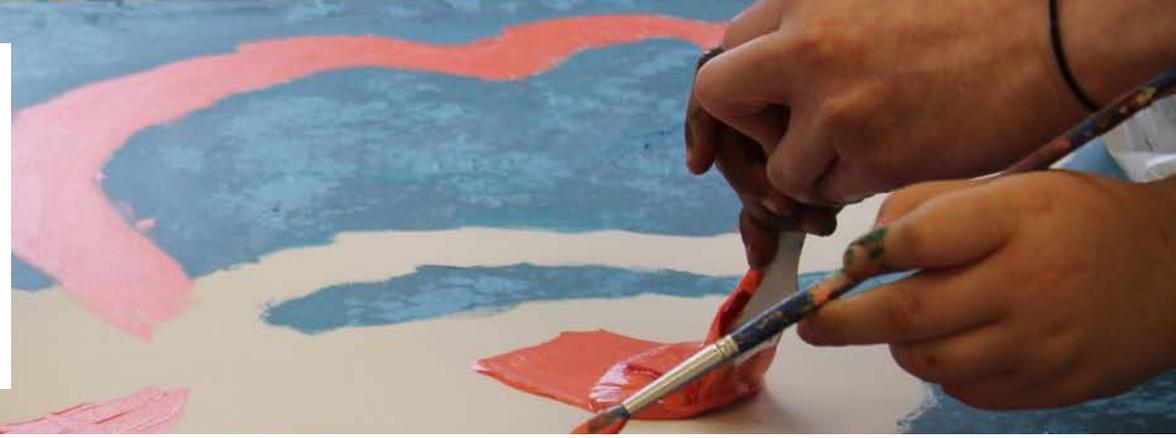


The Art Room At Home



Colour Project



Our lives are full of colour! We may associate different colours with various emotions, ideas and identities. This project offers the opportunity to explore colour in relation to our internal and external experiences. We can use colour to help us make sense of how we're feeling, who we are and the world we live in.



Materials

- Paper or card
- Paint, crayons, pens or pencils
- Recycled items
- String, glue or tape

Activities

There are three activities in this project. Make one, or all three as an exploration of colour!



Project inspiration

Check out this document for more images, stories, activities and music inspired by 'Colours' which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art.

[Download additional resources](#)



Share your creations

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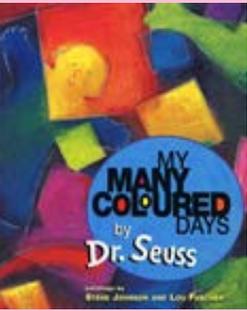


Activity 1: The colours in me



Imagine

Read this story, 'My Many Coloured Days' by Dr Seuss

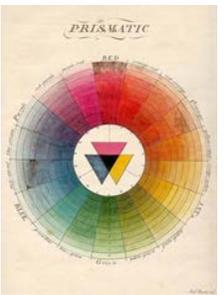


It is on YouTube to read or watch: <https://bit.ly/3dWRJYx>

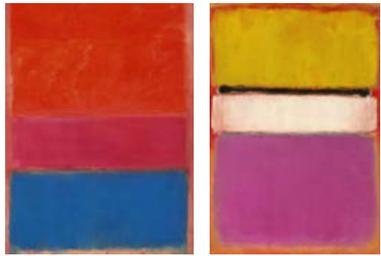
Listen to our Colours Project Playlist on Spotify: <https://spoti.fi/3d2hLbG>



'Vivid Emotions' painting by Olha Darchuk



Colour Wheel from Moses Harris' book 'The Natural System of Colours'



Artist Mark Rothko expresses human emotions through colour



Session Aims

- To explore the theme of emotions and colours.
- To connect our own feelings and thoughts to colours.
- To create a colour wheel or squiggle which represents our inner world.



Create

You will need:

- card or paper
- coloured pencils/pens/crayons/paint
- magazines/newspaper
- recycled materials
- scissors
- glue
- ruler or protractor

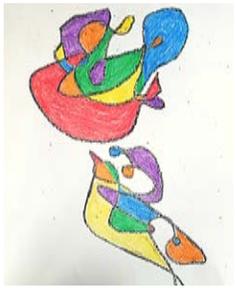
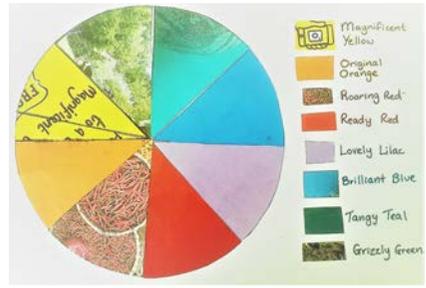
Create a colour wheel, a colour squiggle, or both!

