

# Sammy the Sea Squirt

## The Rainbow Game



Get the whole class moving together for 5 minutes in the day to help with concentration, memory and help brains grow.

You will need a six sided dice. Each number represents a colour. Each colour represents a movement activity. We have suggested some here but choose movements that work for the children in your class.



As you play, can the class remember the activity to do when you call the colour?

To start the game, roll the dice and call the colour and activity for the class to do.  
Children could take it in turns to roll.

### Rainbow Colours

- 1 = Red
- 2 = Blue
- 3 = Green
- 4 = Yellow
- 5 = Pink
- 6 = Orange

### Activity ideas

- 30 seconds of dancing
- Touch your toes ten times
- 30 seconds waving your arms
- 15 seconds of reaching to the sky
- 30 seconds jumping
- Sit and stand 10 times

Can the class think of more movement activities for the game?

[crowdfunder.co.uk/sammytheseasquirt](http://crowdfunder.co.uk/sammytheseasquirt)  
[suffolkmind.org.uk](http://suffolkmind.org.uk)

