




Rainbows

Girlguiding Buckinghamshire

Rainbow Fairies

1 Jun - 31 Dec

2026

Registered charity number: 308309



LEADERS' GUIDANCE

Thank you for taking part in the Girlguiding Buckinghamshire Rainbow Fairies Event

Please find enclosed all the details and information you need.

The idea is that we provide information to enable Leaders to create their own event. Your Rainbows can take part with any of their Rainbow friends from their Unit, District or Division.

Your event should take place at any time between 1 June 2026 and 31 December 2026. The event should aim to last approximately 5 hours in total and can be split into a maximum of 2 sessions (not necessarily on the same day).

Your event should include at least 4 of the suggested activities. Rainbow uniform should be worn but fairy accessories can be added.

Consent forms

All girls attending the event must have completed the appropriate consent form (depending on the time and location of your event).

Leader numbers

The number of adults you need depends on the number of Rainbows attending your event.

Home Contacts

Each event should organise a Home Contact for the duration.

First Aid

Each event needs to have a dedicated First Aider.

Risk Assessment

Leaders are asked to ensure that a Risk Assessment is completed for their event and circulated to all their Leadership team beforehand.

Photographs & videos

We would love you to share your photographs of your event so that they can be used across our County social media platforms. For this reason, please ensure that you only send us photos of girls with the appropriate permissions. Photos should be sent to the county office at ggbucks@girlguidingbucks.org.uk

Event badges can be ordered using the form at the back of this pack.

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FAIRY BEETLE DRIVE



The aim of the game is to dress the Fairy. Roll the dice and each number corresponds to an item for the Fairy. Once you have collected all 6 items, the Fairy is complete.

You will need a dice to play.

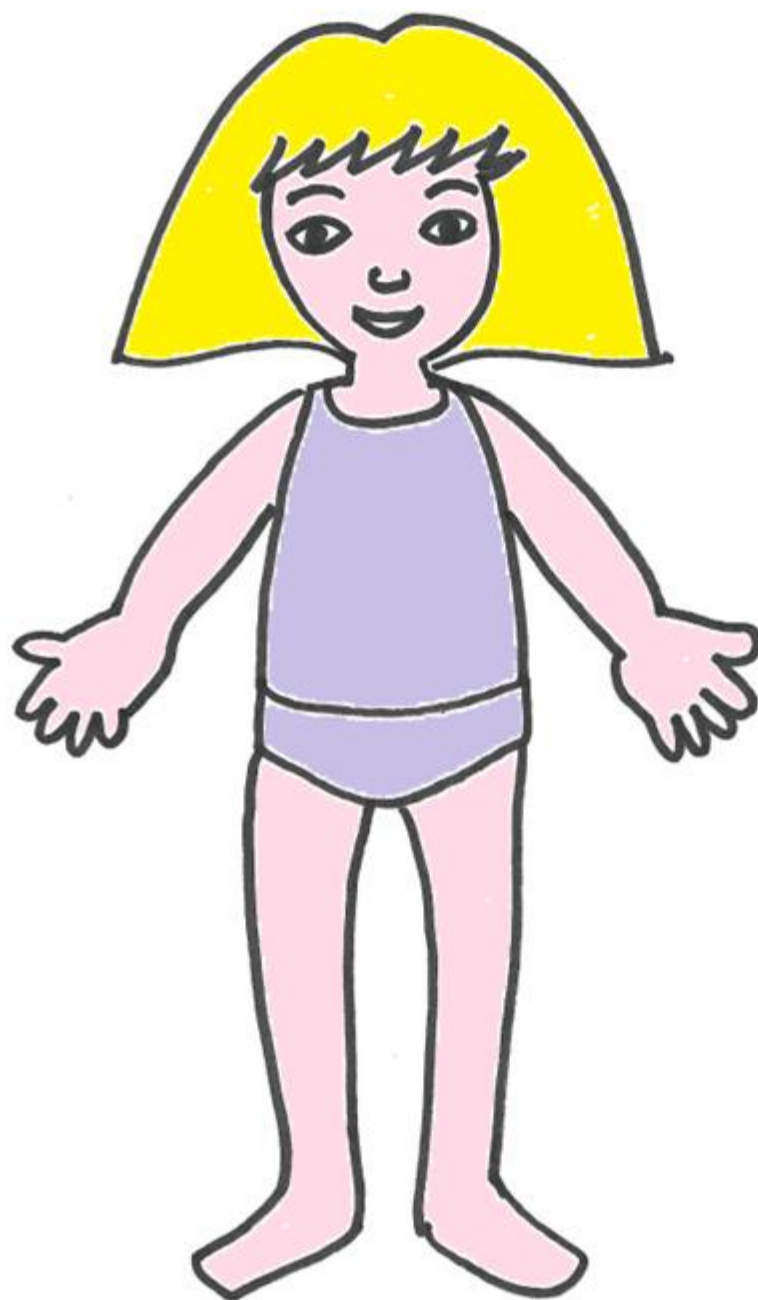
Below is a Fairy picture and all the component parts needed for you to play.

- Cut out the pieces you are going to use for your game.
- On the back of each item, write the corresponding number to the dice:
 - 1 – Hat
 - 2 – Top
 - 3 – Skirt
 - 4 – Wands
 - 5 – Shoes
 - 6 – Wings

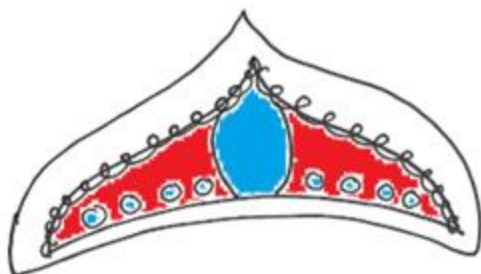
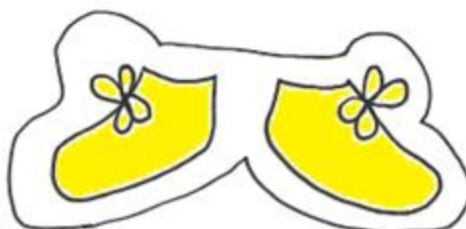
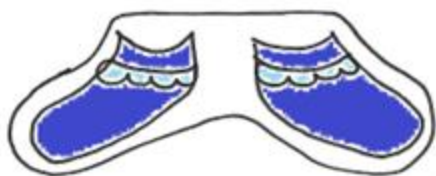
Each component is available in a choice of colour for the Rainbows to make their own version. In addition to the pre-coloured versions there is also a complete set of blank items for you to choose from. Why not get the Rainbows to colour or collage the fairy and then use?

