



# Rainbows

# Girlguiding Cymru Rainbows

# Communication Pack



**Girlguiding**  
Cymru

# Communication pack

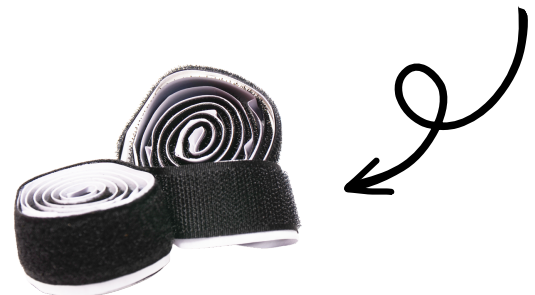
This communication pack has been produced by Girlguiding Cymru, with members in mind.

This pack has been designed for nonverbal / nonspeaking members and members who may have ASD or may be neurodivergent. The resources contained will support young members to access guiding and communicate with leaders and peers. Did you know that girls are often diagnosed with autism far later than their male counterparts, with research suggesting that just 20% of girls with ASD are diagnosed with autism spectrum condition (ASC) prior to the age of 11, compared to 50% of boys.

## This pack contains

- 1) Communication board
- 2) Communication strips
- 3) Visual timetables
- 4) Now and then board
- 5) Cut out cards for above
- 6) Warning light systems
- 7) Keyfob cards
- 8) Promise resources

Where grey sections are shown, this must have Velcro attached after lamination



## Links

[youtube.com/c/Pecususa](https://youtube.com/c/Pecususa)  
[pecs-unitedkingdom.com/pecs/](https://pecs-unitedkingdom.com/pecs/)



Please ensure that you have the full permission and support of parent/s or guardians and the member themselves before using this pack.



# How to use

The first part of the pack is designed to be used in stages. Work with parent/s or guardian/s to ascertain what level the member may be accessing in their education setting.

## The steps

Part 1) The Rainbow uses a single image to communicate what they want from a simple selection and they can hand this to a leader.

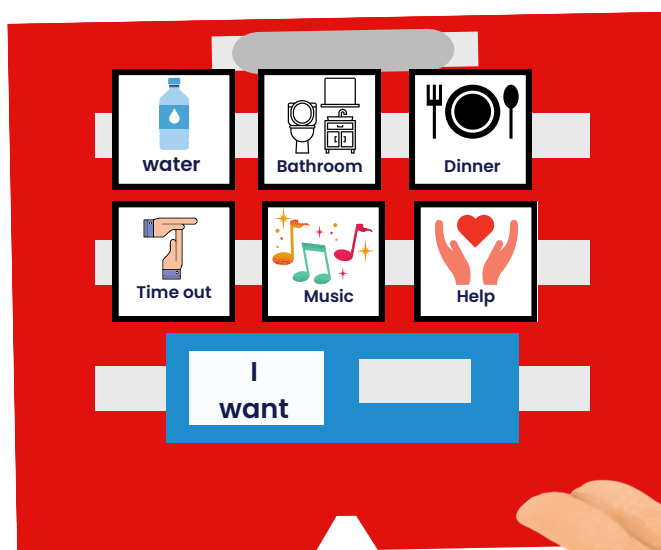
Part 2) The Rainbow uses single pictures and can be encouraged to communicate with leaders in different locations.

Part 3) The Rainbow uses two options only and will hand them to their chosen leader they should be placed on the communication board to choose from.

Part 4) The Rainbow uses a simple select to create a sentence on the coloured Velcro strips. This can then be handed to the leader who can read it out to the rainbow.

Part 5) The Rainbow uses the cards to show they have understood your question and can respond using a card eg: Do you need the toilet?

Part 6) The Rainbow uses the system to comment on things eg: I feel happy. They may include peers.



It is important to try and grant any requests that are made unless they are disruptive, inappropriate or you can sense a pattern forming.

# How to use

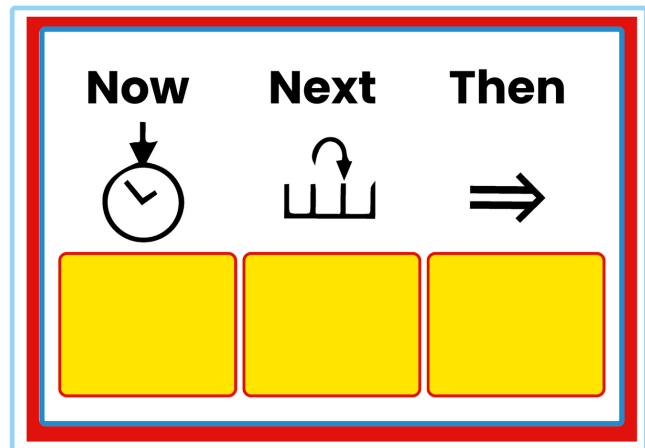
## Now, Next, Then

The now, next and then board is excellent for setting and managing expectations for both leaders and Rainbows. It can help girls to understand what is happening and what they are expected to do.

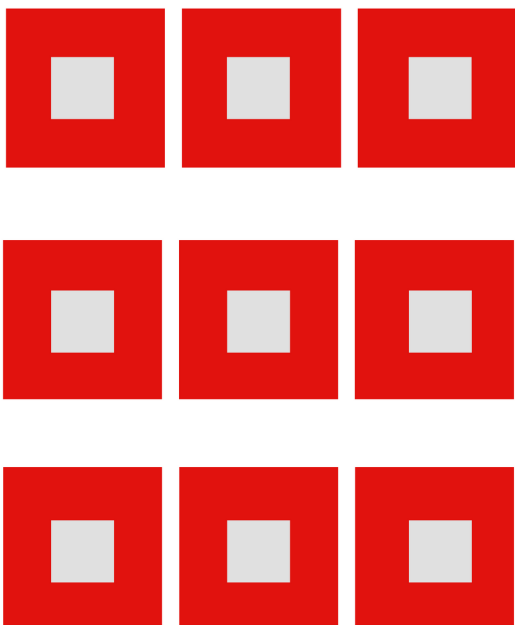
It can sometimes help members to understand that they have to complete a task they are not keen to do in order to take part in activity that they love. For instance, if you have a Rainbow who does not like using the toilet you could have the following sequence:  
toilet > hands > colouring

The other part of the pack is designed to be used to support the member in meetings.

Work with parent/s or guardian/s to ascertain what is best for the member.



### Rainbows Visual timetable



## Visual Timetable

The visual timetable is an excellent communication method for all Rainbows.

It helps all girls understand the flow of the evening and what is expected of them. You can use this to answer the age old question "what are we doing tonight"? You should remove each activity as it is complete.

Some Rainbows may prefer a linear timetable which can be made by sellotaping 5 sheets together lengthways and attaching a line of Velcro on the length. This can be used to show the whole evenings activities.

This can be used in all situations. clocks are also included if leaders wish to use times.

You can print out more than one sheet if you wish.

# How to use

## Stages board

The stages board may help some members who need support with appropriate behaviour.

This is a clear way to show them that they may need to stop doing something that may be unsafe or upsetting others.

It is very important that leaders work with parents to create guidelines of what are controllable actions. This system should not be used for actions that are non-controllable eg: ADHD-fidgeting. ASD - sensory seeking.

The time to reflect should be agreed by parent/s or guardians and can be sitting with a leader to think about what they have done or calling parents to collect.

### My stages board

All good!	
1st Warning	
2nd Warning	
Time to reflect	



Single hole punch needed

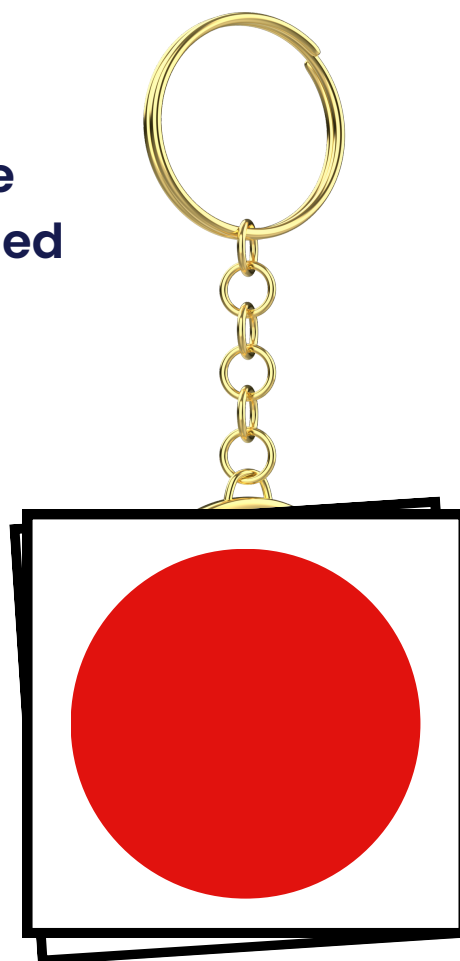


## Keyfob

The keyfob of cards is ideal to use as a non verbal visual prompt to either encourage or discourage certain behaviours.

it is perfect for use at meetings or while out and about on trips.

You will need to cut out the cards and then laminate them. Then cut them out with a 2mm laminate border. You can the metal hoop and keychain parts online.



