

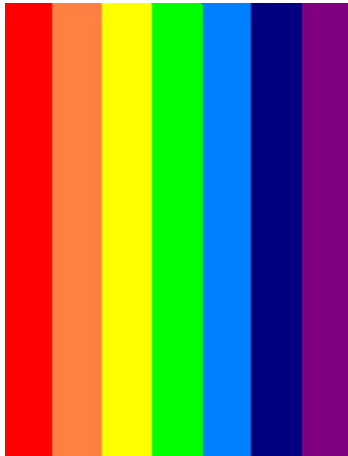
1+ Hour  
Activity  
For  
Everyone

## Rainbow Walk

Spring is in the air! With so many plants starting to blossom and grow, our gardens and local green spaces are starting to transform. Unique colours are everywhere. What colours and how many different colours can you see out your window? In your yard? Or in your neighborhood? Find out by doing a rainbow walk.

To begin, follow along with ALIVE Instructor Andrea Basen during her rainbow walk. You will notice from the movie that colours present themselves in unique ways in the natural environment. Some plants show colour through their leaves and stem, while others such as flowers, show colour through their petals. Interestingly, these unique and often vibrant colours attract birds, bees and other insects to help them pollinate and reproduce. Once the video is complete, start off on your own walk. Your goal is to find as many natural items that match the seven colours of the rainbow shown below. Make sure you also look for different shades of the rainbow colours, too. If you have a camera, you can take a picture of every colourful plant you find.

### The 7 Colours of a Rainbow



(Photo from: <https://commons.wikimedia.org>)



<https://www.youtube.com/watch?v=Jbv5e-gA0-o>

### Discussion Questions

- Was it challenging to find plants that matched each colour of the rainbow?
  - What colour did you find the most of? Why do you think that is?
    - What colour was the hardest to find?
- Did you notice any activity going on? Were there any bugs or insects present?
  - What was your favorite plant and why?

### Materials Needed:

- Camera
- Rainbow Colours

*Finally, if you do not know the names of all the plants you found, it is important to look them up. The more plants we can identify, the deeper our connection to the natural world becomes.*