Colour Wheel:

1. Draw a large circle onto paper/card by using a compass or tracing around a circular object, then cut it out.
2. Fill the circle by cutting and pasting, drawing and/or painting with your choice of colours.
- For equal parts: fold the circle in half a few times or divide it using a protractor/ruler.
- For a mosaic effect, cut/tear your coloured bits of recycled paper into little squares and paste them onto your circle.
3. You could write words on your colour wheel or include a key which describes each colour such as 'glowing green'.

Colour Squiggle:

1. On a piece of paper draw a squiggle - close your eyes to make it more fun! Add in some twists and turns so the lines cross over each other.
2. Colour in/ paint as many sections as you wish or cut and paste from magazines/newspapers/recycled materials.
3. Now look at your creation. Can you spot any images or symbols hiding in your squiggle?



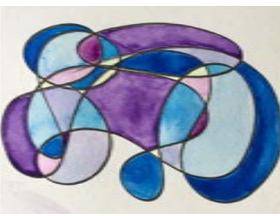
Explore

- Choose a colour. What words come to mind when you imagine that colour?
- If feelings could be linked to colours, what colour would you be feeling today?
- Like the character in 'My Many Coloured Days', we may experience a mixture of colours and feelings at once. For example, we could feel excited but also scared. Or we may feel blue whilst also red. Is there a combination of feelings and/or colours you go through sometimes?

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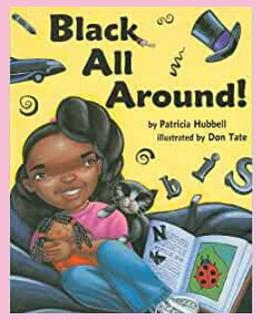


Activity 2: My colours



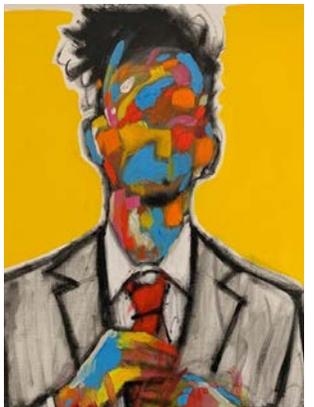
Imagine

Read this story, 'Black All Around' by Patricia Hubbell

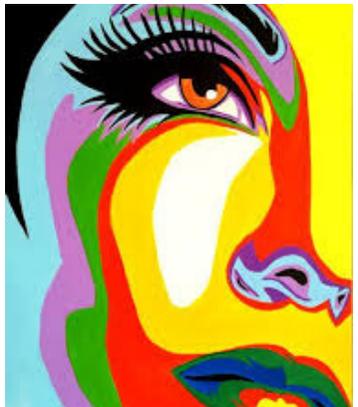


It is on YouTube to read or watch: <https://bit.ly/3edKCv2>

Listen to our Colours Project Playlist on Spotify: <https://spoti.fi/3d2hLbG>



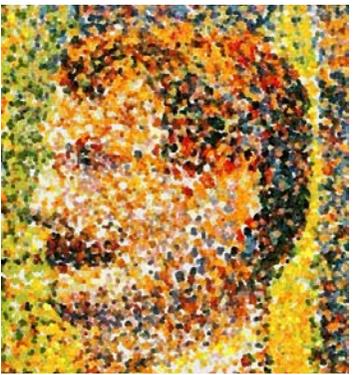
'Le Costume' by David Jamin



'Sunshine on my face' by Camilla Mamedova



'Kobe Bryant' by Turnpike



'La Parade' by Georges Seurat



Session Aims

- To explore the theme of identity through colour.
- To connect our self-image and qualities to colour.
- To create an outline of body/ head/ hand with colour.

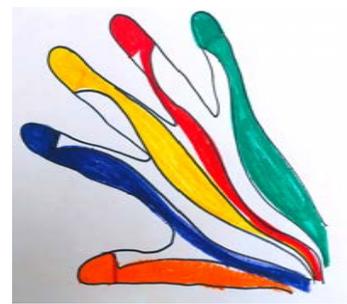
Create

You will need:

- paint/crayons/felt-tips
- cereal boxes/paper
- magazines paper
- glue or selloape

Creative Activity:

1. Find a piece of paper, card or flat surface from a recycled box. Trace around your hand or foot. If you prefer, an adult can help trace around the shadow of your head. Instructions here: <https://bit.ly/2YaE3nr>
2. Below are different ways to colour in your outline:
 - a) The inside of your outline can be separated into parts with squiggly or straight lines using a ruler. These parts can be coloured in with pencil, paints, felt-tips or cut out bits of paper.
 - b) Add colour by dipping your fingers into paint and pressing them onto your drawing like dots.
3. Finally, you can add words to your drawing if you like.



