**Rainbow Walk**

Mrs Smith liked to stay active, she never owner a car and often went on walks in the local area (and when on holiday). This activity will give you a focus for your daily walk, helping you to discover more about your local area and how it changes through the seasons.



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| **You will need:**   * Paper or Card * Coloured Pens/Pencils or Paint * Scissors * A route to walk * A camera | **Preparing for your walk:**   1. On a piece of paper or card draw and cut out 7 small frames, they can be any shape you want. 2. Colour each frame with a different colour of the rainbow! 3. Plan a route, wrap up warm, and charge your camera/phone   **On your walk try to find something of each colour of the rainbow.**  When you have found a colour take a photograph, using the frame of the same colour to highlight the thing you have found!  **Share your rainbow** with us on Twitter or Instagram using **#NKRainbowWalk** or if you are on Facebook send them to the Heart of Lincs page. |

