

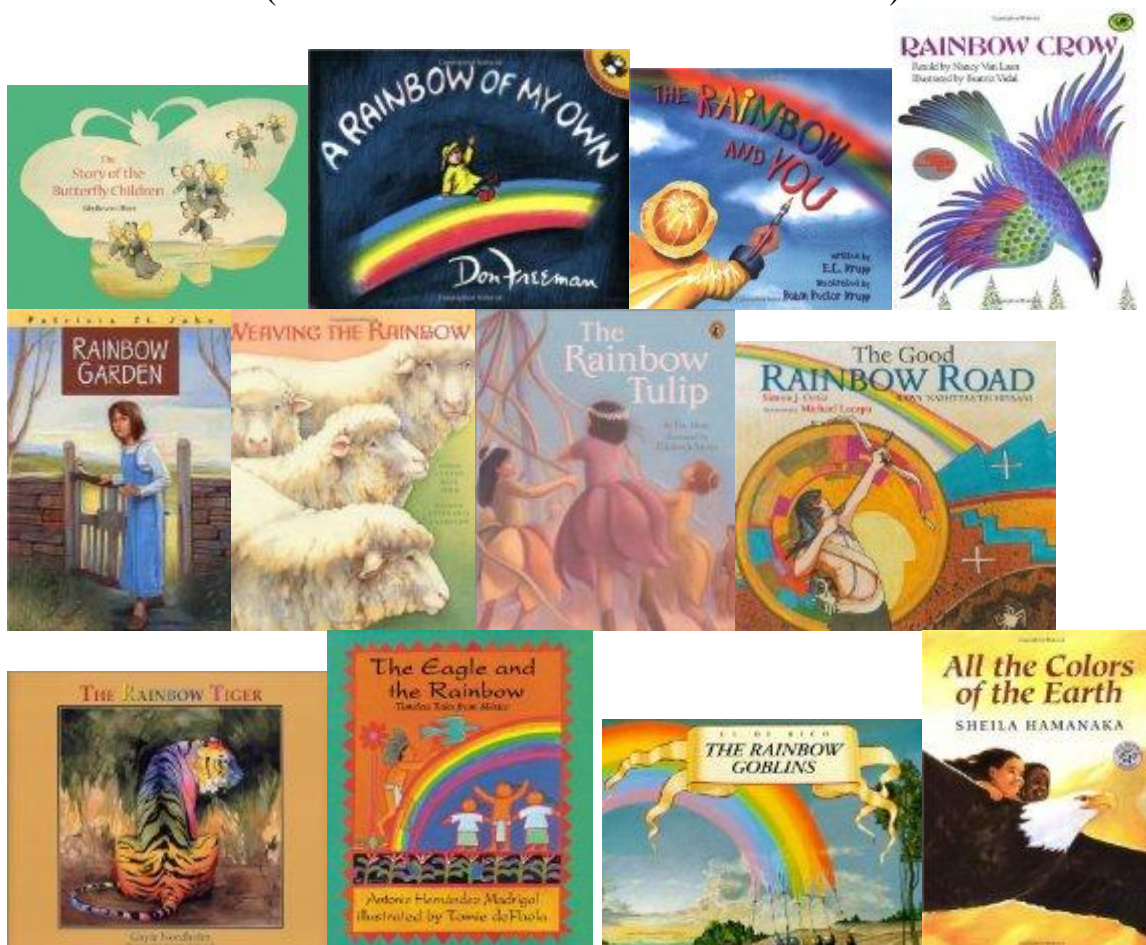
## Week Five, March

### *Rainbows, Creating Color*

#### Week Five - Additional Book Recommendations

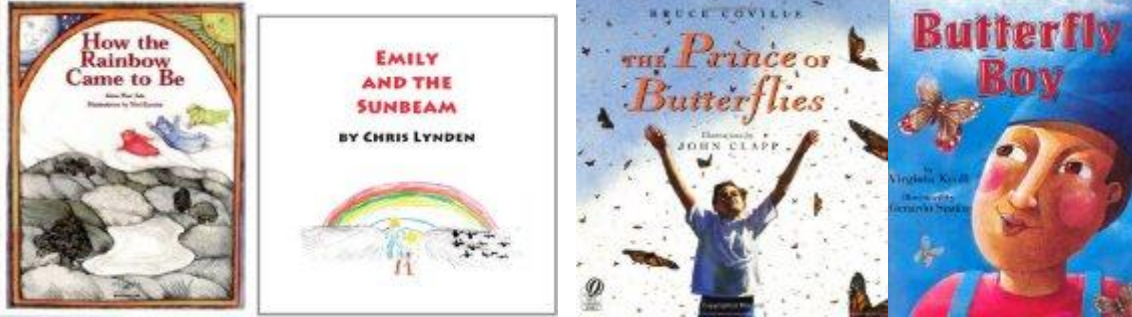
\*\* Visit your local library the Saturday before to check out books based on your theme for the week. Older children can help you look up the books by author and title. These books can be available during the week and weekends and may be nice to offer while relaxing in bed before going to sleep after a long day at school.