How To Play

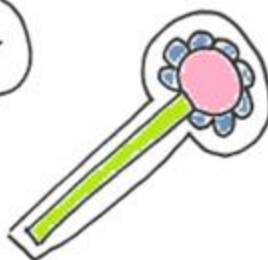
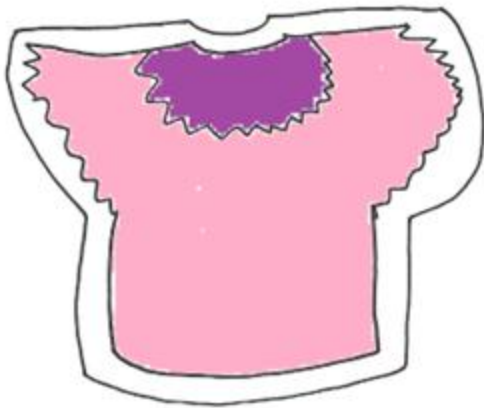
In turn, each Rainbow rolls the dice once. They then collect the numbered item to dress their fairy. Once they have collected all 6 items their fairy is complete.



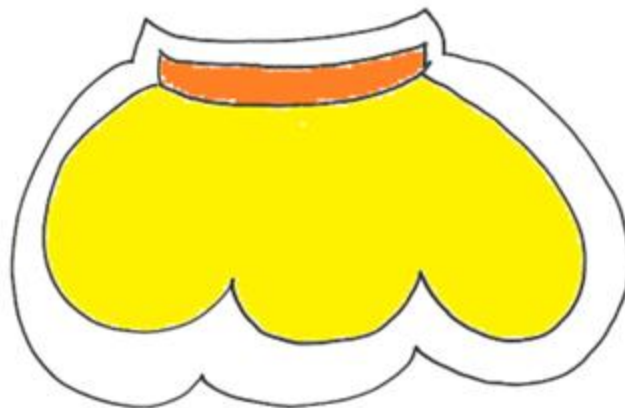
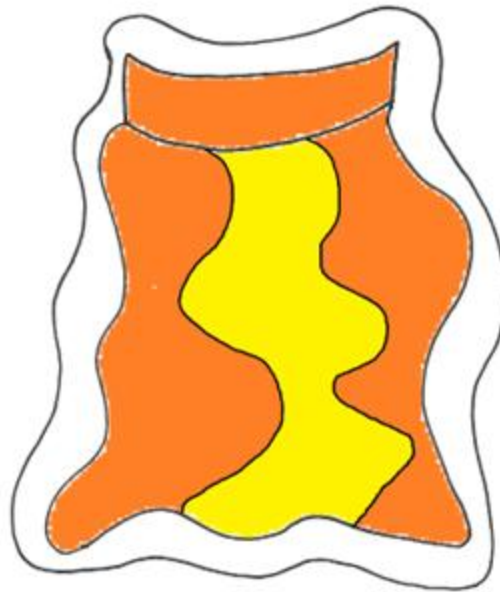
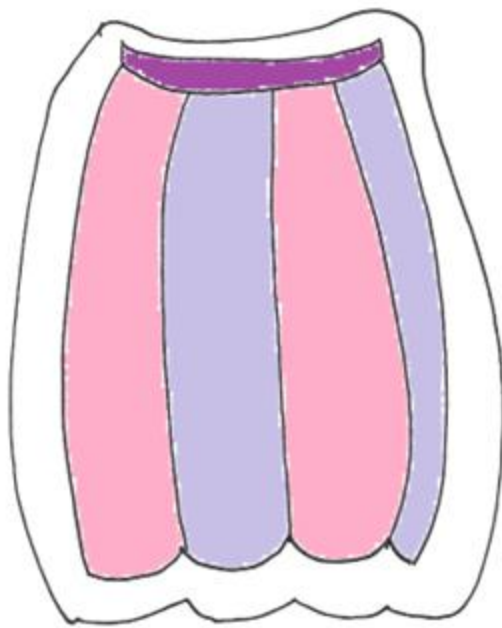
Shoes, Hats and Wand