# Communication Board

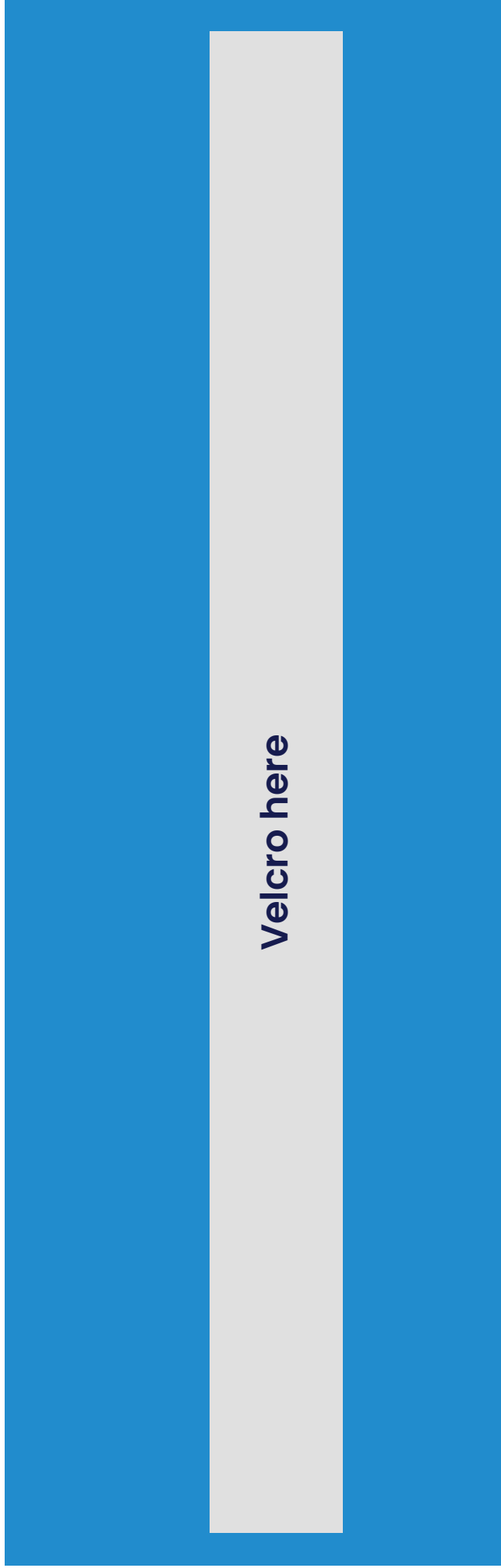
Name

Velcro here

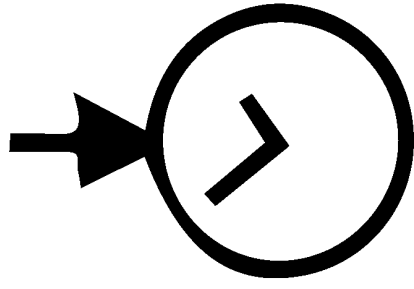
Velcro here

Velcro here

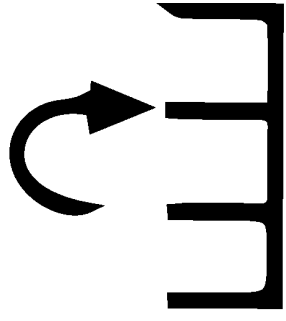
**Cut out blue shapes**



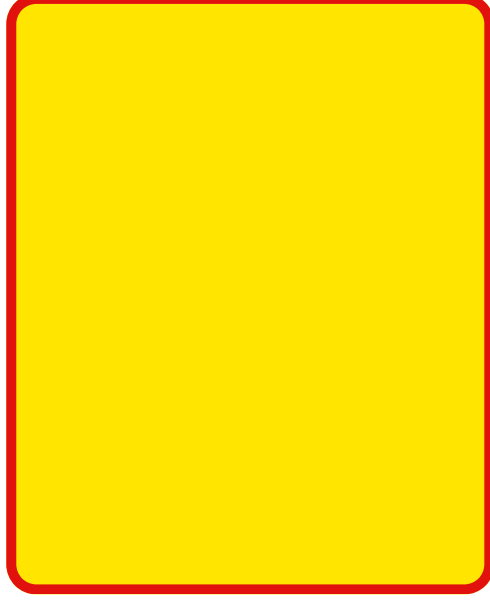
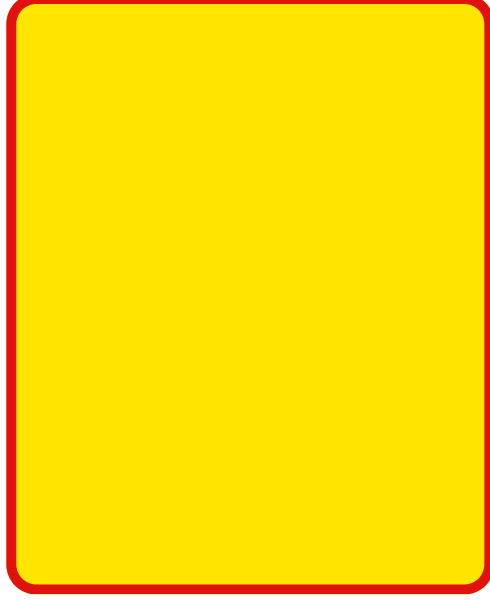
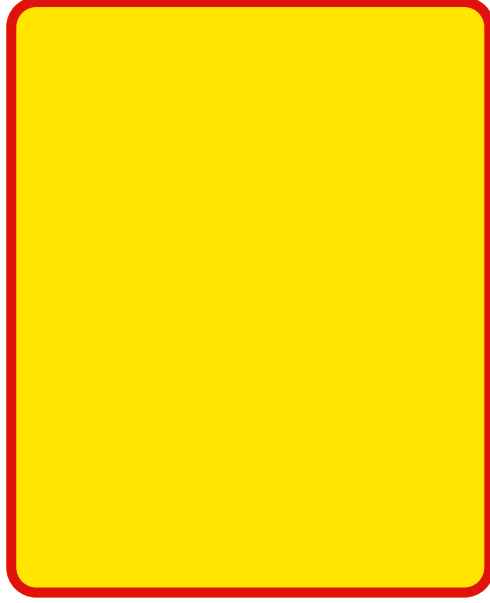
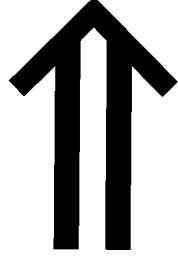
**Now**



**Next**

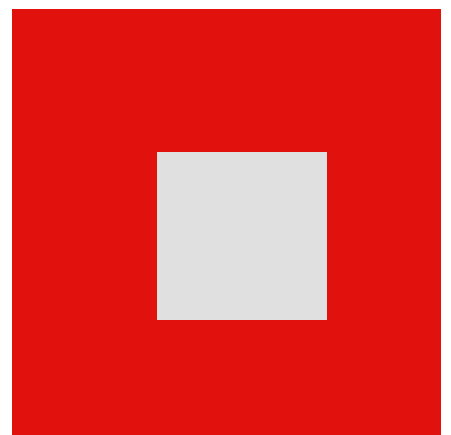
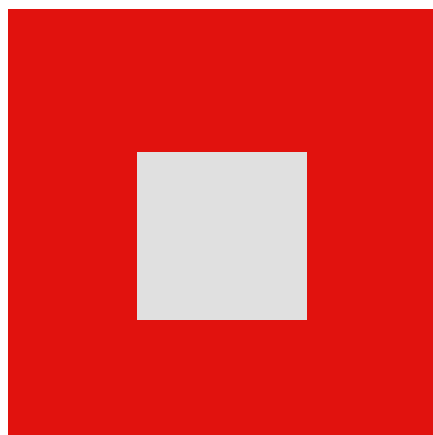
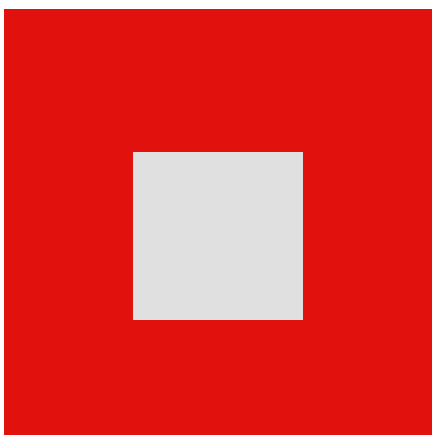
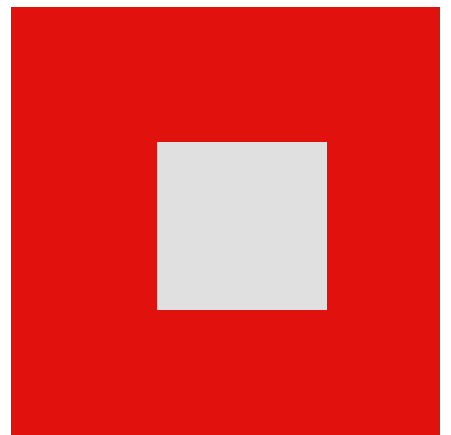
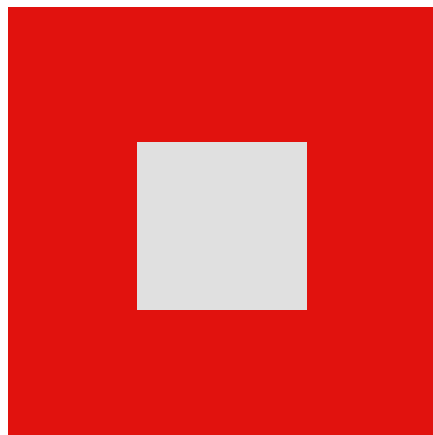
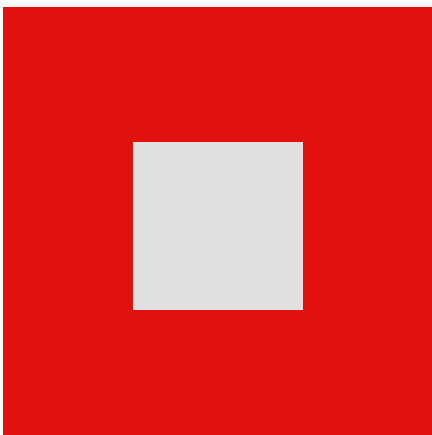
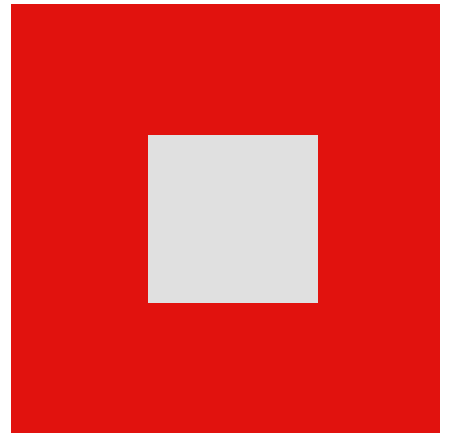
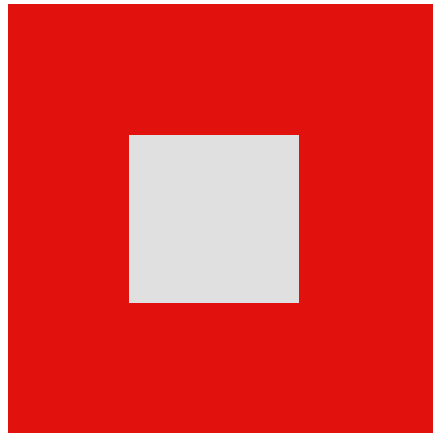
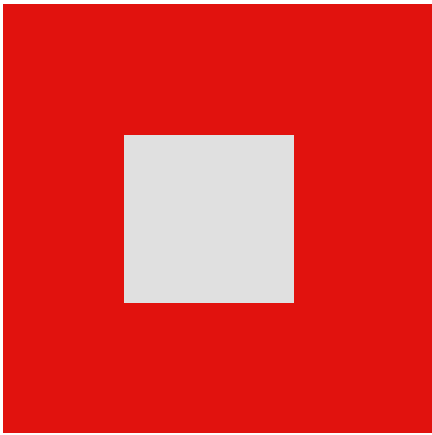


