



**Rainbow
Education**

MULTI
ACADEMY
TRUST



GET READY WITH TEDDY

NAME : _____



**Visit our
Virtual Classroom**



**Watch our school
readiness video**

HELLO! I'M RAINBOW BEAR



**My name is Rainbow Bear.
Let's get ready for Reception together!**

ACTIVITY 1

BUILDING RELATIONSHIPS AND COMMUNICATING

Rainbow Bear loves to talk about their feelings. It helps them feel good!

Can you tell Rainbow Bear how you feel today using the zones of regulation?



ACTIVITY 2

TAKING CARE OF YOURSELF



Can you practise putting your coat and shoes on by yourself?

Can you practise using cutlery (e.g. fork and spoon)?

Can you practise using the toilet and then washing your hands?



ACTIVITY 3

EXPLORING THE WORLD AROUND YOU

Go on a walk or explore the garden with Teddy. Collect interesting natural objects like leaves, twigs, or stones.

Once home create a nature collage or try painting with leaves.



ACTIVITY 4

BEING IMAGINATIVE AND CREATIVE

Build a cardboard world for your Rainbow Teddy to explore.

Use recycled boxes and some craft supplies to build 'Teddy's World'. You could make different buildings such as a school, shop or castle.



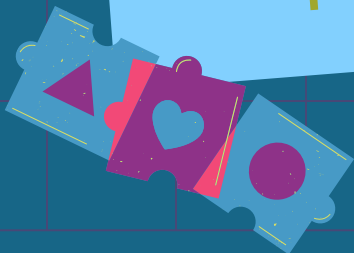
ACTIVITY 5

DEVELOPING FINE MOTOR SKILLS

Rainbow Bear would like to make something for their friends.

Can you use some objects to make a bracelet or a keychain for Rainbow Bear's friends?

You could use pasta, cheerios or beads for your creation.



ACTIVITY 6

KEEPING ACTIVE FOR AT LEAST 3 HOURS A DAY

How many different games can you play with a ball?

You could catch, kick, roll or throw the ball.

What is your favourite game to play?



ACTIVITY 7

SHARING WITH OUR FRIENDS

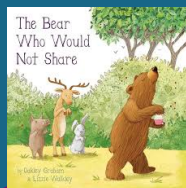
Read the story -
'The Bear Who Would Not Share'.

Tell Rainbow Bear about your
favourite part.

- What should Big Bear do next time?
- How can you be like Bear Cub?



Scan here for
the story

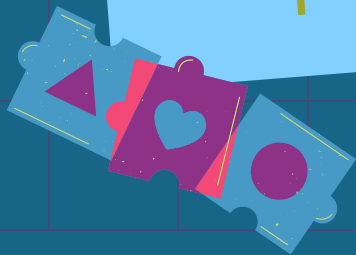


ACTIVITY 8

HEALTHY ROUTINES

Rainbow Bear loves to keep fit and healthy.

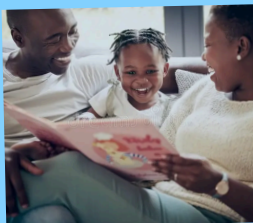
Can you ask a grown up to help you make a healthy snack for you and your bear?



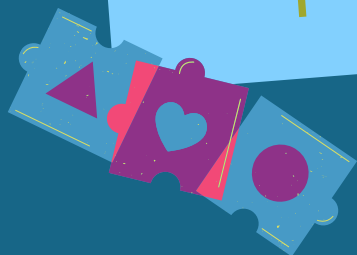
ACTIVITY 9

LISTENING AND ATTENTION

Listen and enjoy your favourite story with your adults at home



Play a game of 'Simon Says'. Make sure you listen carefully to the instructions!



ACTIVITY 10

WHAT CAN YOU SEE?

Visit your local park with Rainbow Bear.
Talk about what you experience
together using your senses.

What can you see?
What can you hear?
What can you smell?
What can you feel?



SHARE YOUR JOURNEY

We would love to see everything you and Rainbow Bear get up to.

Please share your photos on your school or class Instagram account.