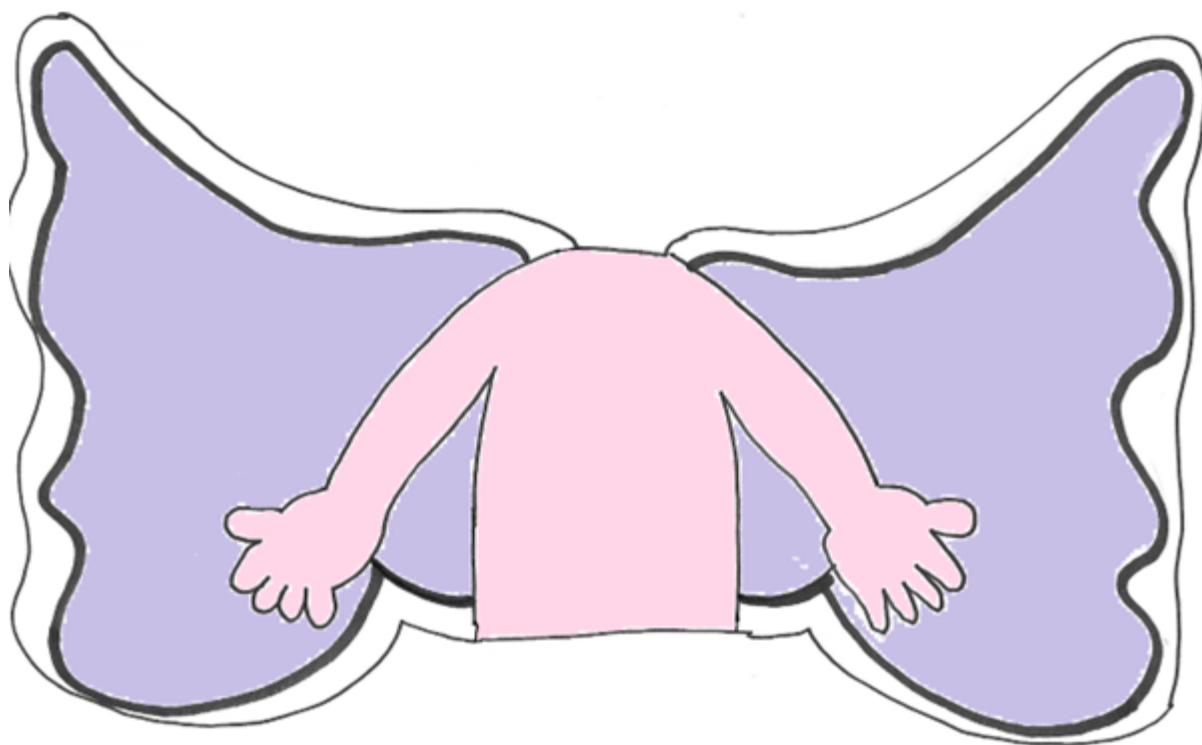
Tops and Wands

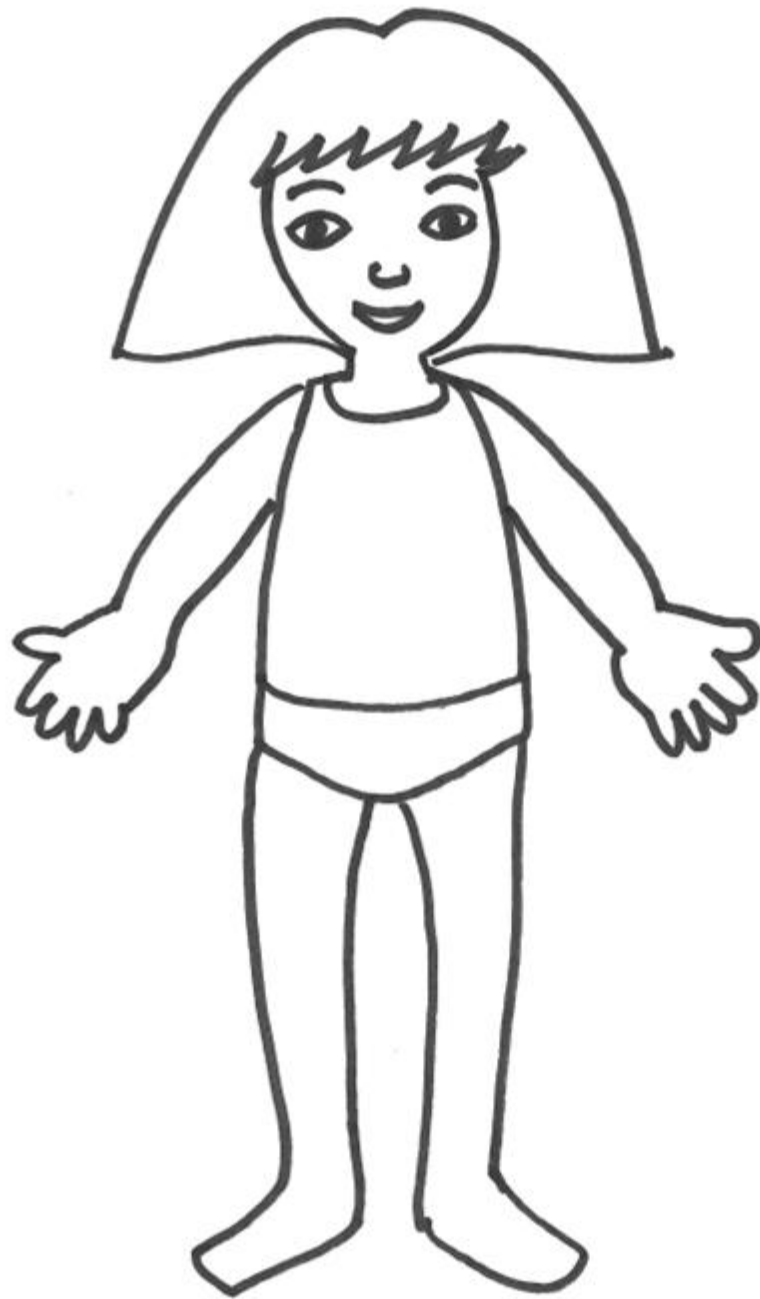


Skirts

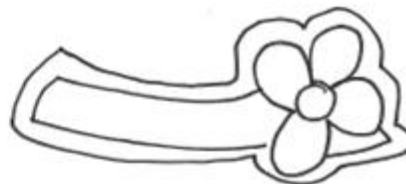
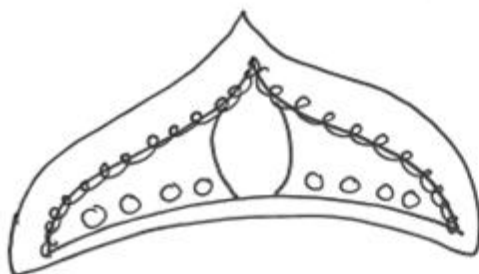
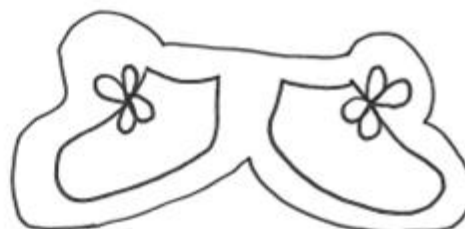


