

## RAINBOW POEM

**Ages:**

6-8

**Description:**

Girls will express creativity and make a poem using rainbow colors and words. The printable handout can be used as a coloring sheet.

**Time:**

20 minutes

**Materials Needed:**

- Color pencils, crayons, or markers
- Paper or printed handout

**Instructions**

Poetry can be a fun and creative way to express the beautiful things we see or happiness we feel. One thing that looks beautiful and usually makes people feel happy are rainbows! In this activity, girls will use the colors of the rainbow to describe objects around them or express emotions through poetry. The activity worksheet can be printed and used as a fun coloring sheet. Girls can also create their own creative masterpiece on their own paper using lots of color and drawings.

Step 1:

Gather paper or printout and writing utensils.

Step 2:

Write a sentence describing an object or feelings for each color of the rainbow. Get creative and write each sentence in the same color as what you are describing. See the example below for inspiration!

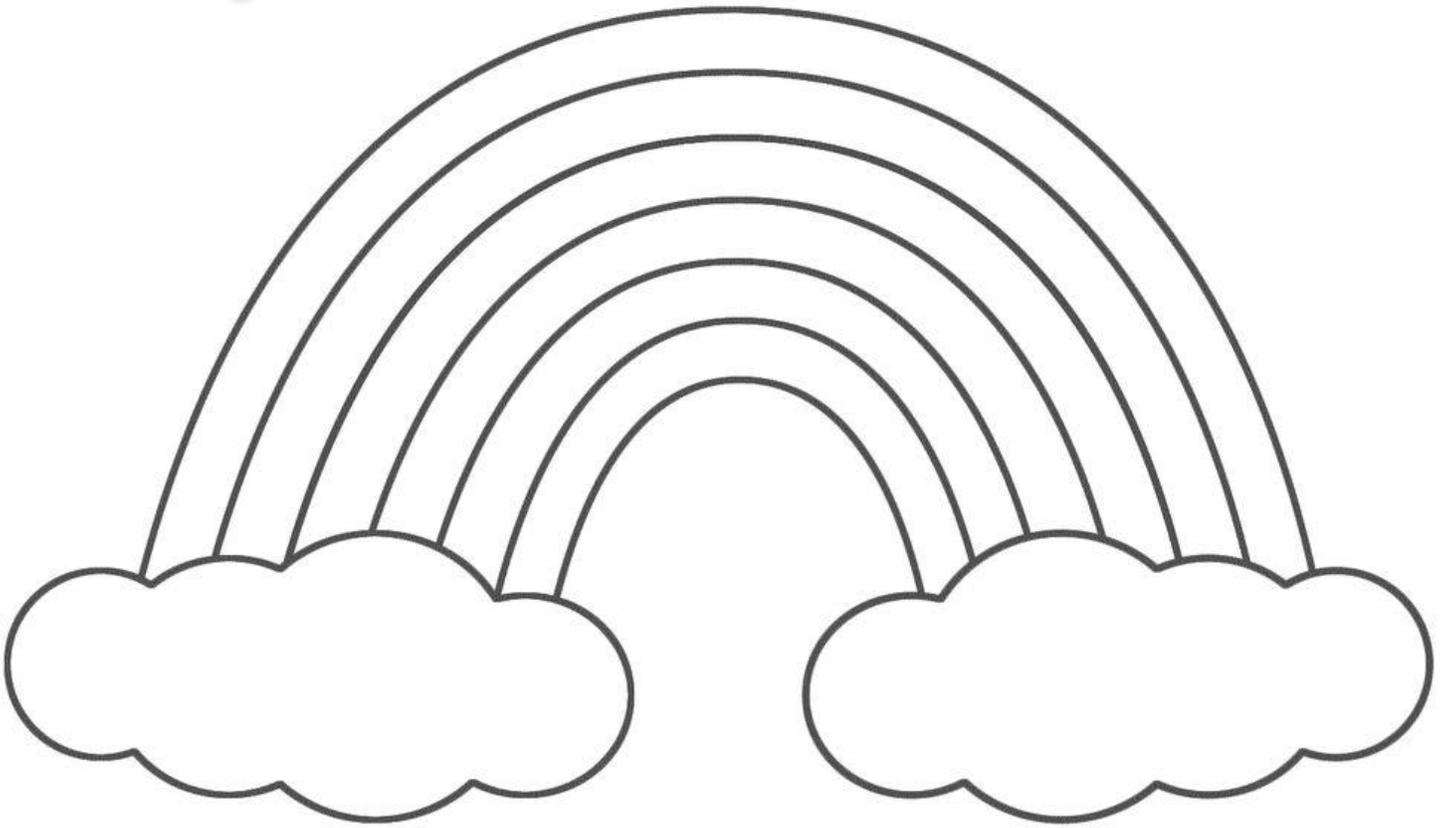
“The red car passed by and was fast like lightning.”

“I love to eat oranges...they are my favorite!”

Step 3:

Color and decorate your rainbow poem handout or creation on your own paper with bright colors or drawings. Have fun and be creative!

# My Rainbow Poem



Red: \_\_\_\_\_

Orange: \_\_\_\_\_

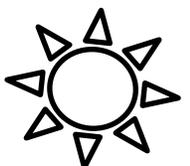
Yellow: \_\_\_\_\_

Green: \_\_\_\_\_

Blue: \_\_\_\_\_

Indigo: \_\_\_\_\_

Violet: \_\_\_\_\_



## ACTIVITY RECAP

### Discovery Questions:

- What was it like to express yourself through a poem? What else would you like to write about?
- Why do you think it is good to express how you are feeling? How do you express your feelings without words?
- Will you share this Rainbow Poem with friends to help them express their feelings too?
- With a parent/guardian's permission, share with us what you think of this activity on our Instagram page with the tag @girlsincindy.