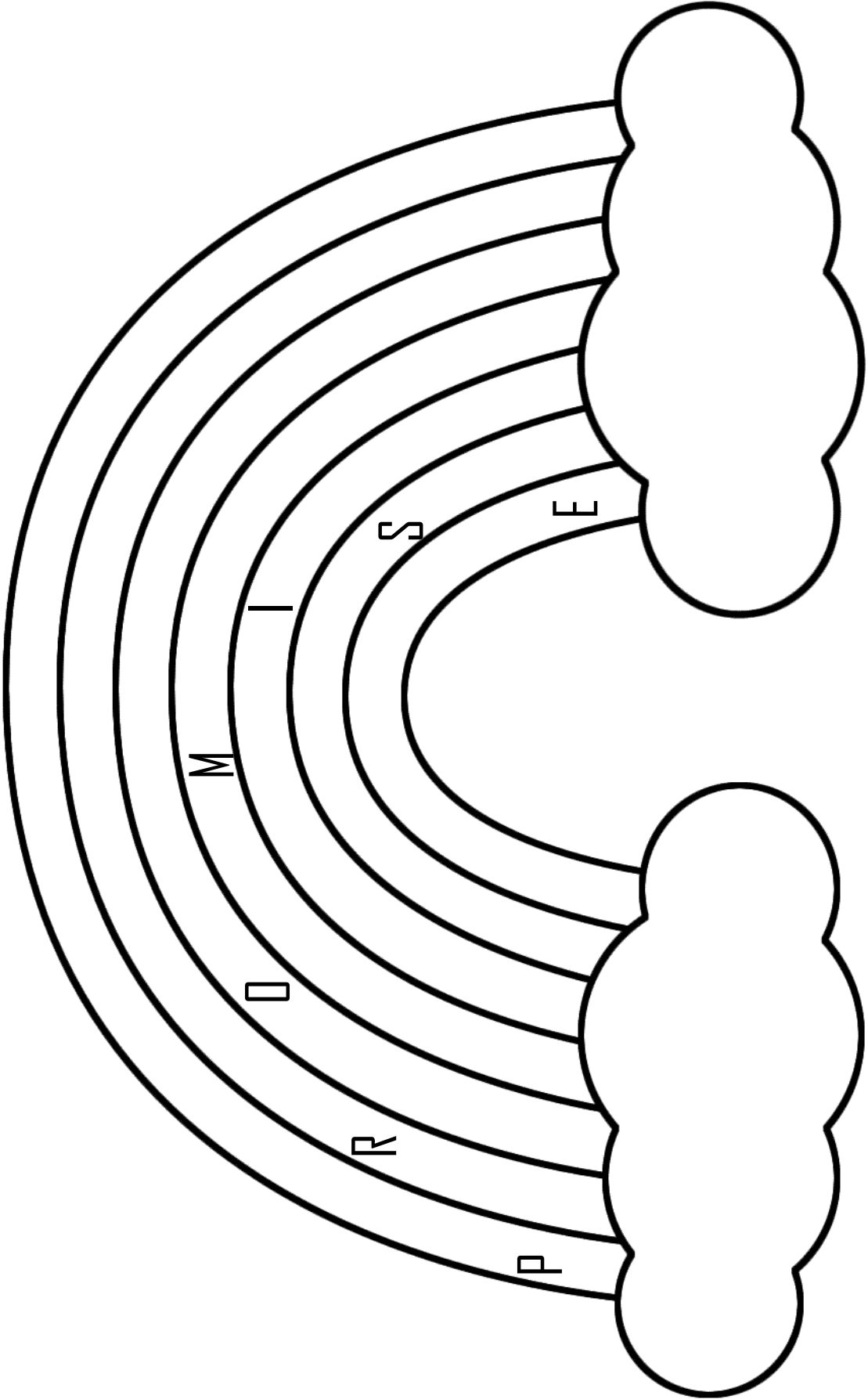
Have you ever made a Promise
Before?

It's very easy to promise something
but you must make sure you do it
secret agent or your mission could go
wrong!

**What was the last thing you
promised to do?**



I need my top secret agents help
and you must promise to complete
this. It seems that the sky got a
bit muddled when making its latest
rainbow and it forgot to put the
colour in. Can you decode the
rainbow and make it colourful again?



P
R
O
D
O
M

I
S
E

RED
YELLOW
PINK
GREEN

PURPLE
ORANGE
BLUE

MISSION NUMBER TWO:

B.E.S.T.

