



## TEACHING NOTES

# How to Find a Rainbow

Title  
How to Find a Rainbow

Author  
Alom Shaha

Illustrator  
Sarthak Sinha

Publication  
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Category  
Picture book

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## PLOT

A vibrantly illustrated tale about finding light even in the gloomiest of times, *How to Find a Rainbow* will warm your heart — and give you a handy guide to making your own rainbow, too!

When Rekha spots a rainbow, she rushes indoors to tell her sister about it. Reena will want to paint it, for sure!

But when the sisters go outside to find it, the rainbow disappears. Where could it have gone?



*Reena hates rainy days. She hates the way the dark clouds make everything look so dull.*

## THEMES

Backyard science

Natural world

Red pandas

Sisters

Accepting difference

Colour spectrum

Holistic learning

*Rekha loves rainy days. She loves the way the rain makes the earth smell.*

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## ABOUT THE CREATORS



### Alom Shaha

(author) was born in Bangladesh but grew up in London. A parent, teacher, science writer, and filmmaker, he has spent most of his professional

life trying to share his passion for science and education with the public. Alom has produced, directed, and appeared in a number of television programmes for broadcasters such as the BBC, and has received fellowships from the National Endowment for Science, Technology, and the Arts (NESTA) and the Nuffield Foundation. He has represented his community as an elected politician and volunteered at a range of charitable organizations. He teaches at a comprehensive school in London and writes for a number of print and online publications, including *The Guardian*.



### Sarthak Sinha

(illustrator) is an artist and educator from India. His love for nature and exploring has taken him from the tropical rainforests to the high Himalayas. He

has happily taught kindergarten children for the last 4 years.



## DISCUSSION & ACTIVITIES

### BEFORE READING

- \* Look at the title and the illustration on the cover. Do you know where to find rainbows? Can you take a guess?
- \* On the cover, you can see Reena and Rekha. Do you know what kind of animal they are?
- \* This book is all about finding rainbows. What are the colours in the rainbow? Which one is your favourite?



### AFTER READING

- \* Reena doesn't like the rain, but she still makes it outside to look for rainbows in this book! What is something you do sometimes that you don't always like, because there's something special waiting for you at the end?
- \* Reena and Rekha are very different, and they don't always agree on things. In the end though, they find a way to both go out into the rain together and apologise when they've been rude. Are there any times when you've done something for someone else, just because you thought they would like it?
- \* In the illustrations, Sarthak Sinha has used the colour white to represent the water, the clouds, and even the wind. What could you use white for in your own drawings?

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## ACTIVITIES

### BACKYARD SCIENCE: MAKE YOUR OWN RAINBOW!

At the end of the book, there's an information page about how to make rainbows. Follow the instructions and see if you can make your very own rainbow!



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**WORKSHEET:**

**NAME:**

**DRAW YOUR OWN ANIMAL  
FAMILY**

Reena and Rekha are red pandas living in the Himalayas. Do you know where that is? What do you know about red pandas? Now think about your own family. What kind of animal would you be? Draw a picture of your animal family here.