**Then**

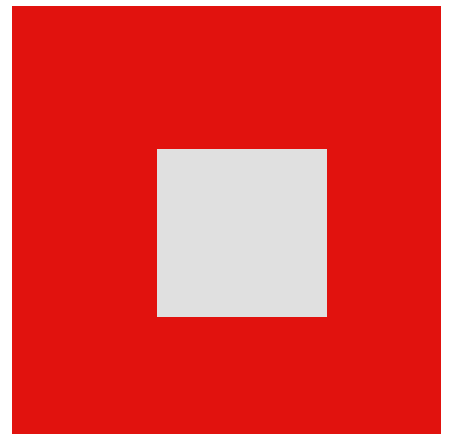
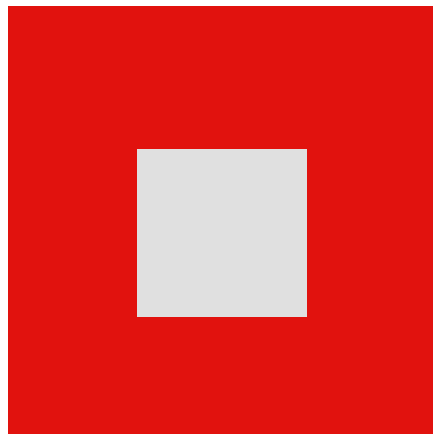
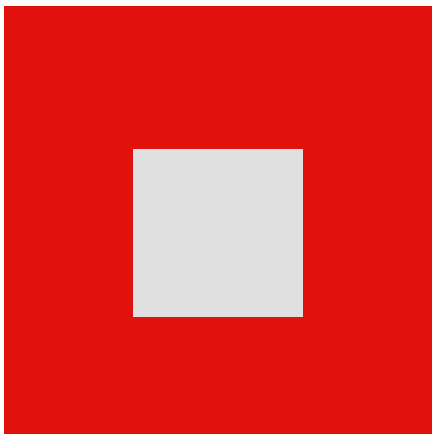
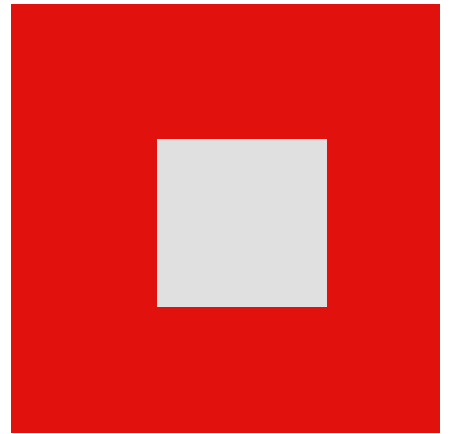
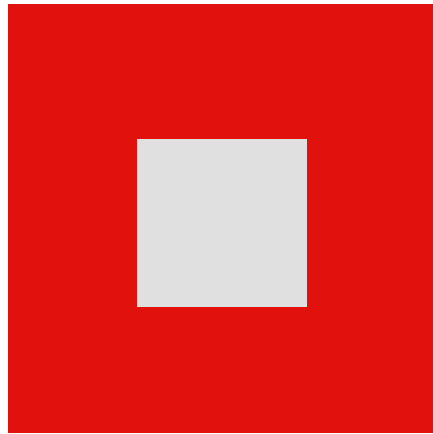
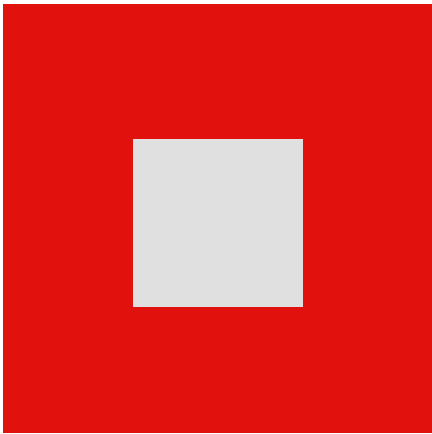
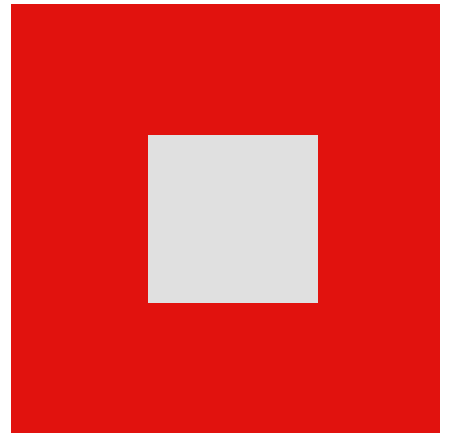
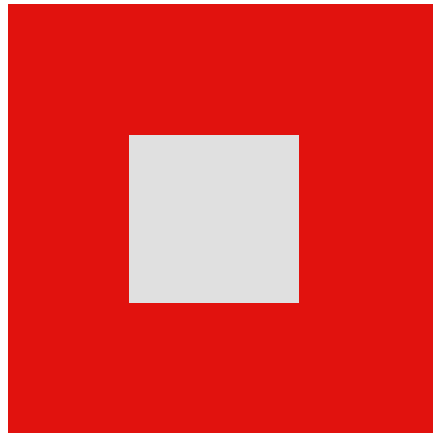
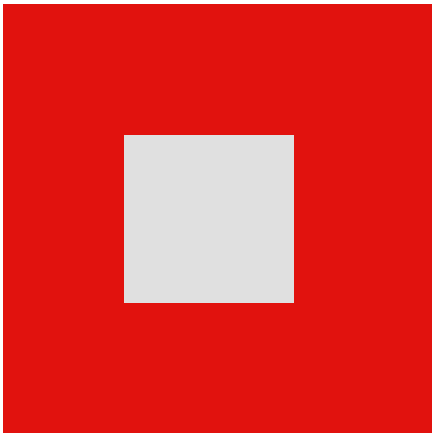




# Rainbows Visual timetable



# Rainbows Visual timetable



# My stages board

**All good!**



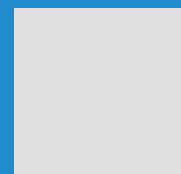
**1st  
Warning**

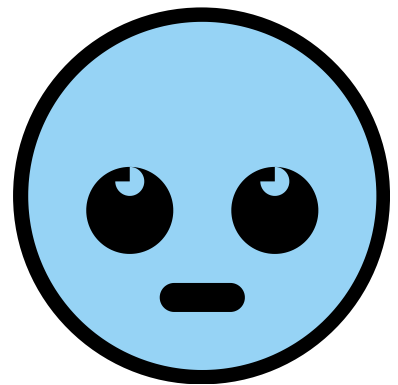
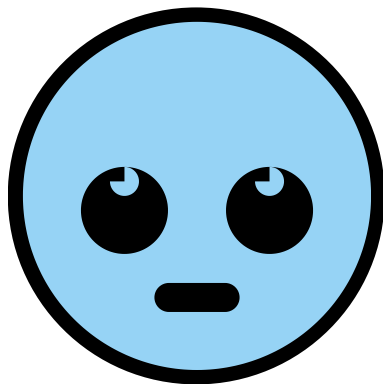
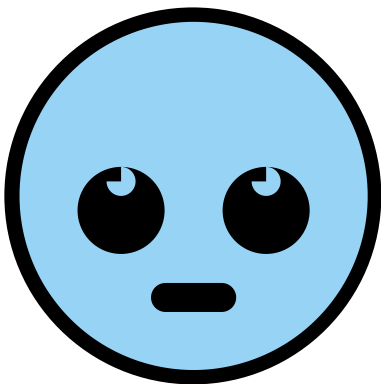