(Click Book Photos for More Information)



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### The Rainbow Fairies

~Submitted by Faith Baldwin of [Joyful Toddlers](#)

Two little clouds, one summer day,  
 Went flying through the sky,  
 They went so fast they bumped their heads,  
 And both began to cry.

Old Father Sun looked out and said: "Oh, nevermind my  
 dears;

I'll send my little fairy folk  
 To dry your falling tears,  
 To dry your falling tears."

One fairy came in violet,  
 And one in indigo;  
 In blue, green, yellow, orange, red,  
 They made a pretty row.

They wiped the cloud tears all away,  
 And then, from out the sky,  
 Upon a line the sunbeams made  
 They hung their gowns to dry,  
 They hung their gowns to dry.

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Seven little fairies came,  
When the storm was ended,  
Seven little fairies came,  
Dressed up very splendid.

Hand in hand they tripped  
along,  
Keeping time together,  
Driving gloomy clouds  
away,  
Bringing back clear  
weather.

Seven little fairies came,  
When the storm was ended,  
Seven little fairies came,  
Dressed up very splendid.

My heart leaps up when I  
behold  
A Rainbow in the sky;  
So was it when my life  
began;  
So is it now I am a Man;  
So be it when I shall grow  
old,  
Or let me die!  
— *Wordsworth.*

### Oh, Rainbow

Oh, rainbow, oh, rainbow,  
How lovely are your colors.  
Oh, rainbow, oh, rainbow,  
How lovely are your colors.  
Purple, red and orange, too,  
Yellow, green and blue so true.  
Oh, rainbow, oh, rainbow.  
How lovely are your colors.



# Rainbow Butterfly Mobile

*~Submitted by Jennifer Tan*



Red Orange Yellow  
 Green Blue Indigo Violet  
 Red Orange Yellow  
 Green Blue Indigo Violet  
 Red Orange Yellow  
 Green Blue Indigo Violet

**These are the colors of the Rainbow!**

*(Sing to the tune, "One little, two little, three little teddy bears". May substitute indigo and violet for "purple")*

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### Supplies

6-7 old-fashioned clothespins

Watercolor or other paint

Paint brushes

Tissue or other paper

Scissors

Thread

Branch found outside, or make a wreath with twigs



### Directions

1. Paint each clothespin a color of the rainbow! Sing as you paint.

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2. Cut wings out of tissue paper and pinch in the middle before sliding into each clothespin. The wings can match or contrast the colors of the clothespins.
3. Trim the edges of the wings to form the shape that you want.
4. With thread, tie loops onto the butterflies and hang from a wreath or a branch from outside.
5. Find a nice location to hang your mobile!



### Options & Tips

- Instead of tissue paper, needlefelt or wetfelt the wings.
- If you do not have access to tissue paper, kite paper or fabric may be substituted for the wings.

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- Old-fashioned clothespins are often found at dollar, thrift, and crafting stores. Sometimes they come already painted.
- Since indigo and violet are close in color, some parents might opt to make just 6 butterflies: red, orange, yellow, green, blue, “purple”.
- Consider dyeing the wool fiber to match if you decide to make the wings out of wool. If you use natural plants for dyeing, this could be a lesson for older children on which plants make each color. For this option, allow a couple of extra days for dyeing/drying.
- Older children can learn about butterflies and create two separate wings in a more accurate shape for each side.
  - Felt flowers for the wreath or branch to embellish.



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## Beams of Love Fingerplay

~Eileen Straiton

Round the golden dome above  
(arms above head in a circle)

Sends to me its beams of love  
(bring arms slowly down and cross over heart)

As I go about my day  
(move arms back and forth like 'walking')

Beams of love unfold in play  
(start with hands crossed over heart and  
slowly bring arms down and  
outward)

Take these beams I give to you  
(hands outstretched showing palms, move the  
outward more)

And pass them on in all you do  
(bring hands together in front of you)



## The Rainbow

Boats sail on the  
rivers,  
And ships sail on  
the seas;  
But clouds that  
sail across the sky  
Are prettier far  
than these.

There are bridges  
on the rivers,  
As pretty as you  
please;  
But the bow that  
bridges heaven,  
And overtops the  
trees,  
And builds a road  
from earth to sky,  
Is prettier far than  
these.