Mission's B, E, S & T require you to bring ONE of your B.E.S.T. things in to RAINBOW's, then Secret Agent, you need to complete your mission report of what is your B.E.S.T.

Mission:

B



What is your B.E.S.T. **B**ear's name?

Mission:

E



What is your B.E.S.T. **E**njoyment?

Mission:

S



Who is your B.E.S.T. **S**omeone?

Mission:

T



What is your B.E.S.T. **T**oy?

MISSION NUMBER TWO:

B.E.S.T.

All Secret Agents are required to help
make the Rainbow Leaders their
B.E.S.T.

We need you to tell us what your
B.E.S.T. thing you like to do at
Rainbows is...

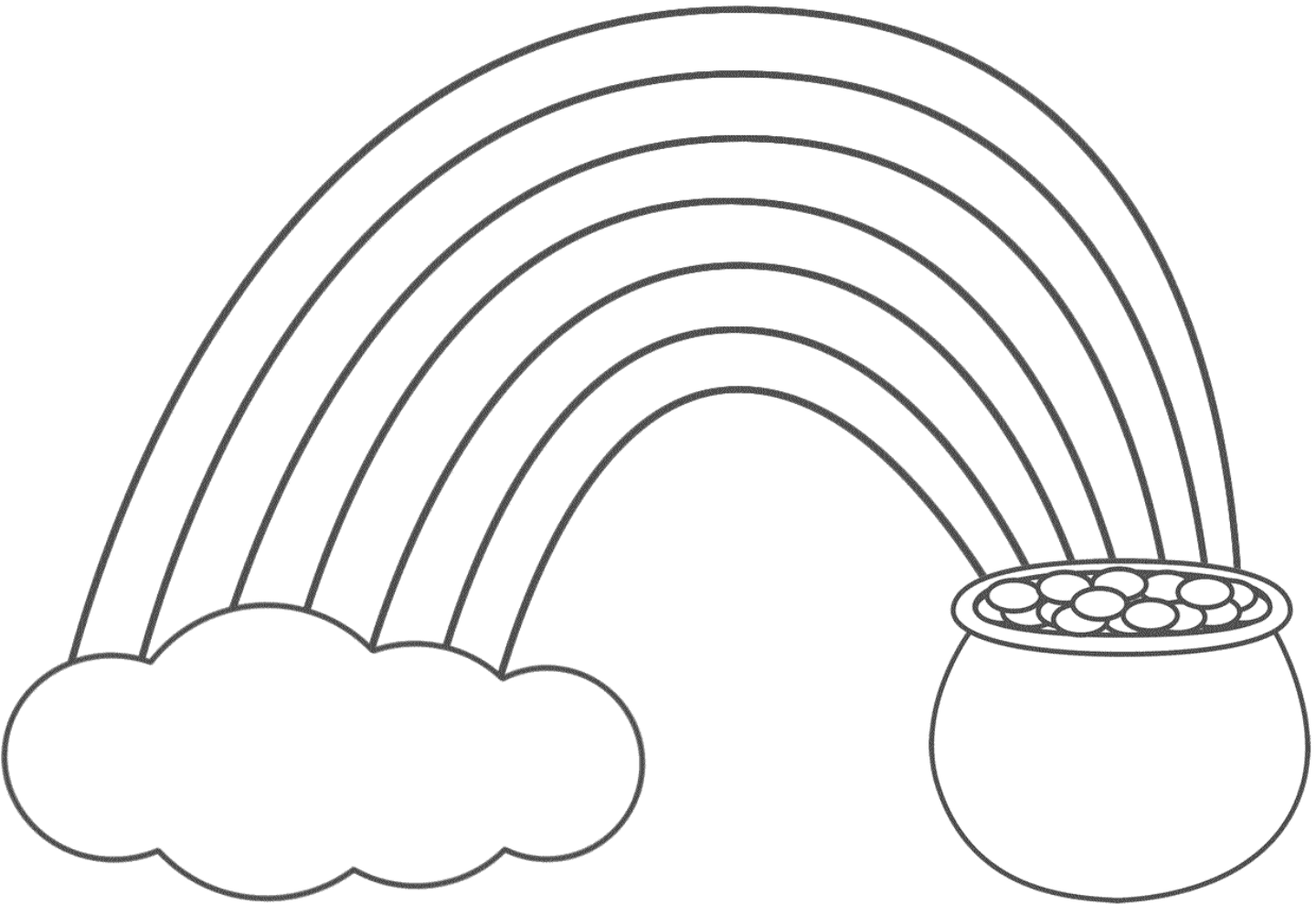


And we want to know your B.E.S.T.
Idea of something we could do in the
future at Rainbows...