**2nd  
Warning**



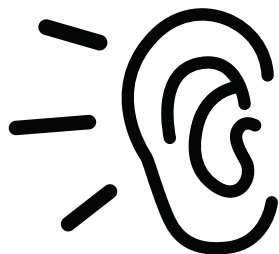
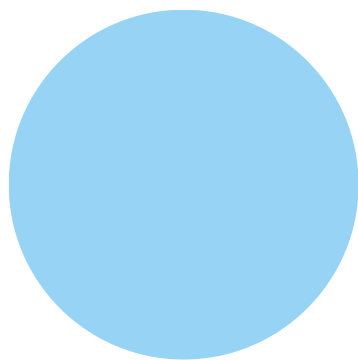
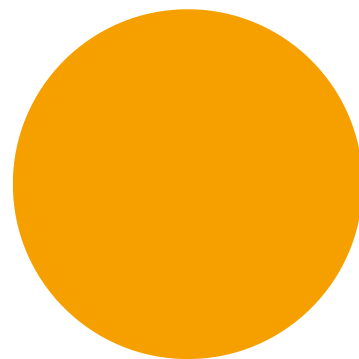
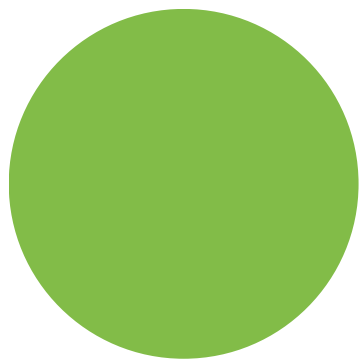
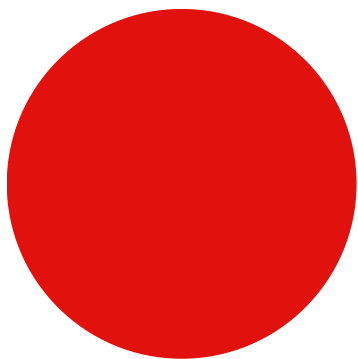
**Time to  
reflect**





**To be cut out with Velcro dots  
(Spares included)**

# Keyfob



Listening



Kind hands



Sitting



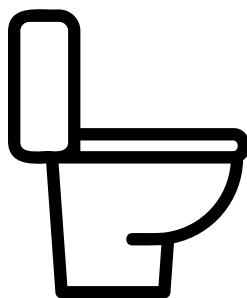
Stand up



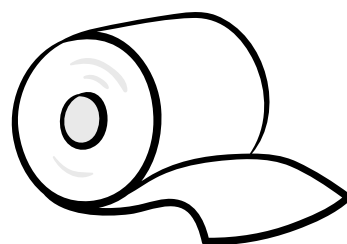
Stop



I'm sad



Toilet



Wipe

# Keyfob

You can choose which ones are appropriate for your member



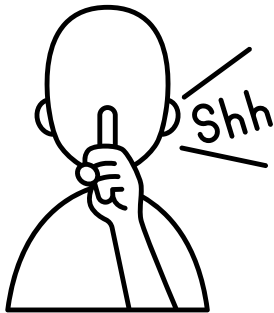
Wash hands



Drink



Eat



Quiet



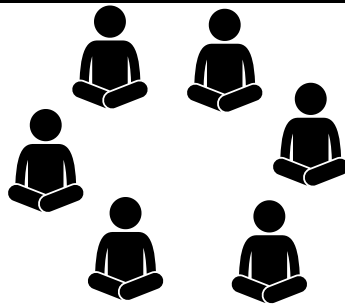
Wait



Share



Sit on floor



Sit in Circle



No shouting



No hitting

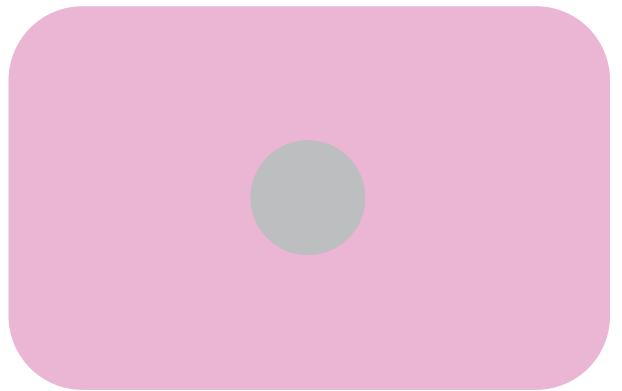
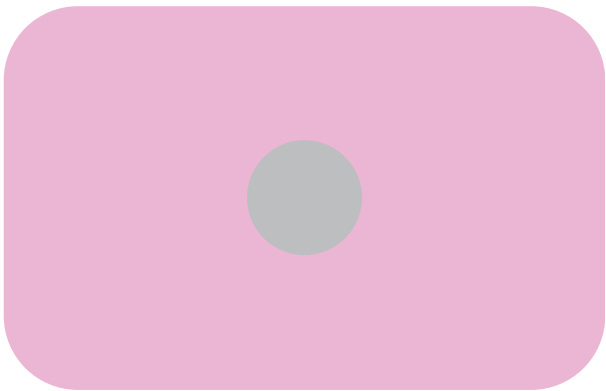
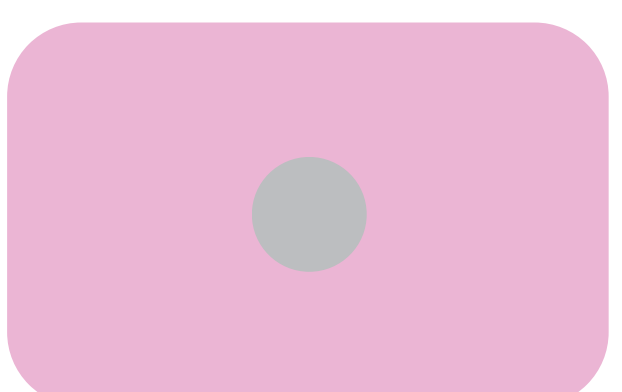
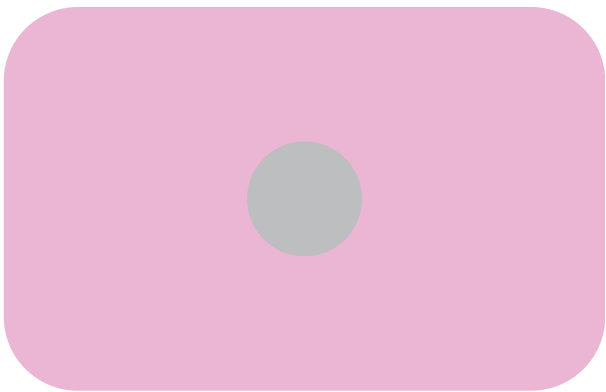
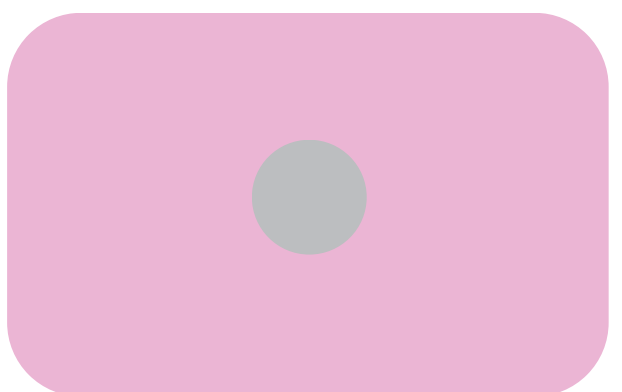
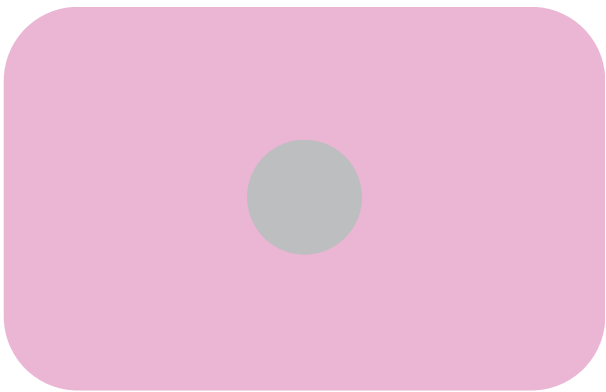
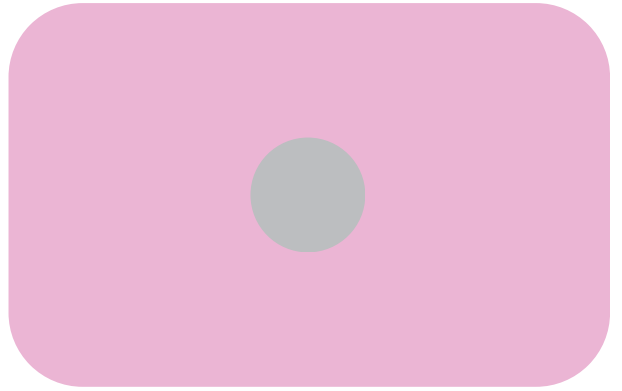
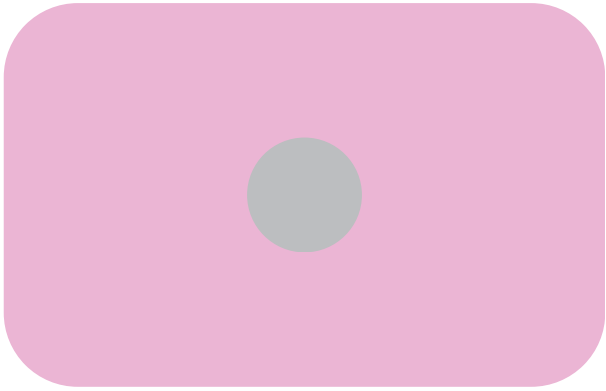


