



**RAINBOW
TRUST**

SUPPORTING FAMILIES
WITH A SERIOUSLY ILL CHILD

Great Rainbow Bake Game

The Flour Game



You will need:

- Bowl to use as a mould
- Plate
- Knife (plastic will do)
- Flour
- Sweets



Aim of the game

Keep the sweetie on top of the flour mound!



How to play

1. Fill a bowl full of flour and pack it down. Continue to add flour until the bowl is full to the top and level it off.
2. Place a plate over the bowl and carefully tip it upside-down. Lift the bowl to reveal a flour mound on the plate.
3. Place a sweetie on top of the mound of flour.
4. Each player then takes a turn cutting the flour - the sweetie is not allowed to fall. The person that cuts the flour which causes the sweetie to fall into the flour has to retrieve it with their teeth, no hands allowed!

We'd love to see how you get on!
Don't forget to share your pictures with the hashtag

#GreatRainbowBake



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The Chocolate Game



You will need:

- A bar of chocolate
- A plate
- A knife and fork
- Dice
- A hat, a scarf and a pair of gloves



Aim of the game:

Eat as much chocolate as you can until the next player rolls a six – there's a catch though! Read on to find out what this is.



How to play:

1. Place the chocolate bar on the plate with the knife and fork. Place the hat, scarf and gloves next to the plate of chocolate.
2. Players form a circle around the items above.
3. Give one player the dice.
4. Players take it in turns to roll the dice, passing it to their left. If a player rolls a six they go into the centre of the circle and eat the chocolate – but only once they have put on the hat, scarf and gloves. They are only allowed to eat a piece of chocolate using the knife and fork – no fingers allowed!
5. Meanwhile everyone sitting in the circle continues rolling the dice. The person in the middle can continue trying to eating the chocolate until another player rolls a six, at which point they must stop eating immediately and hand over the clothes to the next player.
6. Play continues until the chocolate is finished!



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Great Rainbow Bake Game

Pin the cherry on the cake



You will need:

- Picture of a cake [see next page]
- Paper cherry [see right]
- Blu tack or double-sided sticky tape



Aim of the game:

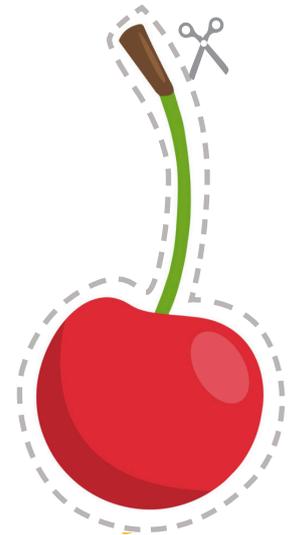
The player who pins the cherry closest to the target, the top of the cake, wins.



How to play:

Play this party classic, with a Great Rainbow Bake twist!

- 1) Place blu tack or double-sided sticky tape on the cherry and hang the cake picture on a wall so that it is roughly eye level to the game players.
- 2) Make sure the player is blindfolded and give them the cherry ready to place on the cake, then gently spin them around three times.
- 3) Point them towards the cake and ask them to place the cherry where they think it should be.
- 4) Mark the spot where the cherry is placed with their name.
- 5) Once everyone has had a turn, the player with the cherry closest to the correct position wins - piece of cake!



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Pin the cherry on the cake





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Great Rainbow Bake Game

Create the Rainbow



You will need:

- Skittles
- Warm water
- Cup
- Plate



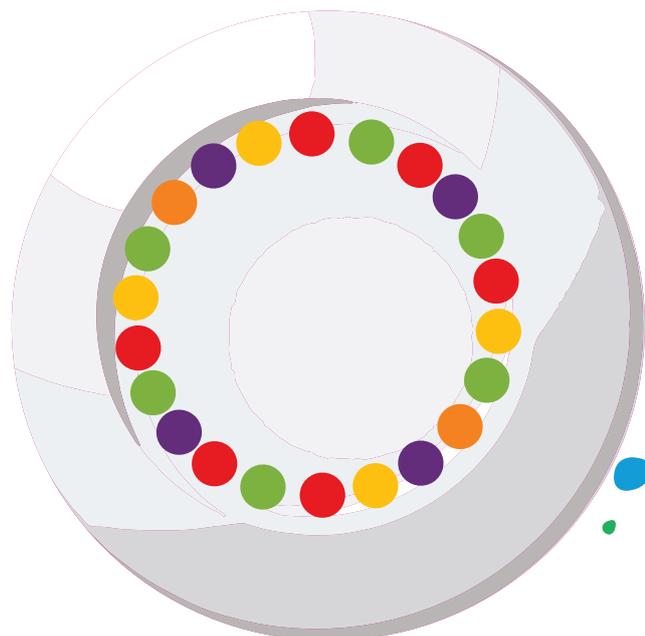
Aim of the game:

A fun activity with your little ones



How to play:

1. Get your kids to make a circle with different coloured skittles on a round plate.
2. Warm up some water in a glass and pour it in the centre of the circle.
3. Watch the magic!