Wings

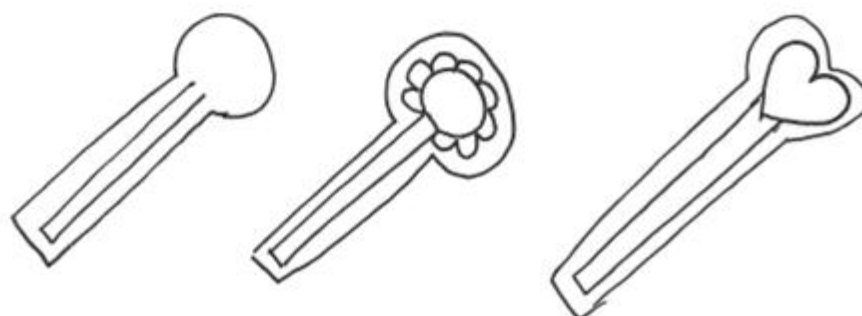
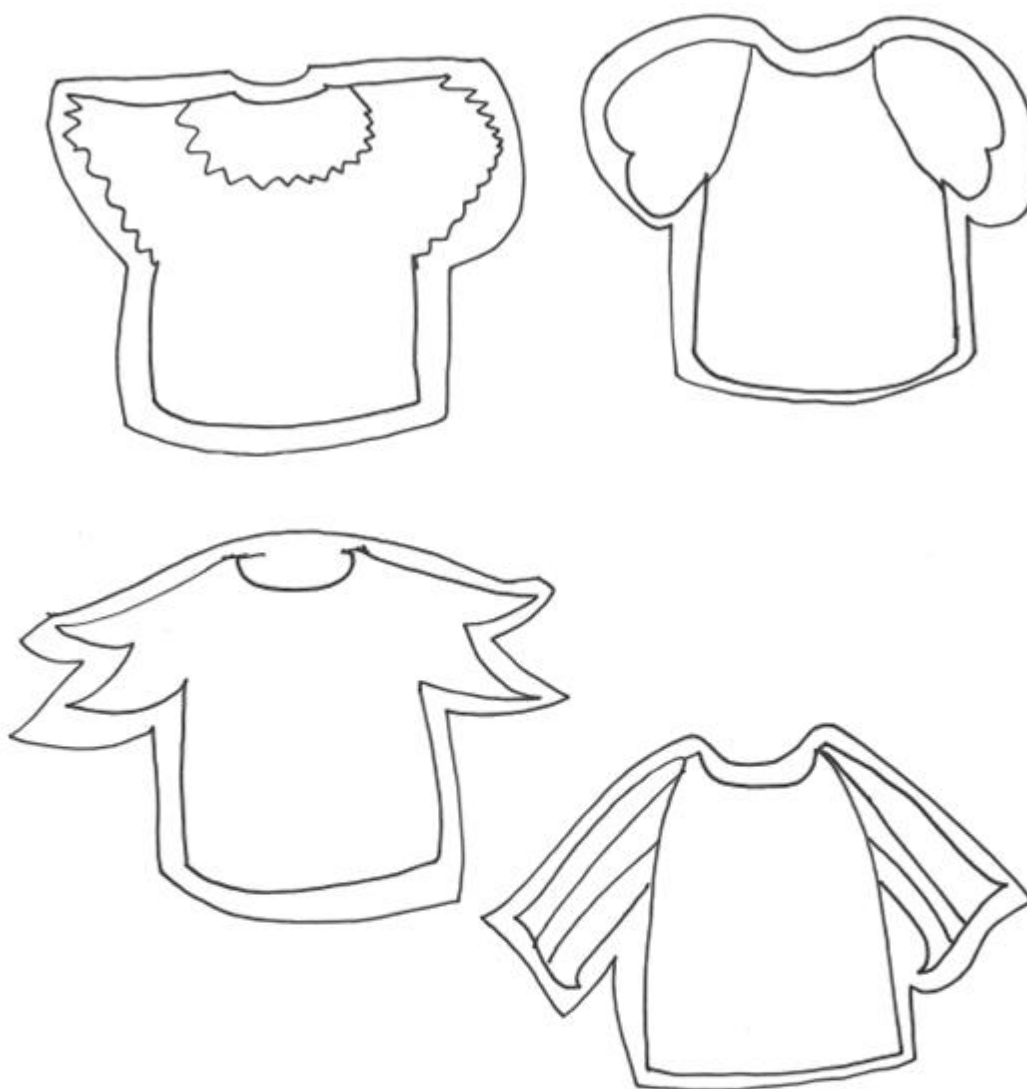




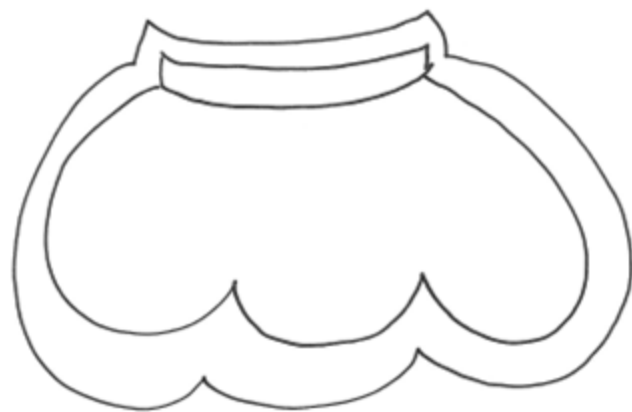
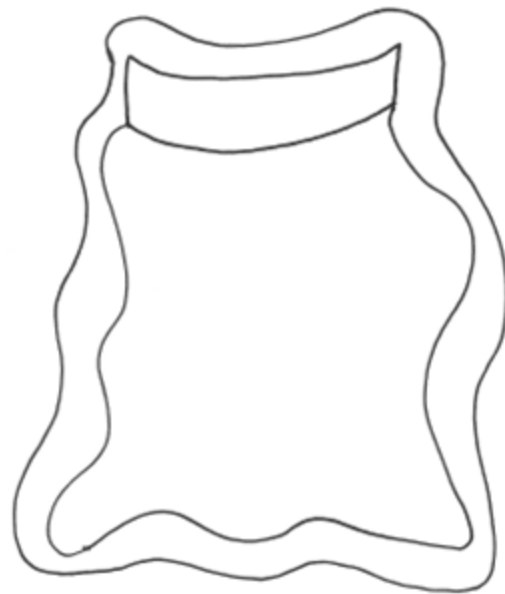
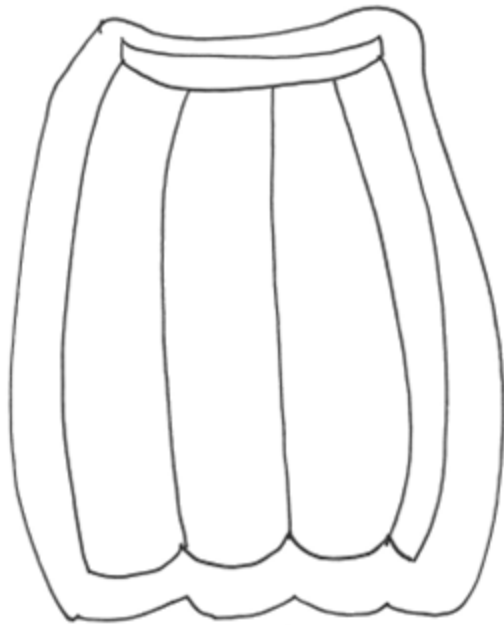
Shoes and Hats



