



ganyr an eden project



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**



The Big Lunch - Rainbows

(2 meeting - in a row)

Meeting 1 - (1 hour)

| | |
|---------|---|
| 10 mins | Collect subs, play start up game |
| 10 mins | <p>Discuss what a picnic is and what the Rainbows favourite food is. Explain that Rainbows will be having a Big Lunch and you would like them to bring in a plate of their favourite party food next week.</p> <p>Make a list of what food the Rainbows would like and who is going to bring which food and drinks (so you can write it on their invitations).</p> <p>Ask the Rainbows if they are happy to sing some songs to their guests, which songs would they like to sing?</p> |
| 35 mins | Colour invitations to The Big Lunch <i>and decorate bunting</i> |
| 5 mins | Finish Rainbows - remember to give out the invitations |

Meeting 2 - (1 hour)

| | |
|---------|--|
| 5 mins | Rainbows and visitors arrive with their plates of food and are shown where to sit. |
| 50 mins | <p>Once most people have arrived welcome everybody and explain the idea of The Big Lunch then tuck in.</p> <p>Once everyone has finished eating, the Rainbows can sing their songs then everybody can play try the treasure hunt (in adult/child pairs).</p> |
| 5 mins | <p>Ask everyone to help clear up, and ask for a volunteer to take some recycling etc home with them (if necessary).</p> <p>Thank everyone for coming.</p> |



Resources

About The Big Lunch

The Big Lunch is a very simple idea from the Eden Project. The aim is to get as many people as possible across the whole of the UK to have lunch with their neighbours annually on or around the first Sunday in June in a simple act of community, friendship and fun.

Since starting in 2009, thousands of Big Lunches have taken place in all types of community across the UK. Last year 3.65 million people took to their streets, gardens and community spaces for the fifth annual Big Lunch. A Big Lunch can be anything from a few neighbours getting together in the garden or on the street, to a full blown street party with food, music and decoration that quite literally stops the traffic.

Girlguiding Cymru has made a promise to encourage its 20,000 members across Wales to get involved.

Invitation ideas:

Make sure you include the time, date and place of your Big Lunch, who to contact to say if they are coming and what they need to bring.

The image shows a green invitation card for 'The Big Lunch' with a white border and a string of colorful flags at the top. The card is divided into two main sections. The left section contains the following text: 'Y cinio mawr / The big lunch' with logos for 'eden project', 'ASDA', 'HALFAX', and 'FINELINE'. Below this is a field 'I/To' with the instruction 'Enter recipient name here...'. This is followed by 'Ymunwch â ni yng Nghinio Mawr / Join us at the' and a field 'Enter your lunch details here...'. At the bottom of this section, it says '..... Big Lunch!' and 'Un diwrnod mewn blwyddyn i gymdogion y DU ddod at ei gilydd / The UK's annual one day get together for neighbours'. The right section contains several input fields: 'Dyddiad/Date: Enter date here...', 'Amser/Time: Enter time here...', 'Lleoliad/Location: Enter location here...', 'RSVP: Enter RSVP details here...', and 'Gwybodaeth ychwanegol/ Extra info: Enter extra details here...'. At the bottom of the right section, there is a small illustration of a table with food and the text 'Beth fyddwch chi'n dod at y bwrdd? / What will you bring to the table?' and the website 'www.thebiglunch.com'.



Join our big lunch



Please join our Big Lunch:

