

Objective

By the end of this lesson, the student will be able to identify the colors of the rainbow, express creativity through art, and engage in physical activities that promote movement and coordination.

Materials and Prep

- Colorful chalk or crayons (if available)
- Open space for movement
- Imagination!

Before the lesson, ensure that the area is safe for movement and that the student has access to colorful materials for drawing.

Activities

- **Rainbow Drawing:**

Using colorful chalk or crayons, the student will create their own rainbow on paper or a sidewalk. Encourage them to use all the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet!

- **Rainbow Movement Game:**

Set up a fun movement game where the student pretends to be different colors of the rainbow. For example, when you say "red," they can jump, "blue" can mean spinning, and "green" can mean running in place!

- **Rainbow Dance Party:**

Play some fun music and have a dance party! Encourage the student to dance like the colors of the rainbow, moving in different ways for each color. For instance, sway for blue, hop for yellow, and twirl for red!

Talking Points

- "Can you name the colors of the rainbow? Let's say them together: red, orange, yellow, green, blue, indigo, and violet!"
- "What do you think makes a rainbow? Rain and sunshine together make it appear!"
- "How do you feel when you see a rainbow? It makes me feel happy! What about you?"
- "Let's pretend to be rainbows with our movements! Can you jump like a red balloon or spin like a blue sky?"