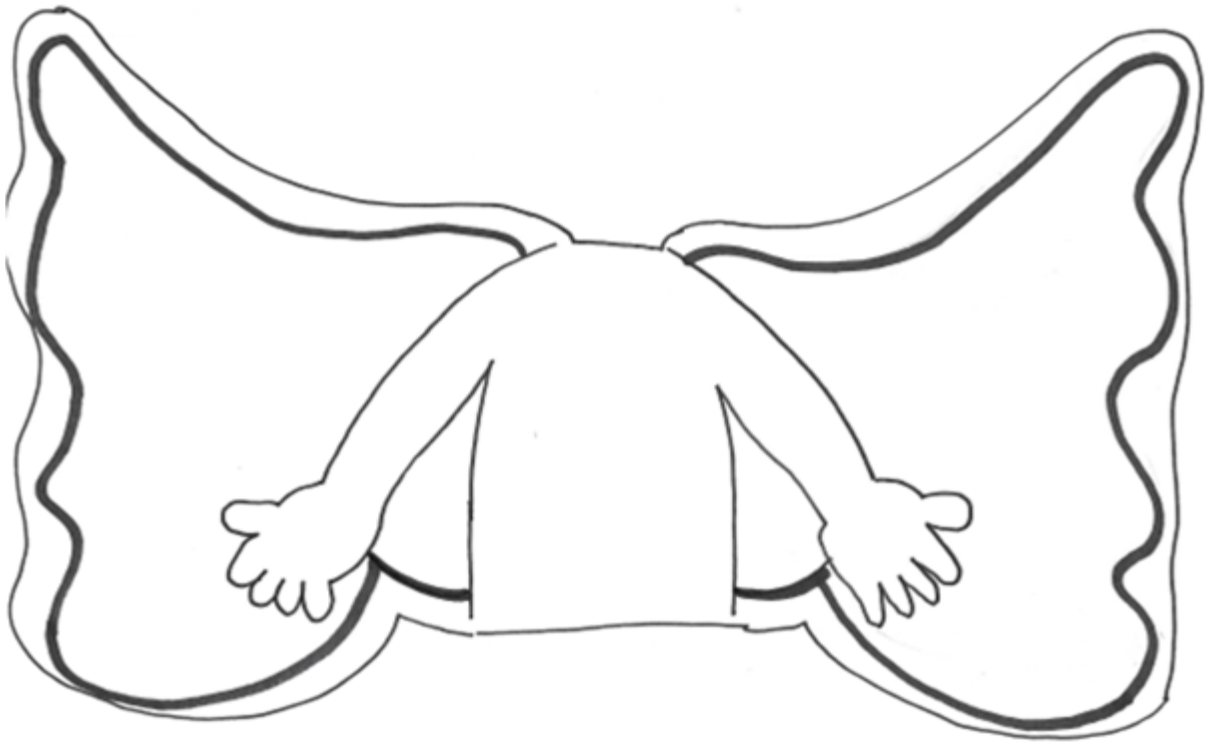
Tops and Wands



Skirts



Wings



FAIRY CARDBOARD TUBE HOUSES



You will need cardboard tubes, coloured paper, scissors, glue, marker pens and items to decorate e.g. paper straws, cupcake cases, felt, silk flowers, cotton wool for chimney smoke, little sticks to create a wooden door.

Use your imagination to create your own unique house.

FAIRY CHOCOLATE SPOON



You will need:

Ice Cream Spoons or other plastic or wooden spoons – one for each Rainbow
Melted Chocolate, edible sweets, sugar sprinkles and rice paper
Icing sugar.

How to Make:

Melt some chocolate and dip your spoon in until its covered all over.

Decorate with edible sweets.

Make wings from rice paper and stick on with wet icing.

ENJOY

FAIRY CLOUD DOUGH



To make cloud dough you will need:

2 heaped cups of cornflour and 1 cup of scented hair conditioner

If your Rainbows are sensitive or allergic to perfumed ingredients you can make cloud dough using

2 heaped cups of flour and $\frac{1}{4}$ cup of oil (vegetable or baby)

Instructions:

1. Measure and add your cornflour to a large mixing bowl
2. Measure your conditioner and pour it into your bowl of cornflour
3. Using a long spoon or spatula mix your two ingredients together until it gets hard to mix.
4. Use your hands to finish kneading the dough together.
(alternatively put all the dough into a zip-lock bag and continue kneading).
5. Now it's ready for play!

Please note that this is not for consumption!

FAIRY DANCE



Transform yourselves into Rainbow Fairies.

Make up a dance to your chosen piece of music.

(Alternatively you might like to use "The Dance of the Sugar Plum Fairy" by Tchaikovsky).

