

challenge  
week  
04 <sup>NOV</sup> 2019

National Stress  
Awareness Day



## Rainbow Walk

### Do...

6th of November is Stress Awareness Day. We'd like you to go on a rainbow walk around the library or around the block. Can you find items for all the colours of the rainbow?

### Think...

Did your colour hunt change your view of the environment? Perhaps this challenge gave you a fresh perspective on the familiar and everyday?

### Share...

Share or record your rainbow by drawing or writing about what you saw. You could even create a short story connecting your colours.