



Who are Rainbows?

A girl can join Rainbows at any time after her fifth birthday (fourth in Northern Ireland). Most Rainbows move on shortly after their seventh birthday. Each Rainbow needs to be given the opportunity to grow as an individual and to develop at her own pace.

The Rainbow Promise is:

I promise that I will do my best to love my God and to be kind and helpful.

Welcome to the Rainbow Jigsaw

The Rainbows' programme is called the Rainbow Jigsaw to reflect how the varied Rainbow activities link to create a larger balanced picture.

The Rainbow Jigsaw:

- is written so the younger Rainbow will understand it, but has plenty to stretch the older Rainbow.
- is flexible.
- is fun for the girls and their Leaders.
- helps each Rainbow to develop.
- allows each Rainbow to take an active part in unit decision making.
- challenges Rainbows to think for themselves.

The Rainbow Jigsaw is balanced by these four programme areas:

- Rainbows Look.
- Rainbows Learn.
- Rainbows Laugh.
- Rainbows Love.

Guiding's Method

See *Guidance notes for Leaders: Rainbow section* (order code 6053) pages 9-13.

All programmes throughout WAGGGS (World Association of Girl Guides and Girl Scouts) are based on guiding's Method. In Girlguiding UK the Method is known as the Five Essentials. These underpin everything you do with your Rainbows.

- Rainbows work together in small groups.
- Rainbows share a commitment to a common standard.
- Rainbows care for the individual.
- Rainbows are encouraged to govern themselves and make their own decisions.
- Rainbows have a balanced and varied programme.

You might find it easier to remember this way:

G - **g**roups

U - **u**nited in a common standard

I - care for the **i**ndividual

D - **d**ecision making

E- **e**xciting and varied programme.