If you have an old Brownie Toadstool in your area you might like to create a dance around it.

FAIRY DOOR



Instructions:

Follow our simple instructions and make a secret door to encourage fairy folk to visit your garden.

- Line up some lolly sticks or twigs.
- Glue two sticks diagonally across your 'door' to hold it together.
- Look for acorn cups or tiny pebbles to be your doorknob and letterbox. Glue them in place. You could use old buttons or beads instead.
- When the glue is dry, place your door against a tree trunk or wall. Make sure it's well away from big feet and curious cats.

After the girls have made their fairy doors, these can be attached to a flat rock and placed at the base of a tree. Do not use nails or screws to attach to trees as this may leave the tree open to fungus or disease.

FAIRY DUST



This project uses biodegradable glitter to ensure that your sparkling creation is environmentally friendly.

Materials Needed

- Biodegradable Glitter: Available in various colors.
- Salt or Sugar: For a base, choose coarse salt or sugar for texture.
- Natural Colorants: Optional (e.g., turmeric for yellow, beetroot powder for pink).
- Small Jars or Bags: For storing the fairy dust.
- Mixing Bowl To blend the ingredients.
- Wooden Spoon or Whisk - For mixing

Instructions

1. Gather Your Ingredients
2. Choose Your Colors: Gather biodegradable glitter in your favorite colors. You can also select natural colorants for additional hues.
3. Mix the Base
4. Combine Ingredients: In a mixing bowl, combine about 1 cup of salt or sugar with 1 tablespoon of biodegradable glitter. If using natural colorants, add 1 teaspoon for a touch of color.
5. Create Fairy Dust
6. Mix Well: Use a wooden spoon or whisk to thoroughly mix the salt or sugar with the glitter and colorants. Ensure the glitter is evenly distributed for a magical effect!

Decoration and Storage

Fill Jars or Bags: Transfer the fairy dust into small jars or biodegradable bags. Rainbows could decorate the jars with stickers or ribbons..

Sparkle and Enjoy

Sprinkle the fairy dust outdoors to create a magical enchantment. Remind children to use it sparingly to keep the environment safe (be mindful if using sugar/salt of where it is spread)

FAIRY GARDEN



Rainbows create a small fairy garden in a tray or pot, planting grass/wildflowers and decorating with magical accessories.

What You'll Need

- Base Shallow tray / plant pot / large yoghurt tub
- Planting
 - Multi-purpose compost
 - Grass seed (fast growing)
 - Wildflower seeds
 - Spray bottles for watering
- Decorating Ideas
 - Acrylic paints / stickers
 - Glass pebbles or fish tank coloured stones
 - Small stones (can be painted)
 - Artificial moss
 - Twigs (for fences)
 - Mini fairy figures & benches (budget options from Temu, Shein)
- Fairy house ideas
 - Yoghurt pot (upside down) + paper cone roof
 - Lollipop stick house
 - Small cardboard box cottage
 - Egg box toadstools

1. Decorate the container.
2. Fill with compost (tip: leaders can pre-fill to save time)
3. Sprinkle grass & wildflower seeds.
4. Lightly cover with soil and spray with water (lightly water every few days)
5. Add houses, pebbles, paths and fairy figures and place in sunlight
6. Share fairy names and stories (what's your fairy name, etc).

FAIRY LANTERNS



Each Rainbow will need the following:

- 1 Glass Jar: Cleaned jam or baby food jar (checked for chips or sharp rims).
- 3 Sheets of Tissue Paper in different colours (A5 size).
- 1 Small Bowl: To keep the torn paper pieces safe and tidy.
- 1 Medium Paintbrush: A flat-bristled brush is easiest for small hands.
- 1 Small Glue Pot: Containing the Magic Glue Mix.
- 1 White Paper Disc: Pre-cut to fit the bottom of the jar (held by the Leader).
- 1 LED Tea Light: Battery-operated (Safety: Never use real candles!).
- Protection: Newspaper or a plastic tablecloth to cover the workspace.

For the 'Magic Glue:

Prepare this in a jug or large jar before the meeting starts:

- Ratio: 2 parts white PVA glue to 1 part water.
- Consistency: It should be smooth and runny, like single cream.
- Tip: Mix thoroughly so there are no thick globs of glue at the bottom of the pots.

FAIRY LANTERNS

Instructions:

1. The "Fairies' Tearing" (Prep the Paper)

- Give each Rainbow their 3 sheets of coloured tissue paper and a small bowl.
- Ask them to tear the paper into small pieces (about the size of a 10p coin).
- The Technique: Use "crab claws" (thumb and forefinger) to pinch and pull.
- The Bowl: As they tear each piece, they must pop it into their bowl to keep the table tidy and stop the paper from blowing away.

Important Leader Note: We recommend that to prevent sticky fingers and paper mess, do not hand out the glue pots or paintbrushes until every Rainbow has finished tearing all their paper and it is safely inside their bowl.

The "Base Coat"

Once the paper is ready, hand out the paintbrushes and glue pots.

- Instruct the girls to paint a thin, even layer of glue onto a small section of the outside of the jar.

Decorating.

Using their "dry hand," have the girls take pieces from their bowl and press them onto the wet glue.

Encourage the Rainbows to overlap the colours and watch when the colours mix (if You have given them red and yellow paper it will merge to make orange, yellow and turquoise make green!)

The "Smoothy-Smooth" (Sealing)

Once a piece of paper is stuck down, dip the brush back in the glue and gently paint over the top of the tissue paper.

Brush from the centre of the paper outwards to flatten bubbles. This "varnishes" the jar and stops the paper from peeling off later.

When the Rainbow had finished covering their jar give them a piece of paper to stick to the bottom of the jar with their name on.

Put a lit battery (LED) tealight into each jar, turn off your hall lights and see the glow!

FAIRY MUSICAL CHAIRS



Materials Needed:

- Chairs: One fewer than the number of players (you could decorate them with fairy lights or flowers).
- Music: Choose a whimsical playlist of fairy tale tunes or enchanting melodies.

