



Smart Cookie Club
S T A Y · P L A Y · L E A R N

Colours Activity Pack

It is important to understand the process of learning when teaching abstract concepts like recognizing and mixing colours. In order to recognize a colour, children need to first accumulate hundreds of pieces of information, which help them to define colour concepts. Fortunately, their curiosity allows for thousands of teachable moments each and every day.

Whenever a child hears the word “red,” it can be virtually guaranteed that there will be a variety of other colours around, making things confusing. If you point out that someone has a red shirt, there may be other colours on their shirt, even if it’s mainly red. This means that the sheer ubiquity of colour presents a problem: it makes sorting out which hues a child should expect to be “red” and which “orange,” a lot harder than figuring out which furry beasts she should expect to be “bears” and which ones “dogs.” This may explain why children, across every language, invariably learn their nouns before their colours.

When you say the noun before the colour word, you can successfully narrow their focus to whatever it is you’re talking about before you introduce the colour. By saying “The strawberry is red,” you will narrow “red-ness” to being an attribute of the fruit, and not some general property of the world at large. This helps kids discern what about the strawberry makes it red.

Experiencing colours in different ways can help solidify this abstract concept. Children can experience the colours through all of their senses – sight, sound, smell, taste, touch – the more experiences they get, the easier it is for them to remember colour concepts. Be creative and come up with some of your own ideas for teaching colours at home!

[TEACHING YOUR CHILD COLOURS - VIDEO LINK FOR PARENTS \(INCLUDES A BONUS ACTIVITY IDEA\)](#)

Click the titles below to follow the circle time links

[Good Morning Song](#)

[Milky Colours Science Experiment](#)

[Crazy Colours Candy Experiment](#)

[Deep Blue Sea - Coloured Fish Game](#)

Introduce the topic with a colour hunt game!

Materials needed: Ziplock bags (or paper bags), coloured paper, tape, a permanent marker, colourful toys.

Activity instructions:

1. Place a coloured piece of paper inside each of your ziplock bags - each bag representing a different colour. Label each bag with the colour name.
2. Tape the bags to a wall, window or door.
3. Invite your child to collect coloured items (using their toys or natural and household items) and sort them into the bags. For example, if your child finds a red block, it will go into the red bag, a blue ball into the blue bag and so on.

If you don't have clear baggies at home, get creative with paper bags, label bins or make sorting sections on the floor with coloured tape.

Questions and conversation during this activity:

- "What do you notice about these two colours?"
- "How many colours have we all together? Let's count them together!"
- "That colour yellow reminds me of a sunny day. That red colour is very similar to this pink colour!"



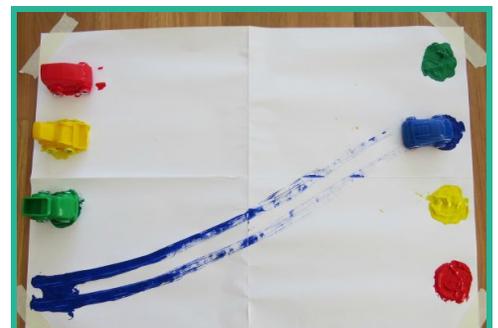
Keep in mind your child's skill level and make sure to set them up for success while challenging their abilities. You can make this activity more difficult based on the colours you provide. While younger toddlers may focus on yellow, blue and red, preschoolers may be working on turquoise, magenta, maroon and aqua.

Car Colour Match (Math)

Materials needed: Toy cars, mural paper or a flattened cardboard box and tape, paint (or fruit puree).

Activity instructions:

1. Tape your paper onto the table.
2. Place a blob of paint on each end of the landscape paper but mix it up so that the cars need to cross each other's paths to meet the matching colour.
3. Invite your child to drive the cars through the paint towards the matching colours. For example the red car in the red paint, drives across the paper towards the red blob of paint on the other side. This is repeated for the other colours.
4. Now, try driving the cars back again, this time trying to stay on the tracks that have already been made. This activity



will provide a great opportunity to learn about mixing and making new colours. When the different colours overlap each other a new colour will form.