MISSION NUMBER THREE:

I BELIEVE YOU



Secret Agent, you must think of something that you believe. Once you have thought write it in the pot of gold and draw it in the cloud.

Then be ready to share why you believe in that with the other Agents!

MISSION NUMBER FOUR:

CAN YOU BE KIND?

Secret Agent here are your mission requirements...

Red: Brave

Orange: Trusted

Yellow: Helpful

Green: Eco Friendly

Purple: Friend

Blue: Polite

Agent, we need you to promise to be kind and use this ribbon and these beads to make a symbol of your kindness to give to a fellow Rainbow - perhaps one you don't know very well.

Thread the beads onto the ribbon in the correct order and ask a senior Agent to help you tie a knot!

MISSION NUMBER FIVE: **TO SECRETLY SERVE OTHERS**

For the Next Seven Days you are required to perform random good deeds in order to help other people.

First, you must pick your target.

This will be the person you will help.

Then, you must decide on a kind deed or act to perform for them.

GET AN ADULT TO HELP YOU BUT
DO NOT BLOW YOUR COVER!

Examples of kind deeds or acts:

- *Do a chore.*
- *Give a parent a big hug to make them Smile.*
- *Smile at 3 people.*
- *Help bake something for someone.*
- *Put your rubbish in the bin.*
- *Set the table for dinner.*
- *Remind someone of something they forgot.*

**Good Luck Agent on Your Mission to
Secretly Serve Others!**

MISSION NUMBER FIVE:

TO SECRETLY SERVE OTHERS

	<u>Draw Your Target</u> (who you helped)	<u>Your Good Deed</u> (get a grown up to help you write if needed)
1.		
2.		
3.		
4.		
5.		

MISSION NUMBER SIX:

FINGERS & THUMBS

THE RAINBOW SALUTE

Agent, it seems Olivia's hand cannot remember how to salute! Help Olivia by folding down the right finger and thumb on the paper hand in your Mission Pack to show the RAINBOW Salute.

This is the action which you do while saying your Promise.





MISSION NUMBER SIX:

FINGERS & THUMBS

Other Missions

Roll the Dice to get each number.

Once you have rolled that number, put a sweet onto the number.

When you have rolled all 6 numbers you can eat the sweets!

1.

1.

1.

1.

1.

2.

2.

2.

2.

2.

3.

3.

3.

3.

3.

4.

4.

4.

4.

4.

5.

5.

5.

5.

5.

6.

6.

6.

6.

6.

RAINBOW SECRET AGENT

Agent Name:

.....

Hair Colour:

.....

Eye Colour:

.....

Special Skill:

.....

Photo I.D.

Finger Print:

Clearance Level:

Mission 1

Mission 2

Mission 3

Mission 4

Mission 5

Mission 6

Fill in your Name, Hair Colour, Eye Colour and Special Agent Skill.

Draw Yourself or Bring in a Photo & Stamp Your Finger Print

For Each Mission You Complete in Mission Promise you can gain a sticker to increase your security clearance until you are a 00-RAINBOW!

I Spy With My Little Eye, Something Beginning With...



I spy an anchor, a musical note,

A crayon and a snake and a small billy goat;

A pair of sunglasses, a tiny bird cage—

I also spy something from every other page.

Read the 'I Can feel a Rainbow' Poem to your Rainbows and get them to portray the emotions included by pulling various faces at the different points of the poem.

I can feel a rainbow

I'm like a rainbow, if you please, I'm pretty sure that everyone can see, what I feel and when,
When I turn white I am full of fear,
when I'm **Green** I feel as jealous as can be,
Blue like the waves in the deep sea I feel sad, no smiles from me,
Yellow I feel happy, bright like the sun, dancing on everything until the moon comes,
Pink I feel love, growing like a balloon, maybe I'll pop soon!
Black I feel lonely, with no one to play, the sun isn't shining today,
Purple I feel friendly, and ready to lend a hand,
when I am **orange** I feel hot inside, I'm embarrassed, not sure where to hide my face,
But sometimes I am **red**, full of anger and frustration when things aren't going right,
I can feel a rainbow sometimes just one colour, sometimes all at once, my rainbow is a part of me