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Great Rainbow Bake Activity

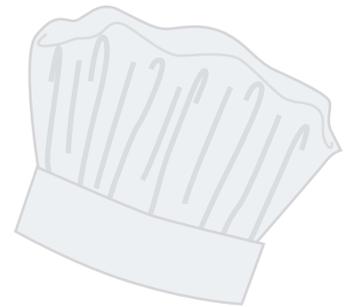
Decorate your own chef's hat

Kids love to help in the kitchen so why not have some fun making this super simple chef hat with them? Once made, your mini-chef can wear it in the kitchen while helping!



You will need:

- White card or an old cereal box
- White crepe paper
- Tape
- A ruler!



What to do



1. Measurements

Measure around your mini chef's head. Loop a soft tape measure or a piece of string around your child's head at the temples. Note the measurement or then measure the amount of string required with a measuring tape. Older kids can ask an adult or sibling to help measure their heads.

Now add 2cm or 3cm to your measurement above.



2. The headband

Length: Grab your white card and cut it to the length of your new measurement above.

Height: Once you've marked the length, measure it to be 10 cm tall. Mark this height on the card with a pencil.

This forms a strip that will become the headband of the chef hat. Using scissors cut out the strip and fold it in half length-wise.

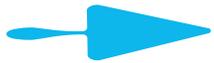


3. The top of the hat

Cut a sheet of white crepe paper to be 30cm by 60cm. Place one of the long edges of crepe paper on top of the card. Align them both length-wise. Line up the crepe paper along the fold you made in the cardstock. Tape one corner down securely.

Make about 10 folds down the length of the crepe paper. Starting at the taped end, make small pleated folds in the crepe paper. You should end up with about 10 folds by the time you get to the end of the card. Tape the folds down to the card as you go. This will create the gathered look of chef hats.

Fold up the bottom edge of the card. Fold the card until the two ends meet each other, with the crepe paper sandwiched between them. You're simply refolding in the same place where you folded it earlier.



4. The headband (part 2) this fits around your child's head

Bring the 2 ends of the card together to create a circle. Overlap the ends by a few centimeters. Tape the ends to each other to join the circle.

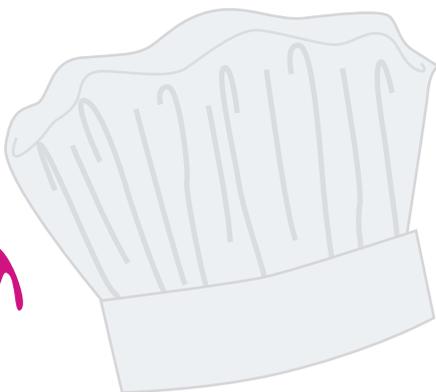
You can tape the ends together on the inside or outside of the headband. The inside looks more seamless, but if you're using clear tape, the outside works fine, too!



5. Nearly there!

You now have a circle with white crepe paper sticking straight up out of it. Gather the ends of the crepe paper into a point. Wrap tape around the pointed end to secure the paper together.

Push the pointed end down into the hat. Then reach your hand up into the inside of the hat and pull the point down from the inside. This will make it puff out just like a real chef's hat!



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Great Rainbow Bake Activity

Create your own
rainbow fruit skewers

These vitamin-packed fruit skewers are a simple, colourful and fun way to get kids to eat fruit. They'll have lots of fun making them too.



You'll need:

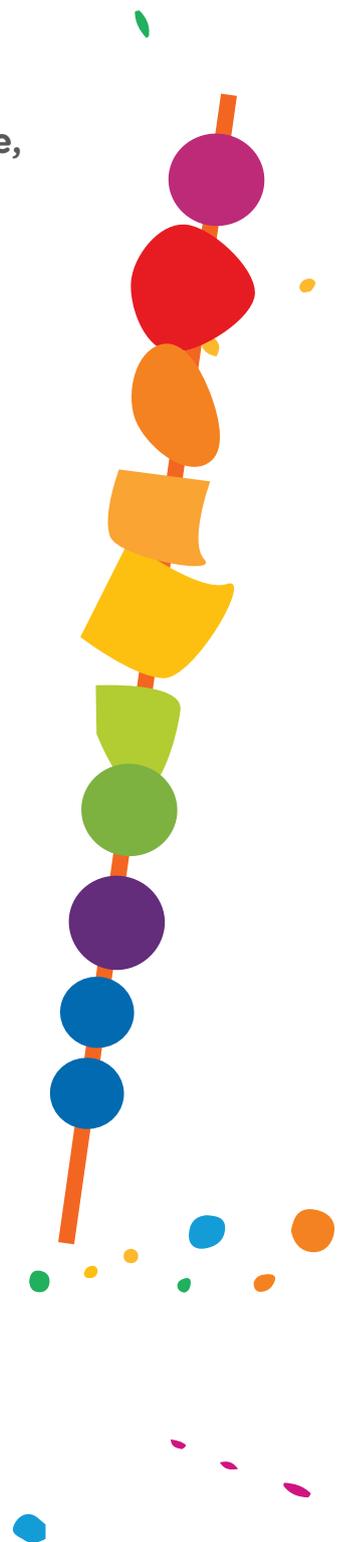
- 7 wooden skewers
- 7 raspberries
- 7 strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries



Method

Thread the following fruit onto each skewer:

- 1 raspberry
- 1 strawberry
- 1 tangerine segment
- 1 cube of peeled mango
- 1 chunk of peeled pineapple
- 1 chunk of peeled kiwi
- 1 green and 1 red grape
- 2 blueberries
- Arrange in a rainbow shape and tuck in!



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