Setup

1. Create a Fairy Circle: Arrange the chairs in a circle, facing outward.
2. Prepare the Music: Select your enchanting music tracks and have someone ready to play or pause the music.

How to Play

1. Gather the Fairies: Invite everyone to sit with their friends and get comfortable in your fairy circle.
2. Start the Music: When the magical music begins, all participants must gracefully walk or dance around the circle of chairs.
3. The Pause of Enchantment: When the music suddenly stops, every fairy must dash to find a chair and sit down. The last fairy to find a chair will be gently eliminated from the game.
4. Remove a Chair: After each round, remove one chair to add to the challenge, just like a fairy would whisk away an enchanted treasure.
5. Continue the Magic: Repeat the process until only one fairy remains, the winner of the enchanted musical chairs!

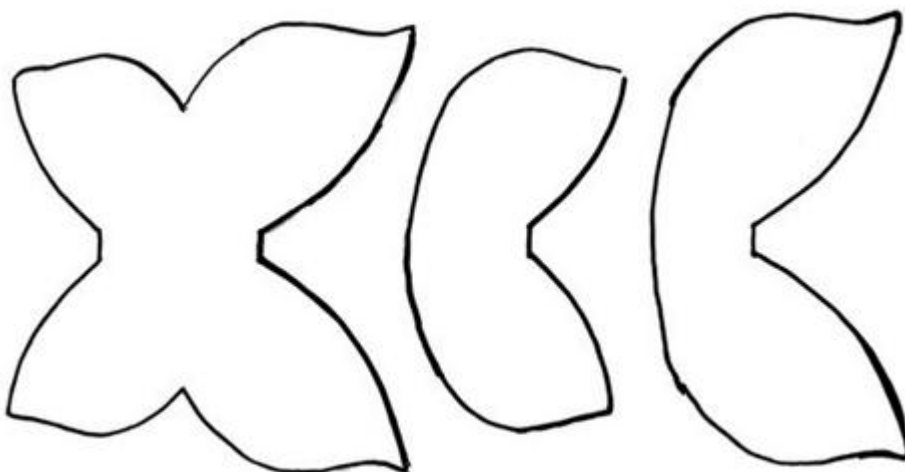
FAIRY PEG DOLL



You will need:

Dolly pegs, rainbow markers, assorted lace and fabric offcuts (for the skirt), stiff fabric, card or felt (for the wings), wool, glitter, pva glue.

1. First, add rainbow stripes (or other colours) to your wooden peg.
2. Draw face features on the head and use pva glue to attach wool hair or dip the head in glitter if you want sparkly hair.
3. Use lace or fabric offcuts to make a skirt and attach below the rainbow stripes using pva glue.
4. Cut out wing shapes in the stiff fabric, felt or card and attach to the back (see below for template)
5. Colour shoes for your fairy at the base of the two peg ends.



FAIRY POTION



Creating a fairy potion is a fun, imaginative activity that combines simple ingredients with creativity to make magical, colourful, and sometimes fizzy concoctions.

Basic Ingredients and Materials:

- Water as the base
- Food colouring or powder paint for vibrant colours
- Glitter, flower petals, or colourful beads for sparkle and texture
- Containers or jars to hold your potion
- Optional: baking soda and vinegar for fizzy effects, and dish soap for thicker foam

How To Make:

1. Fill a small jar or container with water.
2. Add a few drops of food colouring or a spoonful of powder paint to create your desired colour.
3. Sprinkle in glitter, flower petals, or beads to make it visually enchanting.
4. If you want a fizzy potion, add a spoonful of baking soda, then pour in vinegar and watch it bubble and foam. Adding dish soap can make the foam thicker and more magical.
5. Shake gently while imagining a magical spell or reciting a fairy chant to "activate" the potion.

Creative Enhancements:

Decorate your jars with labels, ribbons, or stickers to make them look like authentic fairy potions. Experiment with colour-changing effects using natural indicators like red cabbage juice. Encourage storytelling: each potion can have a purpose, like granting wishes, creating giggles, or bringing luck.

FAIRY – SOW SOME SEEDS



Sow some seeds!

Fairies (in some stories) help look after the natural world. Watching a seed germinate and grow is like watching a little bit of magic!

Decorate a pot, plant some seeds and get growing. What you can grow may depend on the time of year.

Some ideas –

- Cotton wool in a yogurt pot and grow cress or mustard
- A jam jar with a thin cover (net, or muslin that water can pour through) and grow micro-greens
- Use a bigger yogurt pot with potting compost and plant herbs for your windowsill. Chives are fun because you can keep cutting them. Basil works well too.
- Plant bulbs mid-autumn to grow for Christmas
- Try a “hairy harry”. Put some grass seed in the toe of a short pop sock. Stuff with sawdust to make a ball. Tie tightly. Make a nose by pinching out a small ball and fixing with a loom band. Draw on eyes and a mouth with sharpies. Water and watch the grass sprout like hair. With patience the hair can be cut and styled.

FAIRY STONES



Painted stones for Rainbow Fairy Day.

You will need:

- A stone or pebble for each Rainbow (white painted stones can be bought from Baker Ross).
- Pens or paints (Pens would be a lot less messy than paints – suitable pens also available from Baker Ross)
- A spray varnish is useful for finishing.

FAIRY TEA PARTY



Next time you visit the woods with your family, why not make a feast for your fairy friends? You can throw a tea party using natural items from the forest floor. Keep your eyes peeled for...

