



Be Well - Feel Good Stage 5 Skills Builder

Rainbows

Create a tasty technicolour treat!
Explore how different foods can help you eat a balanced diet and stay healthy.

Find out about the benefits of eating different colour foods help your body (red, orange/yellow, green, blue/purple, white)

When was the last time you had a meal that included all five food colours?

Create your own rainbow bowl or a meal that does include all five. Share your food with your family.



Know Myself 45 minute UMA

Unsung Stories

October is Black History Month in the UK, where people come together to recognise and celebrate the stories of amazing Black people who've shaped the country. These stories may have been forgotten about, never told or erased because of racism. Throughout the month, people take the time to find out stories of Black people who've made a difference to the country, and celebrate culture and history.

Find out about a shero, what is brilliant about her?

Read about Connie Mark's story

(<https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/activity-cards/black-history-month---rangers---unsung-stories.pdf>)

Create a piece of art about a shero that inspires you. Don't forget to add a picture of your piece to the Girlguiding Kent East page.

Post your work Facebook so that we can let your leaders know you took part!

