

Walk the Rainbow

A Colourful Journey of Discovery.

Leader's information for using this in schools.

- **Walk the Rainbow** is a series of eight stations - the seven colours of the rainbow plus white - which the children visit as a reflective journey. It can be described as a mini-pilgrimage and be related to the RE syllabus. It invites the children to ask and think about some of life's big questions.
- Guides, preferably people of faith, (for example parents, teachers, priests) support groups of 4-5 children around the journey. The length of the journey depends on the involvement of the children, but on average around half-an-hour.
- At each station there is a drape of the appropriate colour plus other items. The guide leads the children in a brief reflection, often with something simple to do. The guides will be trained to give the children space to make their own discoveries and to affirm any verbal responses given.

Starting Point. Multi coloured cloth. A greeting for children from the leader.

Violet : : Darkened space, candles (safety - leader stationed here permanently), hologram, silver-paper, question marks, music?

- Violet is the deepest colour we can see at the end of the rainbow. Beyond it is mystery.
- There are lots of things in life that are at the edge of mystery. We all have lots of questions about life.
- **I wonder what some of your questions are?**

Leader receives children's questions and affirms them. May bring out the difference between the everyday questions and the 'big' questions.

Each child takes a card with a question mark on it to carry on their journey

Indigo : Deep space photos, galaxies, mirrors/silvered card.

- Read the first part of the quote. We can look out to the depths of space. Our own galaxy - the Milky Way - has 100 billion stars!
- One man was looking at the stars and started thinking about himself. *Pick up a mirror and look at yourself.* Then he asked God a big question, "But why are people important to you?"
- **I wonder if you have asked a question like that? ...**

Blue : Photo of Earth from space 'the blue planet', a bowl of water, disposable cups to carry water, towels, a picture of Mary and the baby Jesus

- Blue reminds us of water and sky. Life on earth began in the sea. Our watery blue planet is the only place in the universe we know of where life can exist.
- Blue also reminds us of Mary the mother of Jesus.
- Christians believe it was prepared for us by a loving Creator God. Every plant and animal on earth needs water to survive - including us.

Each child takes a drink of water. They save a little of the water and takes it to the next station

Green : If possible place this station outside under a tree. If not possible use pot plants.

- Look at this tree/plant. It grows strong by sending its roots down into the soil to find water. Let's give the tree/plant the water we have brought and listen to the sounds around us.

Children pour their water onto the earth around the tree/plant. Pause to listen.

- The strong tree gives food for insects and beetles and caterpillars. It gives shelter to birds and squirrels.
- You are growing bigger and stronger.
- **I wonder what kind of person you want to grow to be? ...**

Yellow Yellow flowers and gold coins, cards with the words: goodness, kindness, love, peace, patience, gentleness.

- Here we have flowers that are beautiful, *Pause to look at them.*
- There are some things about people that are beautiful, like the things on these cards.

Read words. Show the gold coins. Let each child hold a coin.

- **I wonder if you can buy love, goodness or kindness with money?**

Affirm any responses about using money to do good, but draw the children back to the question of whether you can buy goodness etc. Replace coins.

Orange : Picture of orange tree with fruit, plate of tangerine or Satsuma segments to eat, paper towels, a picture of an adult holding a child by the hand.

Give the children a segment of fruit each to eat. Read the words Jesus said.

- Look at the picture of the grown-up and the child holding hands. Do you think the grown-up is loving, kind, patient? ... I wonder if you know any adults who are like this - at least some of the time?
- **We know you can't buy goodness and kindness and patience. I wonder how a person gets to be like this? ...**
- Christians believe that God changes people from the inside.
- He makes their hearts good so that they produce good fruit - like oranges on an orange tree.

Red : Two pieces of wood, one short & coloured red, the other long, pictures of red fruit, picture of traffic lights.

- Red stands for danger. It also means 'stop'. One day our journey on this earth will come to a stop. - like in this No Through Road sign. We will all grow old and die.

Each child picks up two pieces of wood and lays them down like the No Through Road sign .

- The short piece is like a barrier, the end of the road.
- **I wonder if dying is really the end of our journey?**

Slide the longer piece of wood up to form a cross and invite the children to do the same.

- But perhaps the road goes on, the journey continues beyond the barrier. Jesus' life came to a full stop when he died on a cross. **Was that the end? ...**
- Red also reminds us of all the Christians who have died rather than give up their faith. These people we call martyrs. In many countries today it is very difficult, even dangerous, to be a Christian.

Children put the cross pieces to one side before moving on.

White Question marks, a prism, torch, white flowers, glass pendants and hologram paper.

- Some people believe that the journey goes on to heaven. White is often the 'colour' people imagine when they think about heaven. And they sometimes think heaven is boring.

Children shine a light through a prism onto the cloth to make a rainbow or look through facets of pendants or at hologram cards.

- Look at the rainbow colours. White light is all the colours of the rainbow. Perhaps heaven isn't boring. Perhaps it's all the excitement of the rainbow journey.

I wonder if this is where all the questions get answered? ...

Children can choose whether to place the question mark they have carried on the white cloth or take it away with them.