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## The Sunbeam's Visit

~ Cornelia Fulton Crary

*The following story is a beautiful story to tell while watercolor painting. You can create the same scene as the story describes with all of the colors of the rainbow. It is wise to do prior planning and have your supplies prepared so the children can paint along with you.*



One day, as the glorious sun came up to bid the world "Good morning," one beam of light came out with all the rest, and went to give its part of rightness to the people of the world. In this beam of light were six little rays; but they all had on white cloaks, and they went along so close together that they looked like one clear, white ray.

It was early in the morning, and as the beam of light went on its way straight from the sun, to take its message of love and brightness to the world just as well and quickly as it could, it went through between two of the slits of the blind in the window of the room where little Johnny was snugly tucked in bed fast asleep; and it shone right on the top of a glass inkstand which Johnny's mother kept on the table. As the beam of light went through the sharp edges of the clear glass, all the little rays took off their white cloaks, and went and stood hand in hand in a streak of colors on the white ceiling.

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Each one of the six rays that made the beam of light was a different color. Three of them were strong, and able to take care of their little brothers and help them to be bright as they were, just as little children who are bright and happy help others to be bright and happy too. These three strong rays were red and yellow and blue.



The red and the yellow rays had between them another ray who held tight to both of them, and the red and the yellow ray each gave him some of their brightness; so he was an orange ray.

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And the yellow and the blue had fast hold of the little green ray which was between them, sharing the brightness of the yellow and the coolness of the blue ray, and very happy and bright himself while he was standing close to them.



Then at the end of the line, close to the blue, stood another ray. He was something like the red ray at the other end of the line, who gave him some of

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his red glow; but he was more like the blue, because he stood close to him and shared his color, which, mixed with the red, made him a purple ray.



So there they stood, the red and the orange, the yellow and the green, the blue and the purple rays, holding each other's hands and looking at Johnny.



And all this didn't take as long to happen as it takes to tell about it; for as they looked at him, Johnny felt their brightness against his eyelids, and opened his eyes to see what it was, and said: "Why, there is the light; it must

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be morning." So he got up right away, and washed his face and hands very clean, and dressed, so he would not be late to breakfast. He opened the blinds to let more of the sunshine in, and then the six little rays ran back through the glass and put on their white cloaks again, and went with all the other beams of light to make the day bright. And Johnny stood before the window and said "Good morning" to the sun, which had sent the beam of light to visit him and make him glad.



## Dip-A-Rainbow

### Ingredients

**Yellow:** yellow pepper, yellow squash, baby corn

**Orange:** roasted delicata squash slices, oranges, orange peppers

**Red:** red apples, red pepper, radishes, tomatoes

**Green:** avocado, green grapes, broccoli, cucumbers, snap peas

**Blue/Purple:** blue berries, plums/prunes, purple grapes

**White:** jicama, cauliflower, bananas

### Directions

Take one or more of the options in each color group and cut or slice into bite sized pieces. Arrange by color and in the order of the rainbow on a large platter. Serve with dips such as peanut butter, hummus or yogurt. You can choose to serve only fruits, or only veggies, or mix and match.

## This Week's Caregiver Meditation: *Creating Color*

***“The white light streams down to be broken up by those human prisms into all the colors of the rainbow. Take your own color in the pattern and be just that”. ~ Charles R. Brown***

Each of us has been given our own color and light that we are to share with the rest of the world. What are your true colors? How can you best serve humanity and those around you? Meditate on what your unique talents, desires and gifts are. Then, consider how you can use them to the best of your ability in all aspects of your life. This can be a life changing process if you are truthful with yourself.

### Classroom Colors & Light

What colors and light sources are you using in your classroom and/or home?

Color has a deep effect on us and can often set a mood as we enter a space. Primary colors that are typically used in childcare settings and school environments can often be harsh and irritating. Soft colors and natural light soothe the senses.

Take time this week to make small changes to your classroom. Open up the blinds and remove anything blocking the natural light sources. Add sun catchers, prisms and crystals to your décor. If you are looking to change your wall color, consider a technique called ‘lazure’ which is actually layers of very thin colors on top of on another.

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# Rainbow Crystal Ball

*~Submitted by Valarie Budagr*



If you looked in a crystal ball what would you see? We'll make our own crystal ball magic today.

## Things you'll need:

- One frosted light globe. You can find this at Home Depot or Lowes in the light fixture department.
  - A variety of acrylic paints in rainbow colors
- Bowl of water and a paper towel to wash your brush
  - A long square flat brush. Not too wide.
  - One LED battery operated candle light.



Take your globe and start in the inside, at the bottom by making a circle. Take a little more paint on your brush and start tapping the circle you just made to make it look like little splashes or dots.

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Wash your brush. Dry it off. Take your next color and make a circle or you can start tapping the loaded paint brush on the inside of the globe. Work around the globe making a complete circle with your next color. Be sure to blend it in to the color you did before.



Continue working this way until you have worked through a number of colors and your globe is completely painted.