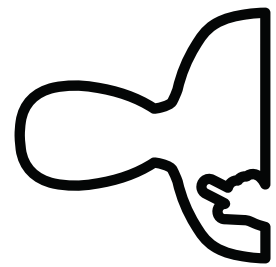
No chair swinging



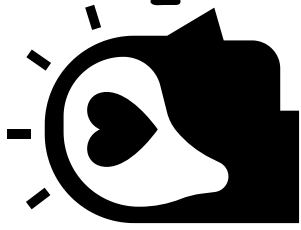
Hugs for home

# Promise ceremony card





I want  
to make  
my  
promise



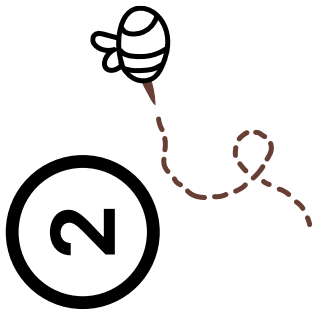
my beliefs



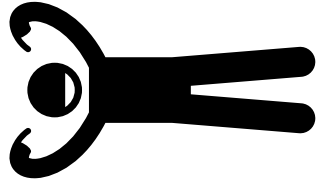
I promise



Thank  
you



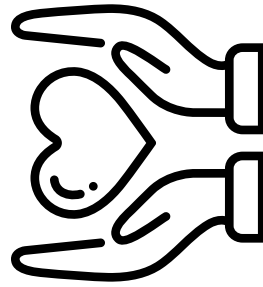
and to  
be



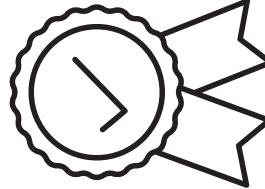
that I  
will do



I need  
help



kind



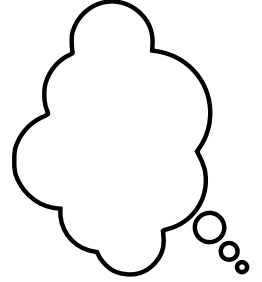
My  
best



Proud  
to be a  
rainbow



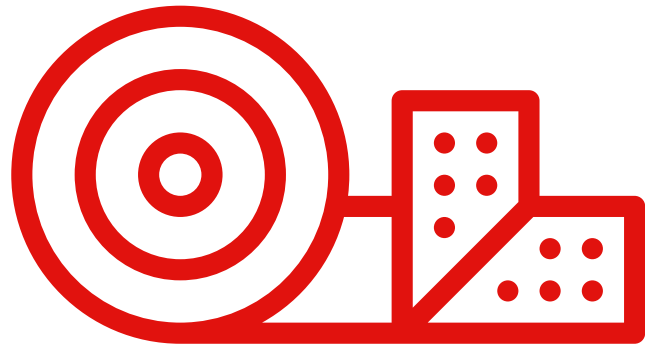
and  
helpful



to think  
about

# Promise ceremony cards



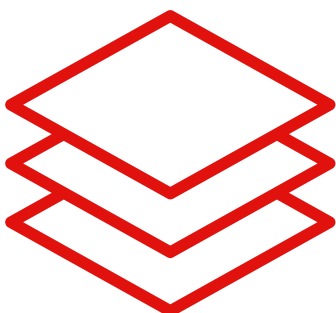


# Communication cards

## You will need

- Scissors
- Laminator
- Laminate sheets
- Velco dots or roll

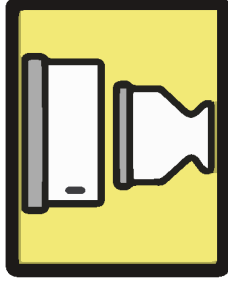
They can be placed on the communications board  
print as many as you require



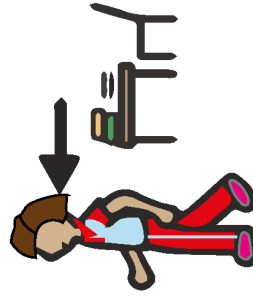
Yes



Toilet



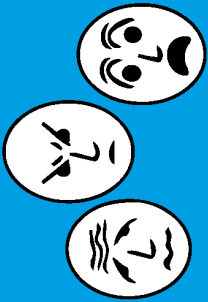
A  
Break



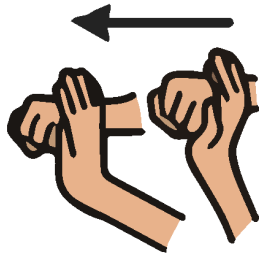
Sick



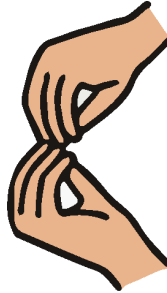
I  
Feel



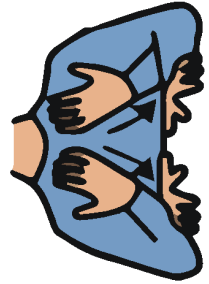
Help



More



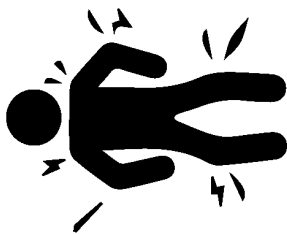
All  
Done



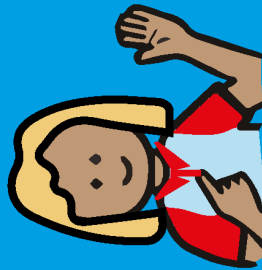
Sad



In  
Pain



I  
Want

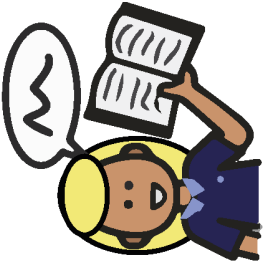


No

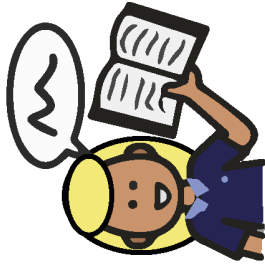


To be cut out then laminate  
Place velcro dots on reverse  
The blue cards are sentence  
starters for part 4 onwards.