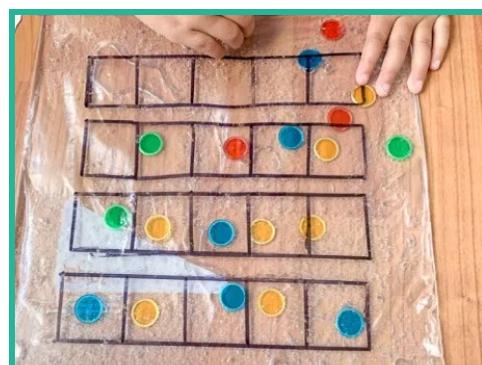
Younger children will drive the cars around the paper (doing less matching and more exploring) as they observe the cause and effect relationships and practice making marks.

Sorting Colours Sensory Bag (Math)

Materials needed: Ziplock bag, hair gel, buttons or pom poms or beads (in your target colors), permanent markers (in your target colours), tape.

Activity instructions:

1. First, draw two or more large circles on your ziplock bag with different coloured permanent markers (in colours that match your buttons). Print the colour names inside the circles.
2. Squeeze your hair gel into your baggie. Put enough gel in the bag so that there will be good coverage once the bag is lying flat.
3. Insert buttons into the gel bag and seal and tape it shut. Make sure you seal the bag really, really well. Tape your bag to the table or to a flat surface.
4. Invite your child to push the coloured buttons around in the bag to fit into the corresponding coloured circles.



For older children, adapt the idea to make your own colour patterns. Use your marker to make lines of boxes on your baggie. Put your coloured counters or pom poms inside the bag and add the gel. Seal the bag and invite your child to move the counters into the boxes to make different colour sequences. Play a game together and try to copy each other's colour sequence.

Coloured Rice (Sensory)

Materials needed: Uncooked white rice, food colouring, bowls (or tupperware) and spoons, sensory bin or tray.

Activity instructions:

At the Smart Cookie Club we like to add a bit of food colouring to the rice to make it colourful!

1. To do this, simply separate your uncooked white rice into 3 or 4 different bowls.
2. Add a different colour of food colouring to each bowl and mix it up.
3. Leave it for a few minutes to soak up some of the colour.
4. Invite your child to scoop, pour, mix, spread and even get into the rice! Trust me, you will love this one just as much as your child!



Most parents with toddlers are hesitant to try this due to mouthing. A big part of the reason your child puts things into their mouth is to explore the item as the nerves in their hands haven't fully developed. If your child is still mouthing, take off their socks or even pants - this will allow them to feel the rice and explore it and eliminate the need to put it in their mouth, as the nerves in their feet have developed more quickly than those in their hands.

Keep the coloured rice in a container or ziplock bag and re-use it over and over again!

*If you have a pet, be careful the pet doesn't consume the uncooked rice.



Mixing Coloured Water (Science)

Materials needed: Containers and other water tools (such as a funnel, turkey baster, syringe, ice cube tray, measuring spoons, etc.), water, food colouring, sensory bin and a towel.

Activity instructions:

1. Add a few drops of food colouring to your child's water play!
2. Use an ice cube tray or sectioned tray and fill the sections with different colours of water. Leave a few sections empty.
3. Offer your child a syringe, eye dropper or turkey baster to use to suck up the water and mix it with other colours.



We typically do this activity inside of another sensory bin or outside and keep a towel nearby (after all - spills are inevitable!).

Older children will be able to carefully mix the primary colours to make new colours.

For younger children, try offering two water bins (side by side). One bin filled with yellow water and the other filled with blue water. As your child explores and experiments in their water play, they will notice the change that occurs when they scoop, pour and mix the two colours of water together!



Mess Free - Mixing Coloured Paint (Science)

Materials needed: Ziplock bag, paint, tape.

Activity instructions:

1. Seal a few different colours of paint inside your ziplock bag - make sure to seal it really, really well with tape!
2. Tape your bag to a flat surface.
3. Invite your child to mix up the colours by squishing the paint around inside the bag.

As your child slides their fingers across the bag, they will be amazed at the transformation. Try to make some predictions and explore the results as you mix coloured paint the mess free way! (For this activity, you can even use acrylic paints - since they are sealed inside the bag, toxicity is not an issue for concern).



Clothes Pin Colours (Fine motor)

Materials needed: Coloured clothes pins, markers and cardboard (or use paint colour samples)

Activity instructions: Manipulating clothespins hones in on those practical skills and paves the way for pencil grip and future printing skills. Make sure to use the specific colours your child is working on.

1. Use your marker to colour spots on the edge of your cardboard.
2. Label each colourful spot with corresponding name (for example; orange, yellow, green, blue, purple).
3. Invite your child to clip the coloured clothespins to the matching color on the cardboard.