Let it dry completely. After it's dried, turn on your LED candle light and place it under the globe.



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# Rainbow Playdough

~ Eileen Straiton



## Supplies Needed:

- 2 Cups All Purpose Flour
- 4 Tablespoons Cream of Tartar (can get at grocery store)
- 2 Tablespoons Cooking Oil
- 1 Cup Salt
- Few Drops of Various Colors of Food Coloring
- 2 Cups Boiling Water

Put all ingredients into large bowl except for boiling water and food coloring. Pour boiling water over the mixture and stir it up with a large spoon. Split the mixture into different bowls for each color. Add food coloring to each bowl with a bit more hot water.

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Sprinkle your surface with flour and lift warm dough out of your bowls one at a time as to not mix colors and knead until texture is right.



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Play dough can be stored in an air tight container.



Come, merry sunbeams, fill our room;  
 You surely cannot come too soon.  
 But not for us alone we call;  
 For birds, trees, and flowers, all;  
 Are happier for your presence bright;  
 Your coming brings to all delight.  
 And if sometimes you are not here,  
 We know you are but hiding near.  
 Should you not come at all today,  
 To join us in work and play,  
 Your places we will try to fill  
 By wearing brighter faces still.

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# Natural Plant Dyeing

*~Eileen Straiton*



Children delight in watching the transformation of color when working with natural dyes. You may purchase white handkerchiefs or silks or just use material that you already have.

Wool and Silk tend to do better than cotton but use what you have easy access to. This dyed material will be used to decorate your nature place and in free play. Children love using silks and cloth for blankets, skirts, drapes, forts and many other creative things. Be sure to wear Aprons or Smocks to cover your clothing and lay old newspaper down to protect your workspace.

## Supply List

Sharp Knife

Cutting Board

Nature Notebooks for Journaling

Metal Tongs

Large Stainless Steel or Enamel Cooking Pot

White Material 100% Cotton, Wool or Silk

Cheesecloth or old panty hose

(a) Yellow Onion Skins – About 20-24 (these can be saved up from previous meals)

Salt

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(b) Turmeric (common spice found at grocery store)

(c) 9 Beets

Water

(d) Marigold/Black Eyed Susan/Other Flower Blossoms (enough to fill  
2/3 or more of your pot)

Rubber Gloves

Apron/Smock

Grater

You do not have to do all of these, pick and choose the ones that you wish. Instructions for each dye process are listed under the appropriate title:



### (a) Yellow Onion Skin Dyeing – Yellow/Orange Color

Place Onion Skins in Large Pot. Cover with water. Bring Skins and Water to Boil and simmer for one hour or more. Drain and collect dye bath in another container, catching the skins through cheesecloth or old panty hose. Pour dye bath back into large pot and add salt. Place material to be dyed into the pot and boil, stirring carefully. Simmer for one hour. Add more water if evaporation exposes material. Remove the material from the bath with tongs and rinse in cold water. Wring dry, hang on clothesline to dry.

### (b) Turmeric – Orange Color

Place Turmeric and Water in Large Pot. Bring Skins to Boil and simmer for one hour. Place material to be dyed into the pot and simmer for 45 minutes, stirring carefully. Add more water if evaporation

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exposes material. Remove the material from the bath with tongs and rinse in cold water. Wring dry, hang on clothesline to dry.



(c) Beets – Red Color

Wash and cut tops off of beets. Place Beets in Large Pot. Cover with water. Bring Beets and Water to Boil and simmer for one hour or more, until Beets are soft. Remove Beets with tongs and let them cool. Do not dispose of water. Grate Beets into water and boil for 45 minutes. Drain and collect dye bath in another container, catching the Beets through cheesecloth or old panty hose. Pour dye bath back into large pot.

Place material to be dyed into the pot and boil, stirring carefully. Simmer for one hour. Add more water if evaporation exposes material. Remove the material from the bath with tongs and rinse in cold water. Wring dry, hang on clothesline to dry more completely.



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(d) Flowers – Marigold, **Yellow Color** – Black Eyed Susan, **Green Color**- Experiment with others!

Chop flowers into small pieces and place in Large Pot. Cover with water. Bring Flowers and Water to Boil and simmer for one hour or more. Drain and collect dye bath in another container, catching the flowers through cheesecloth or old panty hose. Pour dye bath back into large pot and add salt. Place material to be dyed into the pot and boil, stirring carefully. Simmer for one hour. Add more water if evaporation exposes material. Remove the material from the bath with tongs and rinse in cold water. Wring dry, hang on clothesline to dry. This is a good time to let children get some energy outdoors before lunch.



If you enjoyed this free week from [Little Acorn Learning](#) be sure check out the March Afterschool Enrichment Book and other great offerings on our website!

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