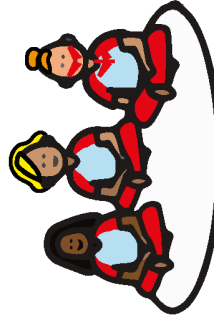
Story  
time



Leader  
talking



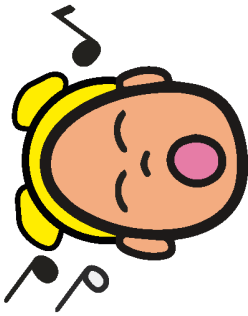
Circle  
time



Tidy up  
time



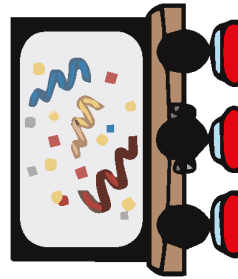
Singing



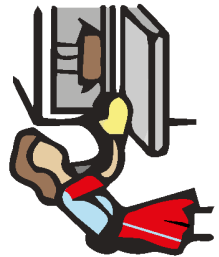
Rainbows  
Song



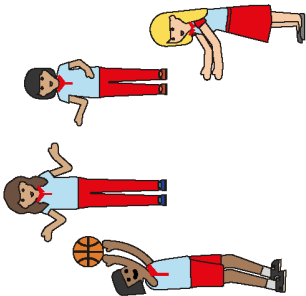
Movie  
Time



Cooking



Game



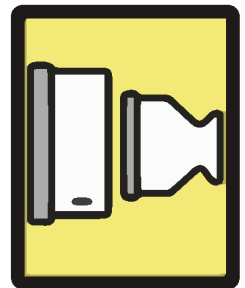
Puzzle



Home  
time



Toilet

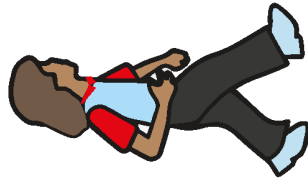


**To be cut out then laminate  
Place velcro dots on reverse**

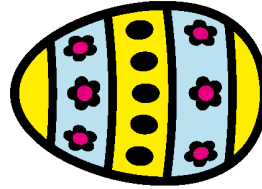
Rainbows  
Listening



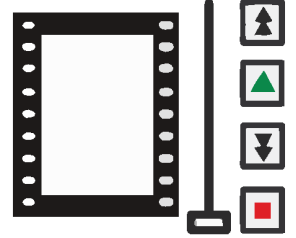
Going for  
a Walk



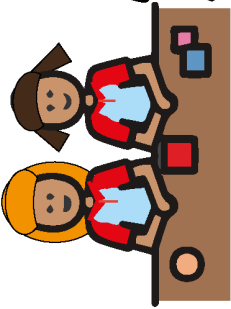
Easter  
Craft



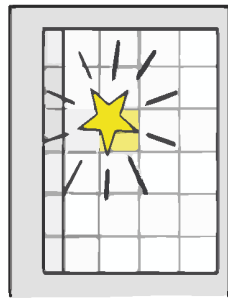
Power  
Point



Unit  
Meeting  
Activity



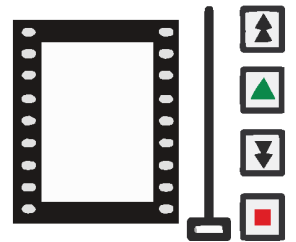
Special  
Event



Party



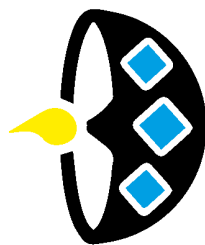
Watching  
Video



Christmas  
Party



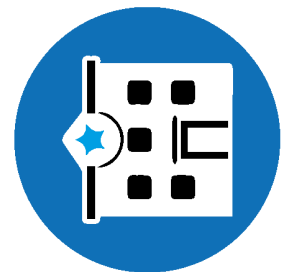
Diwali



Fire  
Station  
Visit

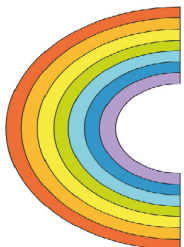


Police  
Station  
Visit



**To be cut out then laminate**  
**Place velcro dots on reverse**

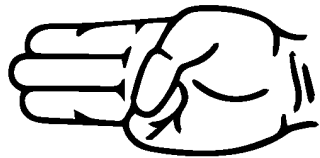
Rainbows  
Song



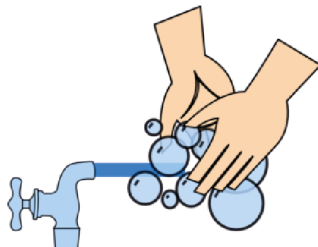
Chinese  
Activities



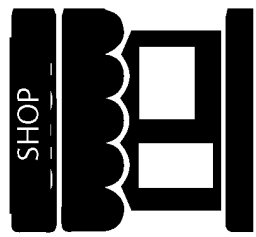
Promise  
Ceremony



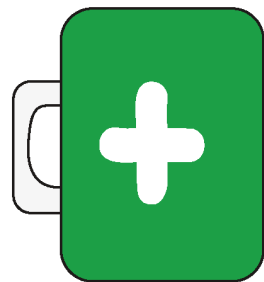
Washing  
Hands



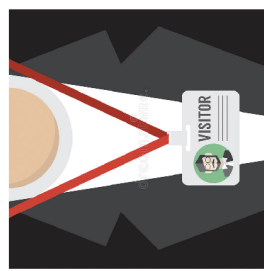
Shop  
Visit



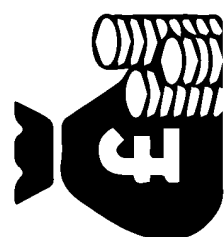
Learning  
First  
Aid



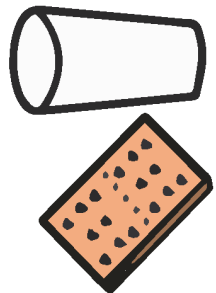
Visitor



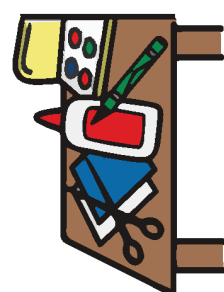
Collecting  
Subs



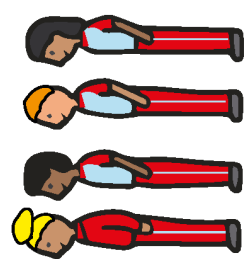
Snack  
time



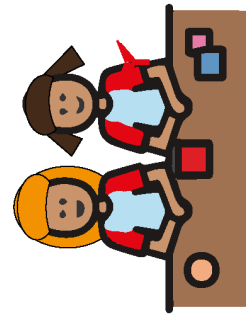
Craft  
Time



Line  
up



Skills  
Builder

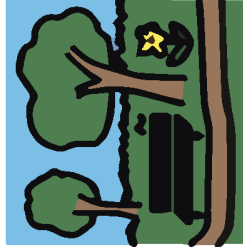


**To be cut out then laminate**  
**Place velcro dots on reverse**

Christmas  
Craft



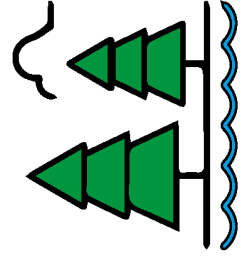
Going to  
the Park



Mexican  
Activities



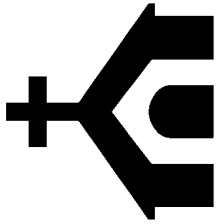
Outdoor  
Activities



Prayer



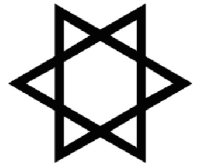
Prayers



Adhan



Barechu



Nitnem



Mantra



Prayer



Prayer



To be cut out then laminate  
Place velcro dots on reverse

Happy



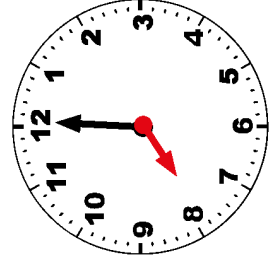
Tired



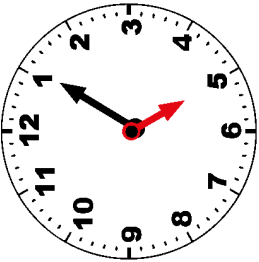
A Drink



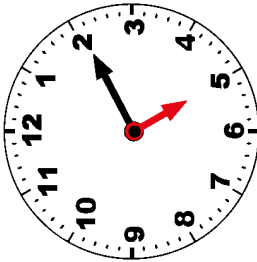
8 o'clock



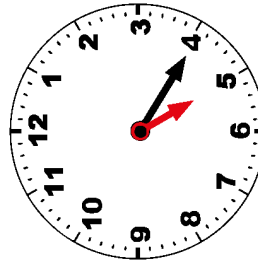
Five  
minutes  
Past 5



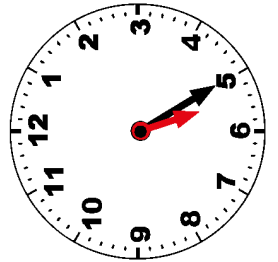
Ten  
past  
5



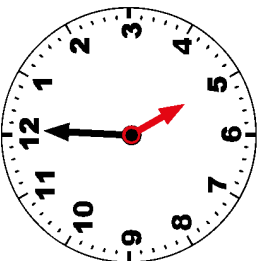
Twenty  
past  
5



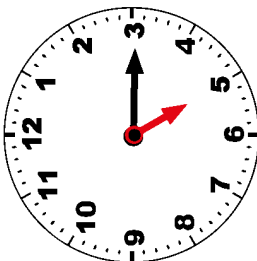
25  
Minutes  
Past  
5



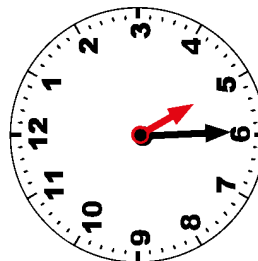
5 o'clock



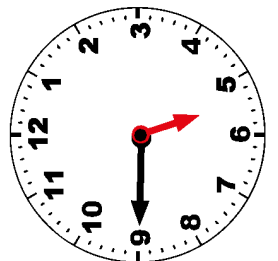
Quarter  
past  
5



Half  
past  
5

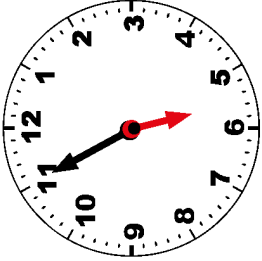


Quarter  
to  
6

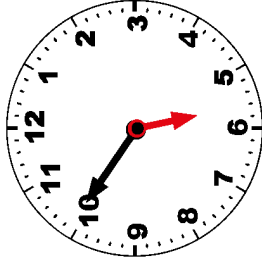


**To be cut out then laminate**  
**Place velcro dots on reverse**

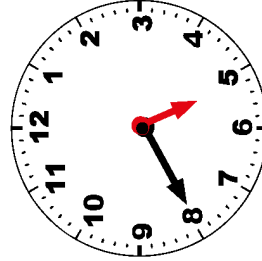
Five  
minutes  
to 6



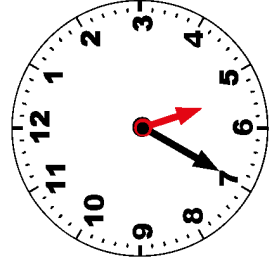
Ten  
to 6



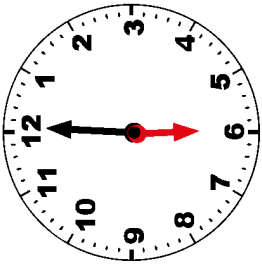
Twenty  
to 6



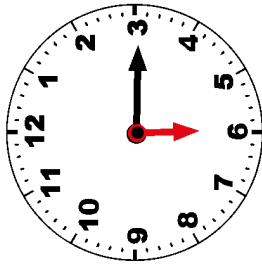
25  
Minutes  
to 6



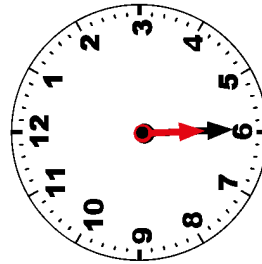
6 o'clock



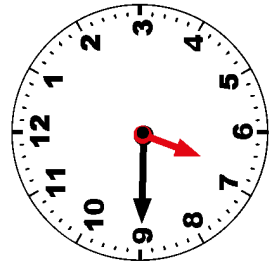
Quarter  
past 6



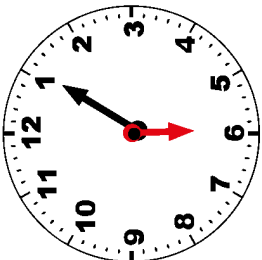
Half  
past 6



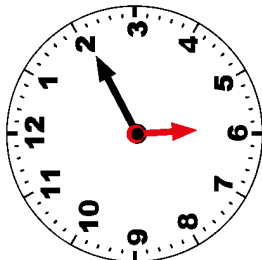
Quarter  
to 7



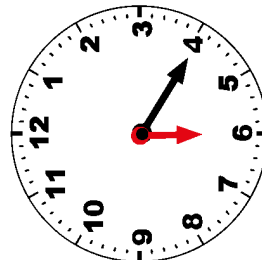
Five  
minutes  
Past 6



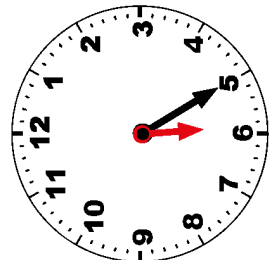
Ten  
past 6



Twenty  
past 6



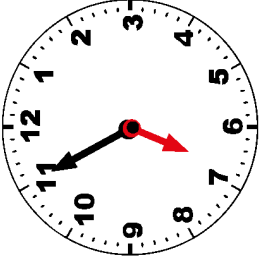
25  
Minutes  
Past 6



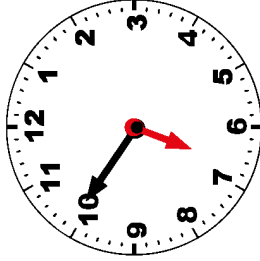
**To be cut out then laminate**  
**Place velcro dots on reverse**



