

10 Mins



RAINBOW TRAIL

虹の道

Niji no michi

Adventure



Activity type

Home

Away

Indoor

Outdoor

Equipment

- Free colour charts from shops that sell paint
- Scissors
- Container, e.g. small box or bag

How to play



2

If possible, visit your local park or woodland. If you can't, walk down the street instead. Make sure you know the boundaries!

1

Cut up a paint colour chart into its separate colours. Put the squares into a container.

3

Each player chooses a colour square from the container. No peeking!

4

Try to find an object in the area that matches your colour square. Do not move the objects!

5

When you have found a match, return to the container, replace your square and choose another colour. What will you find this time?

Variations

- Use a section from the colour chart instead of separate squares, e.g. different shades of a colour instead of a single shade.
- Give everyone the same colour. First one to find a matching object is the winner.
- Use texture instead of colour, e.g. find objects that are rough, smooth, gritty, soft, etc.

Challenge yourself

- Can you run to find the objects instead of walking?
- Can you explore a wider area (with adult permission)?
- Can you find more than one object to match your colour?

What next?



Try something similar

Orienteering, walking/hiking, treasure hunt, nature trail



Try something different

Volleyball, rugby, football



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