Date: _____

Time: _____

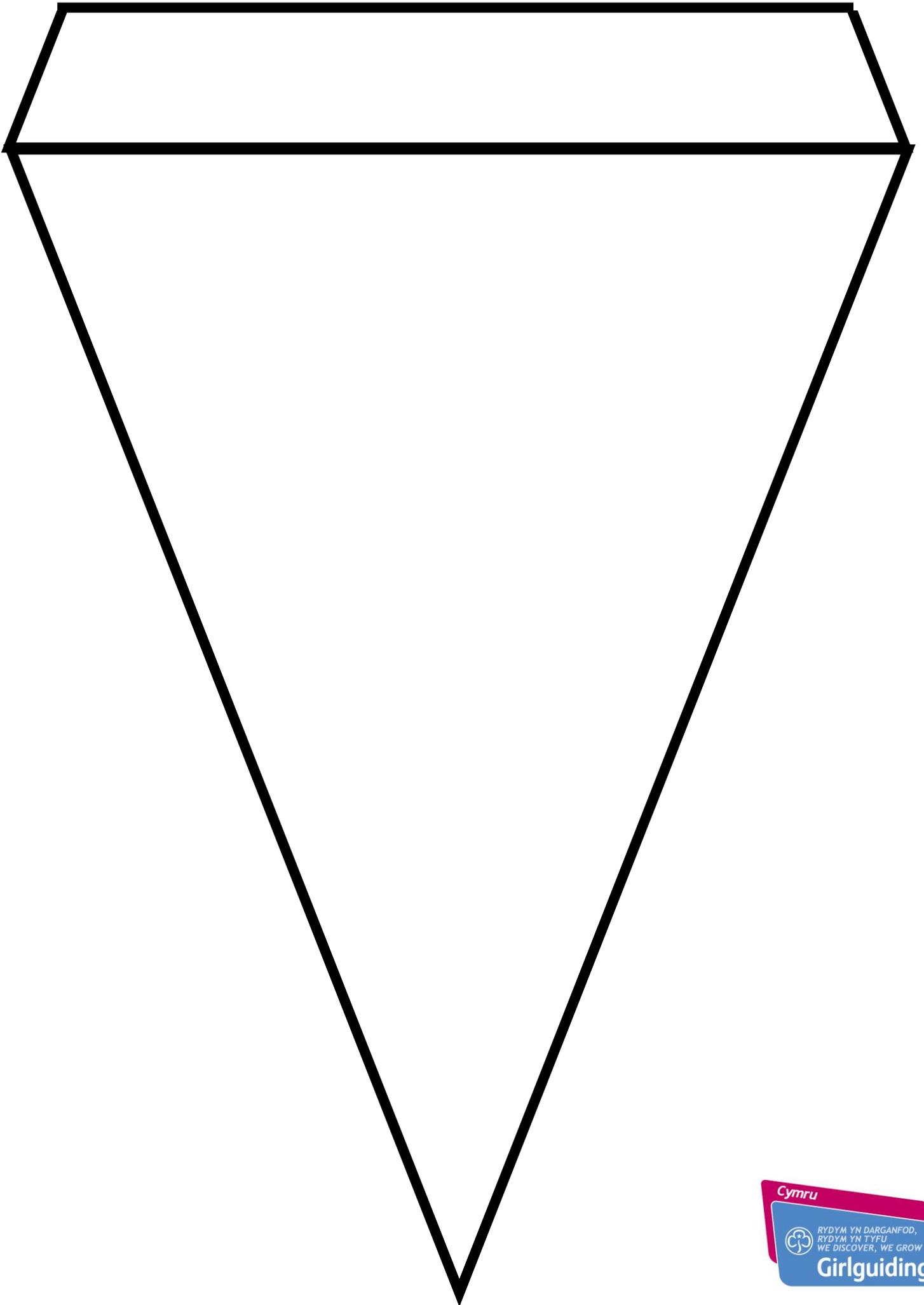
Place: _____

You are all invited. Please contact _____ on _____ to say how many people you are bringing.

Please could you bring a plate of _____.



www.thebiglunch.com





Suggestions of games to play:

- The mars bar game

What you'll need:

- 1x child size gloves
- 1x child size coat
- 1x adult size scarf, hat, gloves s
- 1x adult size coat
- 2x mars bar
- 2x dice
- 2x knife and folk

Big Lunchers take it in turns to roll the dice. The first person to roll a double races to put on the right size outfit and tuck into that tasty chocolate using the knife and fork. The other players keep trying to roll a double. As soon as another player rolls a double it's their turn to put on the outfit (as quick as the first player can take it off - no stalling!) and get eating.

- Community treasure hunt

Find different types of objects and write or draw them in the boxes. The first person to fill it all in is the winner.

- Obstacle course

Made from whatever you've got! Crawling under tables, bouncing balls, relay race, balancing things on hands or heads, use your imagination.

More games can be found at www.thebiglunch.com

Shopping / to bring list

Meeting 1

- Meeting plan
- Paper / light card to make invitations or triangles for bunting
- Felt tips / pens / pencils
- String
- Sellotape

Meeting 2

- Meeting plan
- Bunting
- Cups / plates / bowls / cutlery / napkins
- Cloths for spills
- Any extra food or drink required
- Community treasure hunt sheets
- Pens
- Bin bags / recycling bags
- Anything needed for the games you have chosen (including prizes)



Ymunwch â'n cinio mawr
Join our big lunch

Dear parent(s) / guardian(s)

Next week we are holding The Big Lunch in Rainbows. You and your family are all invited. Please could you contact

_____ on
_____ to let us know how many people
you will be bringing. Please could your
daughter bring in a plate of _____.

Thank you



Treasure Hunt

Can you find an object that is:

| | | | |
|-------------|----------------------|------------------------|---|
| Big | Small | Red | Green |
| Blue | Yellow | Black | Pink |
| Grey | Multicoloured | Begins with 'A' | Is noisy  |