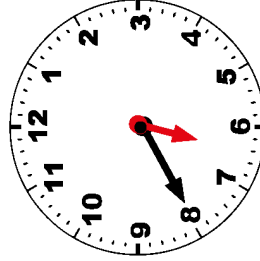
Five  
minutes  
to 7



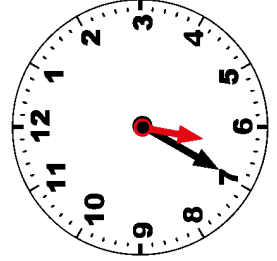
Ten  
to 7



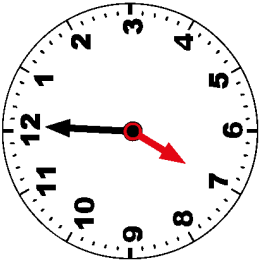
Twenty  
to 7



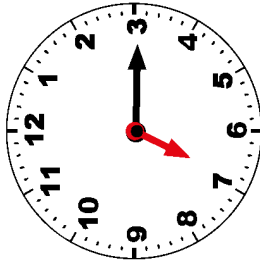
25  
Minutes  
to 7



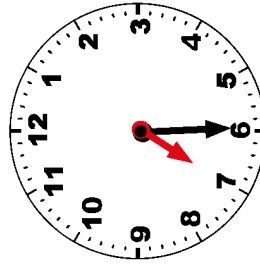
7 o'clock



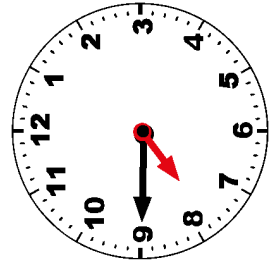
Quarter  
past 7



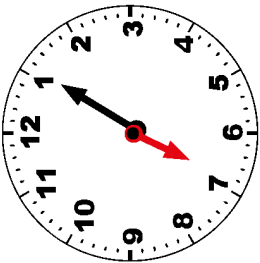
Half  
past 7



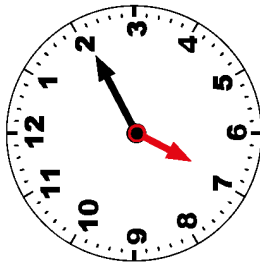
Quarter  
to 8



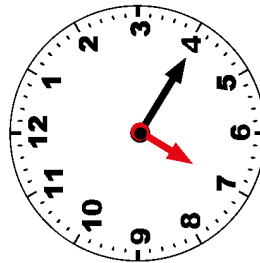
Five  
minutes  
Past 7



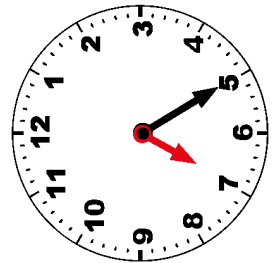
Ten  
past 7



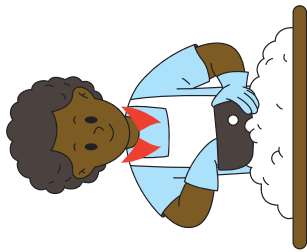
Twenty  
past 7



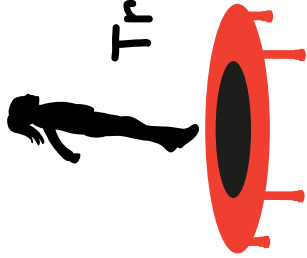
25  
Minutes  
Past 7



**To be cut out then laminate**  
**Place velcro dots on reverse**



Dishes



Trampolining



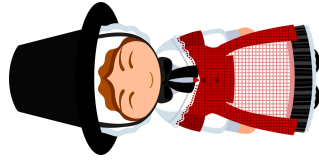
Archery



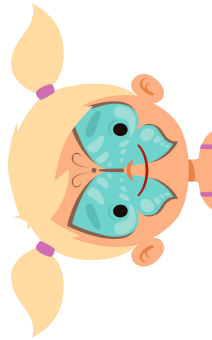
Thinking Day



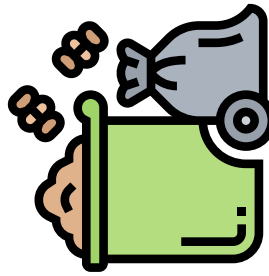
Football



St David's Day



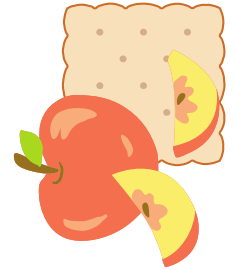
Face paint



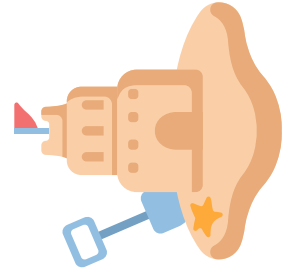
Litter picking



Welsh Activity



Snack

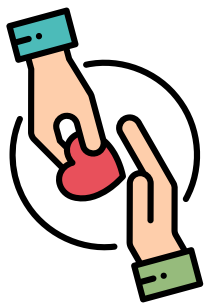


Beach trip



Walking

To be cut out then laminate  
Place velcro dots on reverse



Kind  
deeds



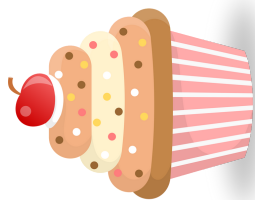
Guide  
dog visit



Taking  
Photos



Parachute  
game



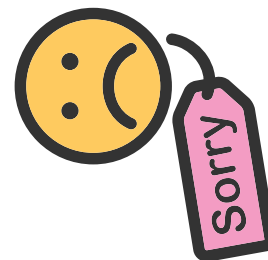
Baking



Hide  
and  
seek



Angry



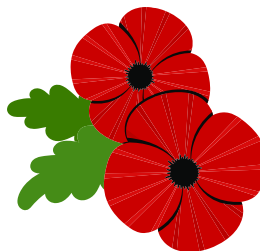
Sorry



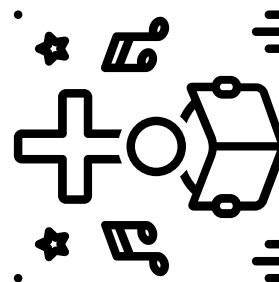
Marching



2  
Minute  
silence



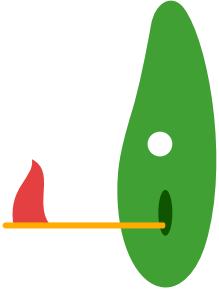
Parade



Hymn

**To be cut out then laminate  
Place velcro dots on reverse**

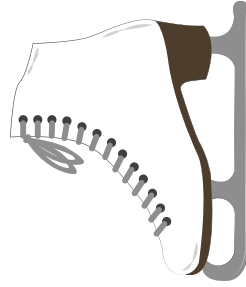
Golf



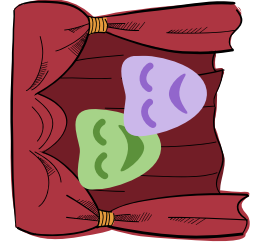
Tennis



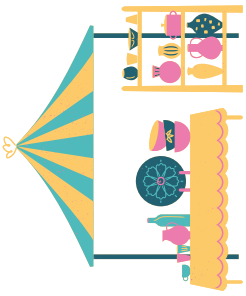
Ice  
Skating



Pantomime



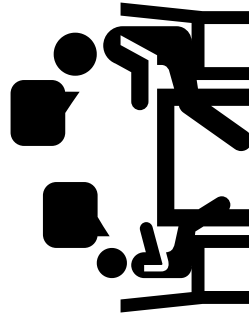
Fund  
raising



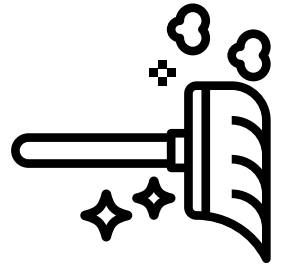
