



Hi Kids!

## Let's go outside & learn about RAINBOWS!

**Rainbows** form when light shines through water. The light waves are bent, and we see the seven colors that make light.



### Make Your Own Rainbow Experiment

1. Fill a clear glass about half full of water.
2. Take the water glass and a sheet of white paper outside.
3. With a helper, hold the glass up to the white paper so the sun shines through the glass. The light will bend causing a curve of rainbow colors to appear on your paper.
4. Experiment with moving the water glass up and down at different angles. How can you create the biggest rainbow?
5. Where else can rainbows be seen? Observe water, glass, and sunlight mixing near a *prism*, mist from a hose, a drinking fountain, or a thunderstorm.

### Rainbow Jokes

**Q: What bow can't be tied?**

*A: A rainBOW!*

**Q: How does a cloud wrap a present?**

*A: With a rainBOW!*



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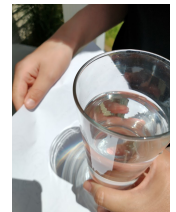
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## Rainbow Color Hunt

Can you spot something with each color of the rainbow? You can either collect the colored items (leaves, rocks), or write them down if they can't be collected (flower petals, houses, sky).

\_\_\_\_ Red  
\_\_\_\_ Orange  
\_\_\_\_ Yellow  
\_\_\_\_ Green  
\_\_\_\_ Blue  
\_\_\_\_ Indigo\*  
\_\_\_\_ Violet\*

Other colors you found in nature \_\_\_\_\_

*\*Indigo is a deep blue. Violet is a purple tint.*



## Eating a Rainbow

Look at your dinner plate today. What colors can you find? Red tomato sauce? Orange carrots? Yellow banana? Green peas?

**Challenge:** See how many rainbow colors you can eat today.

**Remember:** Eating lots of colors helps our bodies grow up strong and healthy!

**For inspiration, listen to this story about RAINBOWS:**

Colors of the Rainbow (I can eat a Rainbow) by Swingset Mamas

<https://www.youtube.com/watch?v=Pf0-bqMo9UU>

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