Make the card to match your child's current level – consider a card with primary colours for younger children, increasing difficulty with secondary colours and then with all of the colours for older children.



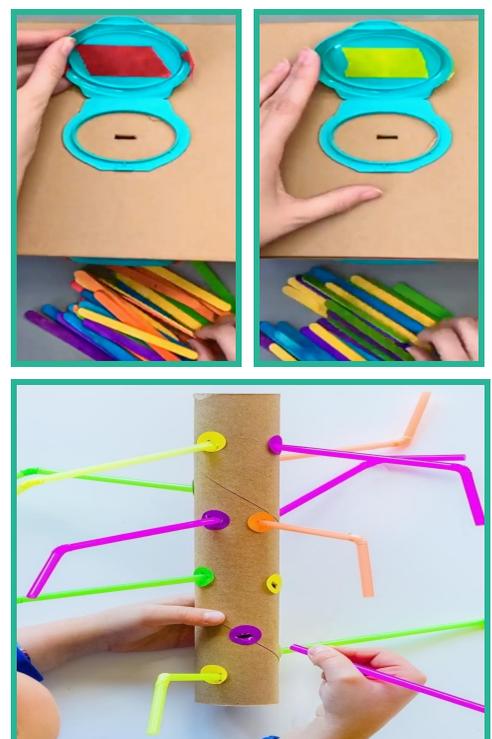
Popsicle Stick Push Box (Fine motor)

Materials needed: Cardboard box, scissors, coloured tape, opening part from used wipes package (optional), glue, coloured popsicle sticks.

Activity instructions:

1. Make a small hole (slightly larger than your popsicle stick) with your scissors in all 6 sides of your box.
2. Over the holes, glue the tops from your wipes containers (when you open the flap it, the hole will be exposed).
3. Label each of the flaps, inside and out, with different colours of tape to match your popsicle sticks.
4. Invite your child to sort and match their colours by sliding the popsicle sticks into the corresponding coloured holes.

The idea is to use what you already have at home. If you don't have coloured popsicle sticks, use pieces of coloured tape folded



into squares, coloured straws (see photo →), or pom poms (see the link below ↗)

[See video instructions to make a pom pom push toy using a clementine box!](#)

Marble Painting (Creative):

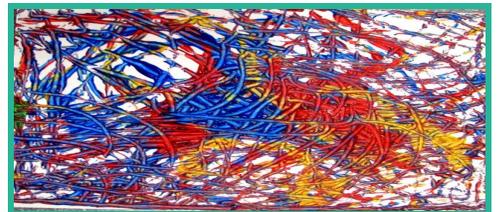
Materials needed: A few different colours of paint, paper (white is best), clear bin or tupperware (large enough to fit your paper and balls), marbles or balls, tape.

Activity instructions:

1. Tape your paper to the bottom of your container.
2. Ask your child to help you add a few drops of each colour of paint to the paper.
3. Place your marbles or balls in the container, place the lid and seal it shut with tape.
4. Invite your child to shake up the container, rolling the balls through the paint, spreading and mixing the colours.

The finished product makes a lovely card or piece of art to display and further conversations about mixing colours.

Older children may be able to do this activity (under adult supervision) in a baking tray without sealing the marbles. Explore what happens to the colours over and over again - no two pictures will be the same.



Bake Shop (Cooperative play)

Set up a Bake shop for your child to explore colours as they bake, serve, sort and sell their favourite treats!

- Cut pieces out of coloured felt (or coloured paper) to make different baked goods such as cookies, doughnuts or popsicles ([click here to see a short video - how to make your own colour matching popsicle toy](#)).
- Use paint (or markers) to colour the sections of an egg carton with different colours. Use the same colours as your plastic eggs or pom poms. Your child can sort and match the colours as they organize the eggs or 'baked goods'.
- Make a coloured ice cube bin! Freeze water with food colouring into coloured ice cubes. Mix two colours of cubes together in a transparent container or bag and seal it shut. Let your child use this as a prop in their bake shop and as the ice melts, they will notice the colours mixing to make a whole new colour! For example, blue and yellow ice cubes will melt together to make green water.