Explore

- The girl in the book 'Black All Around' discovers many wonderful things in the world that are black. What amazing things share the same colour as you and your skin?
- What colour(s) sums up who you are? When you think of this colour(s), what comes to mind?
- Share your chosen colour with another person, what do they think about this colour?

Share your creations

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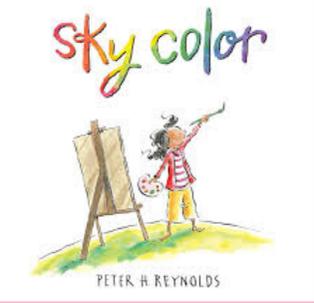


Activity 3: World of colour



Imagine

Read this story, 'Sky Color' by Peter H Reynolds



It is on YouTube to read or watch:
<https://bit.ly/3OMWWYr>

Listen to our Colours Project Playlist on Spotify: <https://spoti.fi/3d2hLbG>

Session Aims

- Connect music and colours together.
- Think about what influences the way we see things like colour.
- Create an image of imagined colours in the sky.



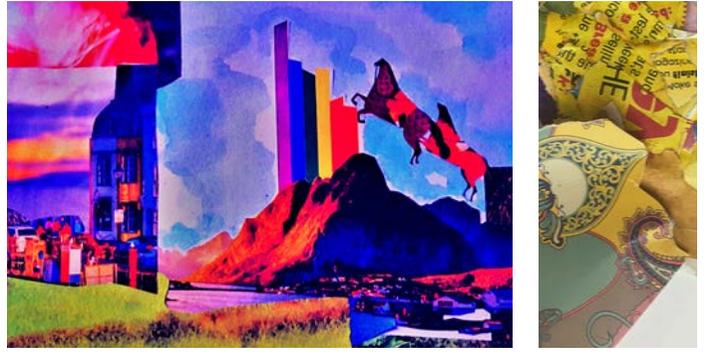
Create

You will need:

- paints/ crayons
- magazines/newspapers
- coloured pens/ pencils
- coloured paper
- scissors & glue

Create Activity:

1. Play your favourite music or song, look up and close your eyes. Imagine the sky above you is changing colours to the sounds you are listening to.
2. Open your eyes and find a way to create an image of the colourful sky that came to mind.
3. You can create your imagined sky onto paper, card or a flat surface by using paint, felt-tip pens, crayons or bits of colourful recycled paper.



Explore

- Think about how the sky changes colour with the weather and time of day. Are there sounds, tastes and smells that you connect with the changing colours of the sky?
- Marisol only noticed other colours in the sky when she ran out of blue paint. What colours would you paint your sky if you also ran out of the colour you wanted?
- Gather with others who are with you and spot some colours in the sky. Together, come up with some fun names for them, such as 'grumpy grey' or 'peachy pink'.



'Colorful sunrise' by Maria Rom



'Mixed Media Abstract Collage' by Glyn Baines



Wassily Kandinsky combines music and emotion in his paintings
<https://bit.ly/2MS1VFM>



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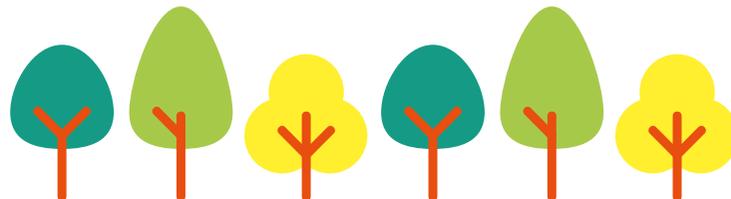
All the colours of the rainbow



End of project reflection

- When you think about our world and what is happening around us, what thoughts and colours come to mind?
- See if you can mix or imagine a colour of your own. What would you call your invented colour?
- Now imagine a rainbow with all the special colours you have created.

Now celebrate your rainbow!



More from The Art Room

If you enjoyed this 'Colour' Project, why not try one of the activities on our additional resources page?

Continue exploring the theme of 'Colour' mixing it up with colour mixing, 'growing' your own rainbow and more!

[Download additional resources](#)

Have you seen our other Art Room at Home Projects?

Visit The Art Room At Home website to see our other projects for families, including Animal Homes, Space and the Seasons Tree. We'll be adding new projects regularly, so keep checking the website for more.

[Visit The Art Room At Home](#)



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