Halloween  
Party



Chat  
time



Sweeping  
floor



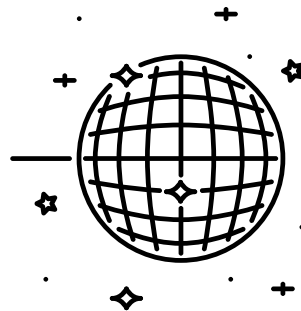
Colouring



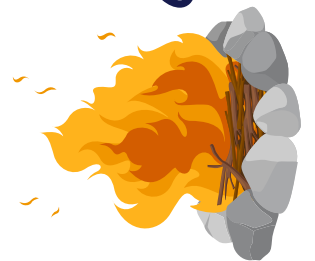
Painting



Disco



Campfire

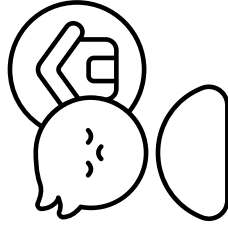


To be cut out then laminate  
Place velcro dots on reverse

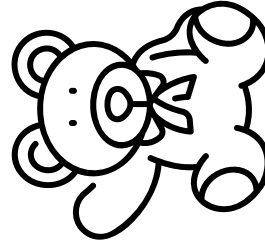
Medication



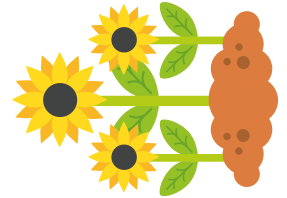
Homesick



Teddy bear



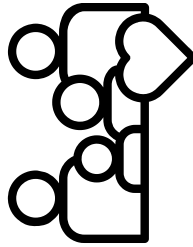
Gardening



Cutting out



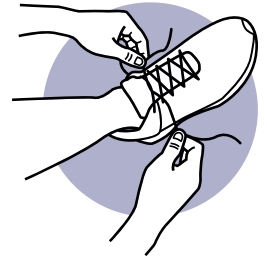
My Family



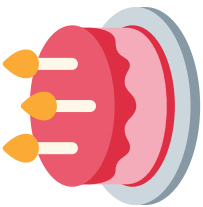
Brush hair



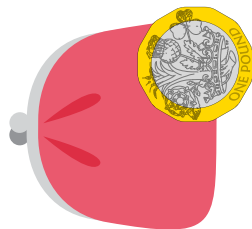
Tie laces



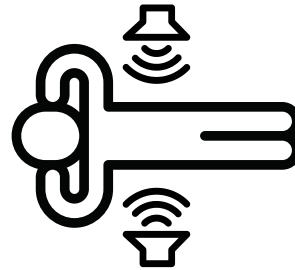
Birthday cake



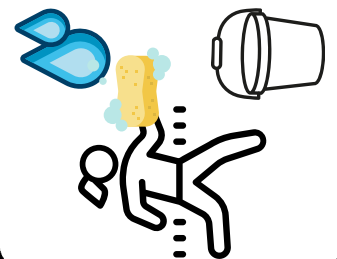
My money



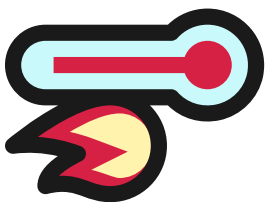
Too loud



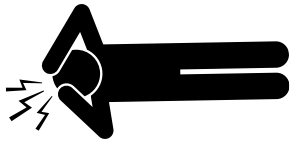
Water games



**To be cut out then laminate**  
**Place velcro dots on reverse**



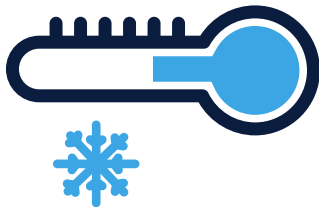
Too hot



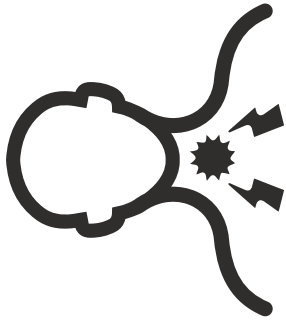
Headache



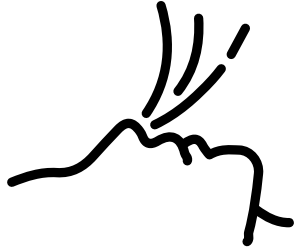
Stomach  
ache



Too cold



Sore  
throat



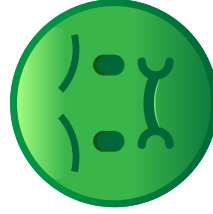
Blocked  
nose



Confused



Sore  
arm



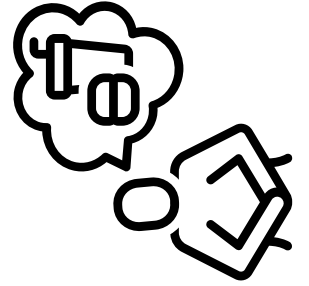
Sick



Scared




Sore  
leg




Hungry

To be cut out then laminate  
Place velcro dots on reverse


I have  
a



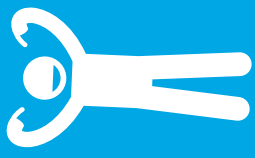
I do  
NOT  
like



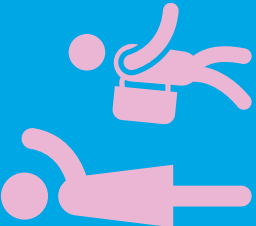
I DO  
like




I am



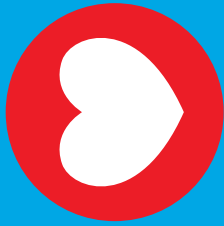
I went



I agree



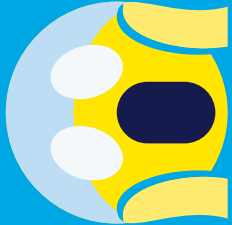
My  
favourite  
thing is




I feel  
worried  
about




I feel  
scared  
about



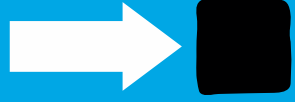
I feel  
excited  
about



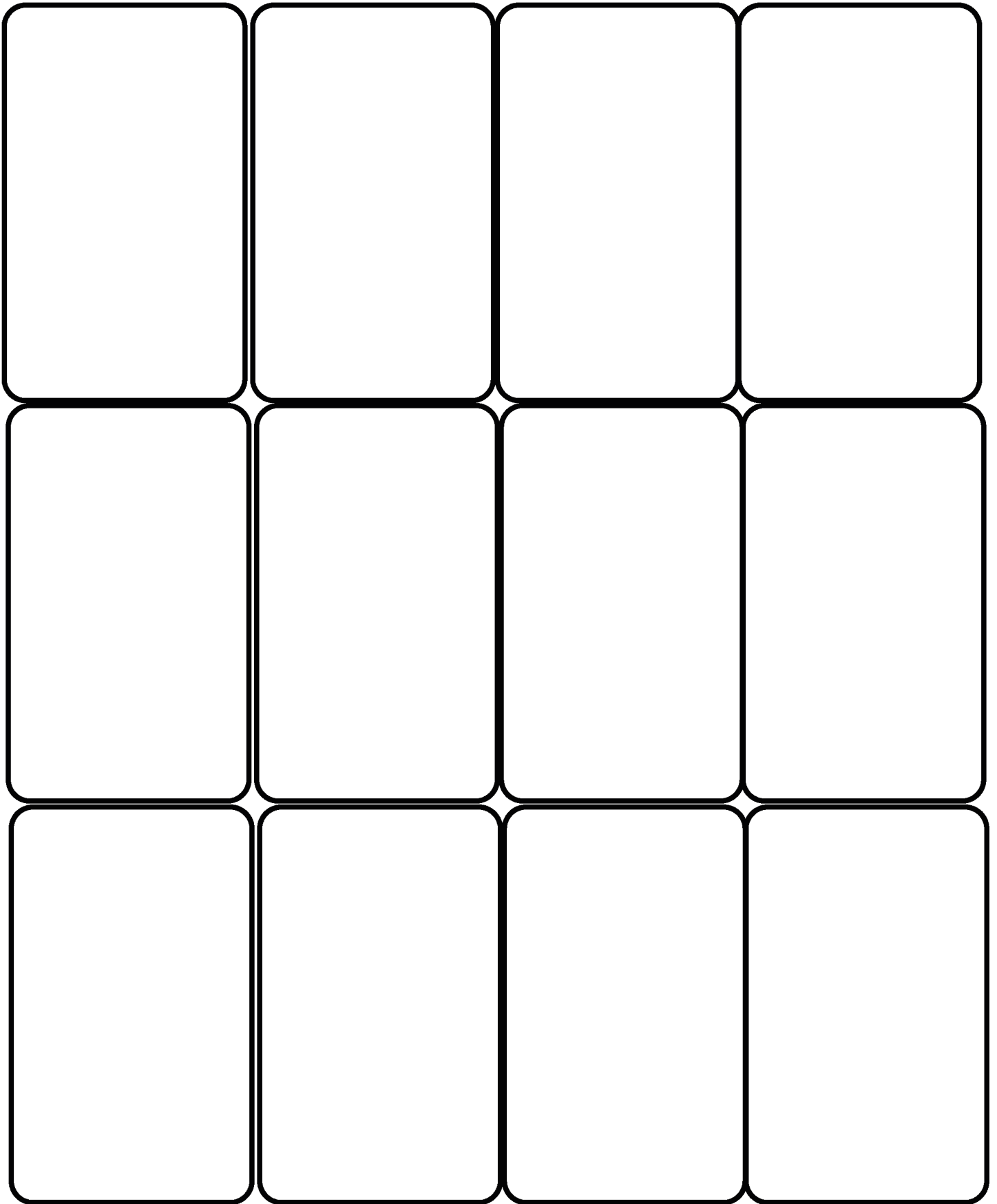
I want to  
go to



It's



**Sentence starters can be cut out then laminated Place velcro dots on reverse for step 4 onwards**



**Blanks can be cut out then laminate**  
**Place velcro dots on reverse**