- Try to find some props to use in your bake shop! Consider an apron, a baker's hat, sunglasses, a wallet or purse, fake money and a cash register, order forms/notepad and a pencil, kitchen tools such as mixing bowls and whisks, empty ingredient packages, sealed containers with coloured rice to use as pretend ingredients.
- With your child, add some food colouring to bottles of water and seal the lid on with glue or duct tape. Try to make a few different colours and use these as pretend ingredients in your bake shop! Try putting them one in front of another as the light shines through the bottle to make new colours.
- Make your own coloured lens binoculars! Glue two toilet rolls together. Cut circles from coloured transparent sheets and glue them to the ends of the toilet rolls using a glue gun (or strong tape). "What happens to the yellow flower when you look through the blue lens?"



Coloured Cups Game (Movement)

Materials needed: Coloured paper, scissors, tape, plastic cups.

Activity instructions:

1. Cut two circles from each colour of paper - a small circle and a large circle.
2. Tape the small circle to the bottom of a plastic cup and the large circle to the floor (at the end of a hallway or outside where there is space to run). Repeat this process for each colour.
3. Place all of the cups at the opposite end of the hallway (or yard) from the large coloured circles.
4. Invite your child to pick a cup and race to place it on the corresponding coloured circle. Repeat, taking one cup at a time until you have matched all of your cups.



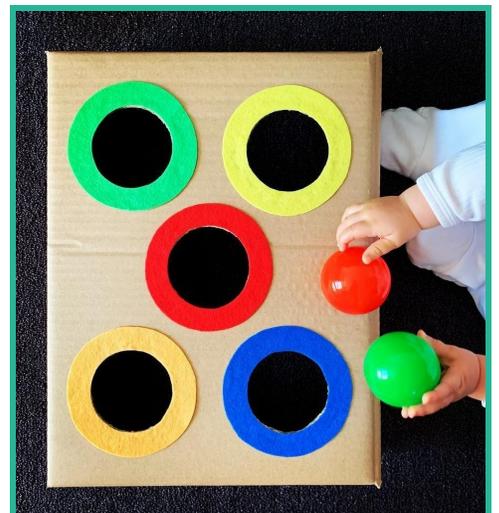
Add a timer or race side by side with your child to see how quickly you can sort all of the cups.

Coloured Ball Game (Movement)

Materials needed: Coloured balls (ball pit size is best), large box, scissors and markers or coloured tape.

Activity instructions:

1. Use scissors or a utility knife to cut holes (slightly larger than your balls) in your box.
2. Label each hole with a colour using either markers, paint, coloured paper or felt and tape. Make sure to use the same colours as your balls to label the holes.



3. Invite your child to sort their coloured balls into the corresponding holes.

Invite older children to stand back and try to toss the coloured balls into the corresponding holes.

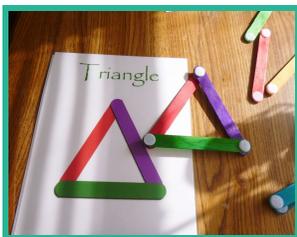
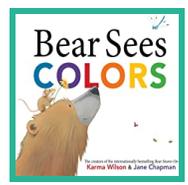
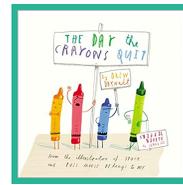
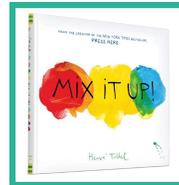
The larger the box the better. Place holes up high, down low, around all sides and even on the top. This increases opportunities to practice developing balance and coordination - essential gross motor skills.

Book Recommendations: (click the titles below to follow the Amazon links)

Mix it up - by: Heuve Tuillet

The Day The Crayons Quit - by: Oliver Jeffers

Bear Sees Colours - by: Karma Wilson & Jane Chapman



Bonus Activities

Use your velcro sticks from our shapes week to make a colour matching game. Invite your child to copy your colour design while making different shapes.



As your child becomes familiar with colours, recycle the caps from your pouches to make a colour pattering game. Simply use markers to make coloured circles on paper or cardboard. Invite your child to use tongs to sort the caps and copy the colour pattern!



There are thousands of ways to sort and match colours at home! Use bowls with coloured stickers to sort and match coloured pom poms or other small items! Add tongs to challenge fine motor development while you work on this cognitive concept.



Use your colour paddle from last week to explore colour transformations and mix colours.

I hope you have enjoyed these activities!

Please let us know if you have any comments or suggestions and feel free to share your photos and stories about these activities!

Activity Pack created and produced by Mary Wolff
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LEARNING THROUGH PLAY WITH
Smart Cookie Club
EVERY DAY!