

HELLO PARENTS,

Teaching your children colours is an essential building block that they will use for learning in all areas of their lives. Recognizing colours and identifying their names is an important skill to learn as part of a child's development. Most children are unable to differentiate between colours until approximately eighteen months of age; however, it can take until the age of three to fully understand the difference between them. Early identification of colours helps children create the cognitive link between visual clues and words. It also teaches children object recognition, and helps children develop descriptive language skills, that will ensure clear communication. In this newsletter, we will provide you with a variety of activities to explore colours.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

COLOURFUL SCARVES

MATERIALS:

- Different coloured scarves

DIRECTIONS:

- Pick different coloured scarves that you have at home.
- Place the scarves near your infant, and sit next to them.
- As your infant is touching each scarf, comment on the colour of it, and repeat it. For example, "Blue...you have a blue scarf!"
- Make sure that you continue to supervise your infant while playing with the scarves.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

SPLASH OF COLOURS

MATERIALS:

- Large bin filled with water
- Different coloured toys/objects, found at home
- Food colouring (optional)
- Various sized containers, cups, and spoons

DIRECTIONS:

- Fill your large bin with water.
- Gather a variety of different coloured toys or objects that can be found around the house.
- Put the colourful objects which you have gathered, containers, cups, and spoons into the bin.
- Optional: change the colour of the water by adding a few drops of food colouring.
- Sit next to your child and watch them explore.
- Discuss with your child the various colours which can be observed in the bin. For example: "I see that you are holding a blue cup!"

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

SCAVENGER HUNT

MATERIALS:

- Ziploc or paper bags
- Markers/coloured pencils

DIRECTIONS:

- Choose a few colours which could easily be spotted around the house.
- Use markers or coloured pencils to write each colour that you have chosen on a Ziploc or paper bag. For example, use a red marker to write the colour red.
- Give your child the bags. Encourage them to fill the bags with the objects around the house, which correspond to the colour that is written on the bag.
- Give your child a set amount of time to retrieve the items in the scavenger hunt. For example, allow five minutes to fill each bag with items.
- Afterwards, discuss the colourful objects that your child found during the scavenger hunt.

[Click here](#) to listen to the story "Red is Best" by Kathy Stinson.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

PRIMARY COLOURS SQUISHY BAGS

MATERIALS:

- 3 Ziploc bags (best to use the durable freezer ones)
- Primary colour paints (blue paint, red paint, and yellow paint)
- Scotch tape
- Tray

DIRECTIONS:

- In the Ziploc bags, add two coloured paints opposite from each other (one paint in one corner of the bag, and the other on the opposite corner).
 - First bag: blue and yellow paint
 - Second bag: red and blue paint
 - Third bag: red and yellow paint
- Close the bags, and tape the seal.
- Put all three bags on the tray.
- Ask your child questions, such as: "what colours are the paint?" and "what would happen if we mix the paint together?"
- Encourage your child to mix the paint together by gently pressing and pushing the paints towards the centre of the bag. Rub the paint to blend the colours together.
- As the colours blend together, make predictions and talk about what is happening throughout the process.
- Discuss the new colours that your children see.
- Ask questions, such as: "which two colours made green?" and "can you find something around the house that is green?"

[Click here](#) to listen to the story "Purple, Green and Yellow" by Robert Munsch.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

PAPER MOSAIC

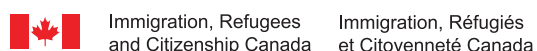
MATERIALS:

- Black construction paper
- Various colours of construction paper
- Pencil
- Glue stick
- Scissors

DIRECTIONS:

- On the black construction paper, draw a simple picture with a pencil. For example, you could draw a house, a flower, the sun, a car, etc.
- Decide which coloured construction paper you would like to use, and cut the paper into small square pieces.
- Apply glue to the small pieces of colourful paper. Place these small pieces of paper onto the drawing.
- Make it colourful!

[Click here](#) for more activities.



WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

A TIP FOR TODAY

- Teach your children about colours at an early age. As children grow older, they will slowly begin to recognize more colours.
- Make and plate a colourful meal! Add colourful vegetables, such as red and yellow peppers, cucumbers, brown bread and white rice. As your child is eating, talk about the different colours that are on their plate.
- Sing songs and read books to your child about colours. This will help them to effectively remember and recognize colours.