- a table for the banquet – a small tree stump would be ideal
- little leaf plates
- acorn cups for drinking dew
- tiny twig cutlery
- delicious food fairies and elves would like to eat, such as flower petals or seeds

FAIRY WANDS



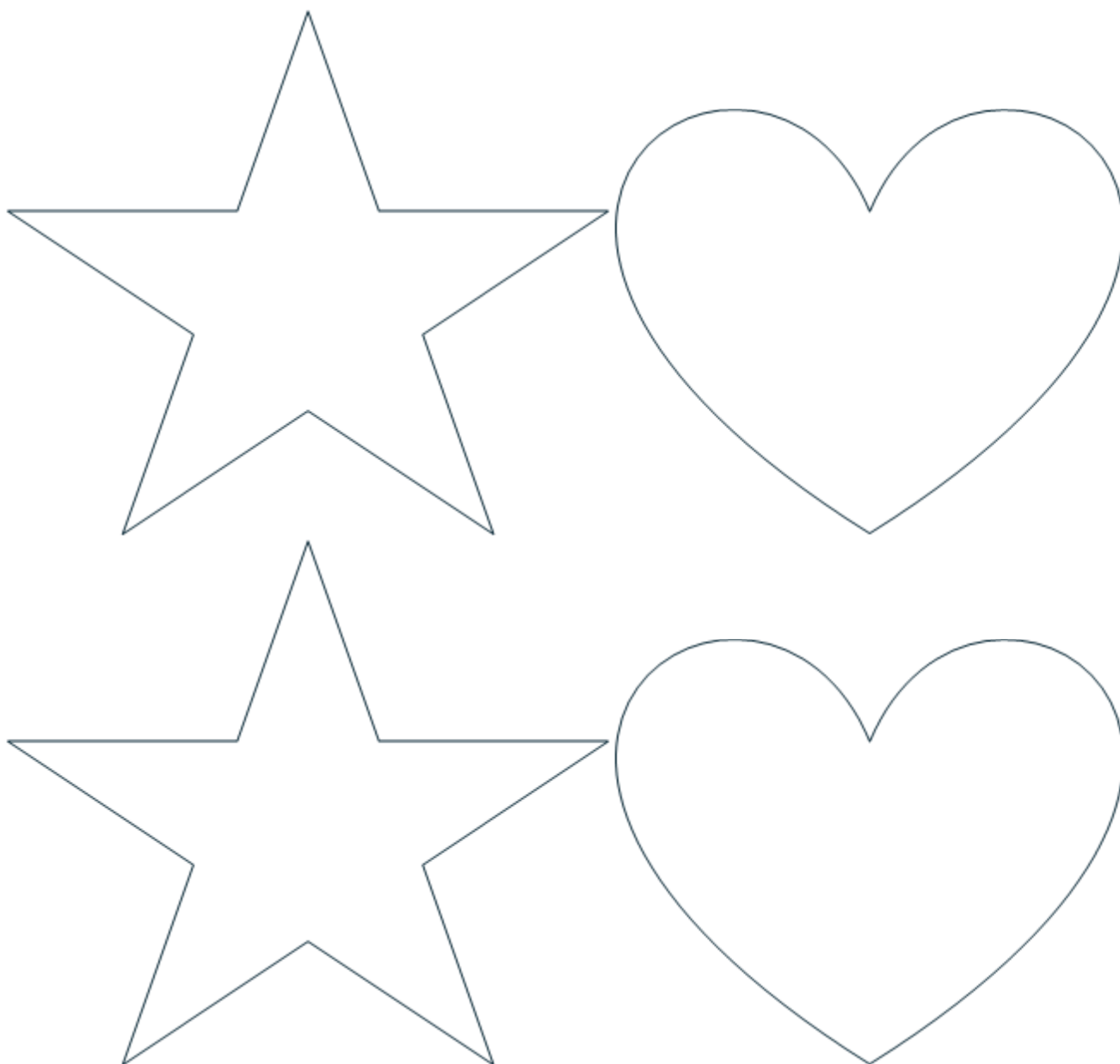
You will need:

- Wand – you will need to use something as your basic wand. This would be a straw, a stick, a bamboo skewer (point removed) or dowel.
- Coloured Cardboard – Use the star or heart template on the next page or use your own shape.
- Colouring pens
- Scissors
- Glue
- Coloured ribbon
- Stickers

How to Make:

1. Select your wand
2. Cut out 2 of your chosen shapes to go at the top of your wand. Decorate the shapes with pens, stickers
3. If you want to, you could decorate the wand with pens, wrap with extra ribbon or stickers.
4. If you are using ribbon, tie and secure the ribbon to the top of your wand. You could use multiple colours for greater effect:
5. Stick the 2 shapes together at the top of the wand, ensuring that the wand is secure.
6. You have finished your wand, wave it to create magic

FAIRY WANDS



FAIRY WIDE GAME



Preparation

- Divide your Rainbows into small teams
- Give each team a set of crayons including red, orange, yellow, green, and purple
- Print off a set of clues for each team (each set of clues needs to be printed on a different coloured card).
- Hide the clues round your meeting place
- Give each team a big sheet of paper – A3 is ideal
- Each team will have to collect one set of clues of the same colour.

Instructions

1. Give each team of Rainbows the colour of their set of clues.
2. Tell the Rainbows that they have to draw a picture of a fairy. They must find their set of clues and follow the instructions to find out what she looks like.
3. Make sure the Rainbows only pick up their own colour of clues.
4. You can set a time limit and then compare pictures. It's fun just to look at them but you could score on who follows the instructions most accurately.

Customize

- Add some more clues.
- Hide the clues in harder to find places.
- Add collage instructions – like find and stick different types of leaves or flowers onto the picture

FAIRY WIDE GAME CLUES

Big blue wings	Red top
Purple shoes	Draw an insect to be her friend
Yellow hair	Draw a tree on the left of the picture
Green skirt	Draw flowers down the right of the picture
Orange wand	Give your fairy a name

BADGE ORDER FORM



Please bear in mind that whilst we will aim to have badges in stock this may not always be the case and the lead time for reordering badges is approximately 4 weeks. Once you know how many badges you will need please send your order to the County Office ggbucks@girlguidingbucks.org.uk providing us with all the details below:

Name of Event Coordinator

Membership Number

Email address

Unit/District/Division taking part:

Number of Badges Required.

Address for badges to be posted if not being collected:

.....
.....
.....
.....

We are delighted to offer these badges free of charge to
Girlguiding Buckinghamshire members.

We will post these to the Event Coordinator for your event but please be mindful of postage costs and if possible, collect from the office or arrange to collect via a meeting or event.

In advance of your event please contact the office to confirm how you wish to receive your order.