

There are six themes that run through your programme



Know Myself



Express Myself



Be Well



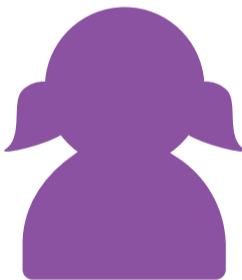
Have Adventures



Take Action



Skills For My Future



1

### Interest badge

There are 12 interest badges for you to earn. You can do these at any time, anywhere and in any way you'd like.

1

### Skills builder

You can work towards this in your Rainbow unit.

3 hours

### Unit meeting activities

You can complete these in your Rainbow unit.

### Theme awards

When you've completed one skills builder badge, one interest badge and three hours of unit meeting activities you've earned one Theme award.

When you've completed all six you can work towards the Rainbow Gold award.



## Rainbow Gold award

This is the highest award you can earn as a Rainbow.

To earn this award you need to:

- earn all six of your Rainbow Theme awards
- complete all three parts of the Rainbow Gold award challenge which can be found in the Rainbow badge book.

