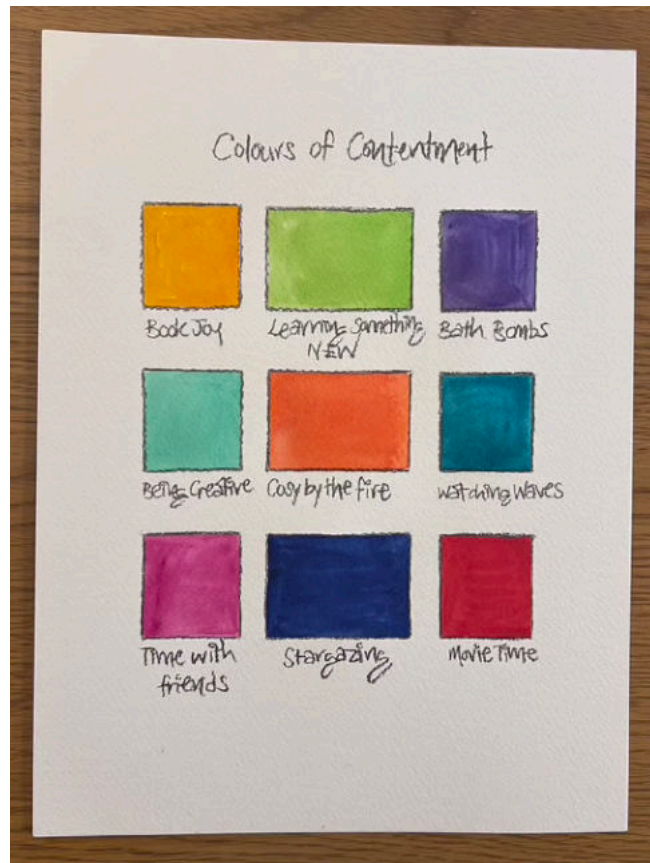


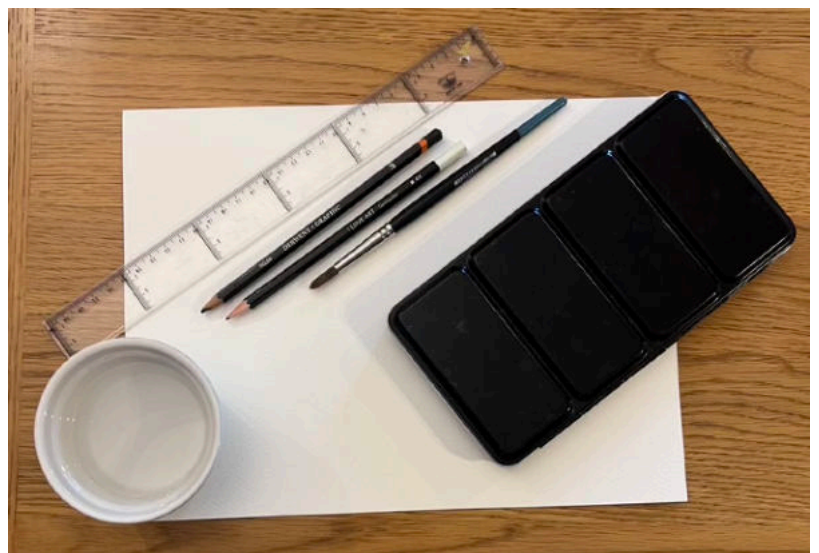
Colours of Contentment



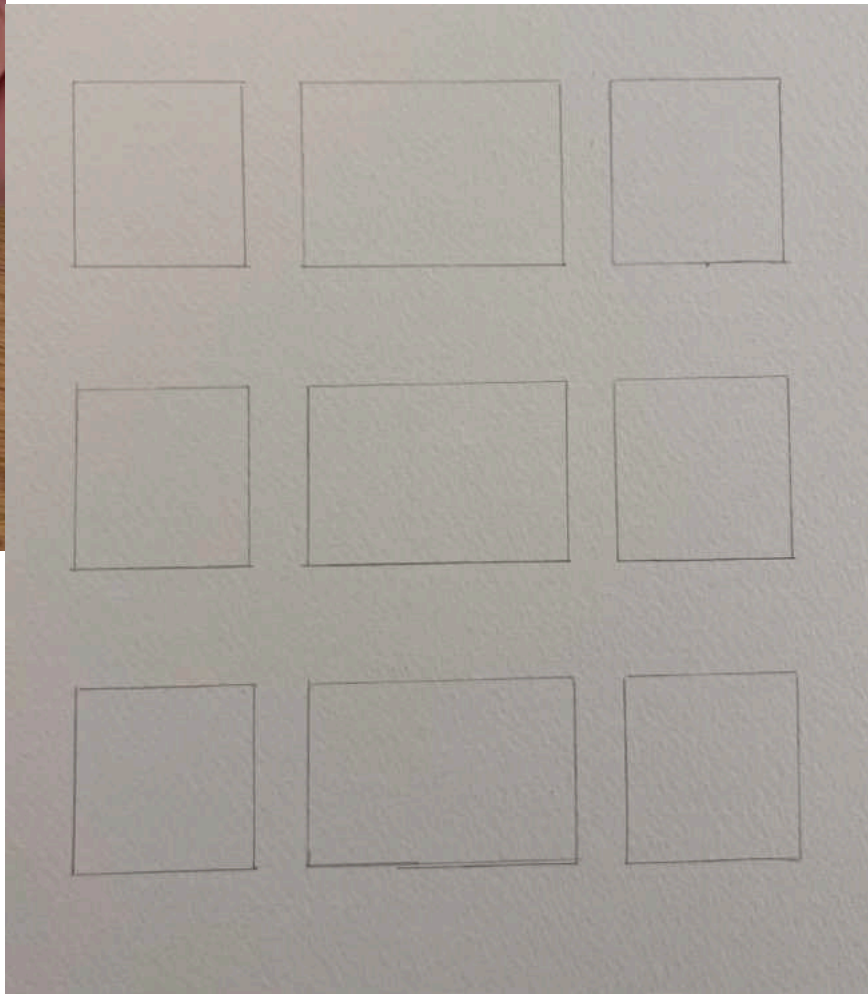
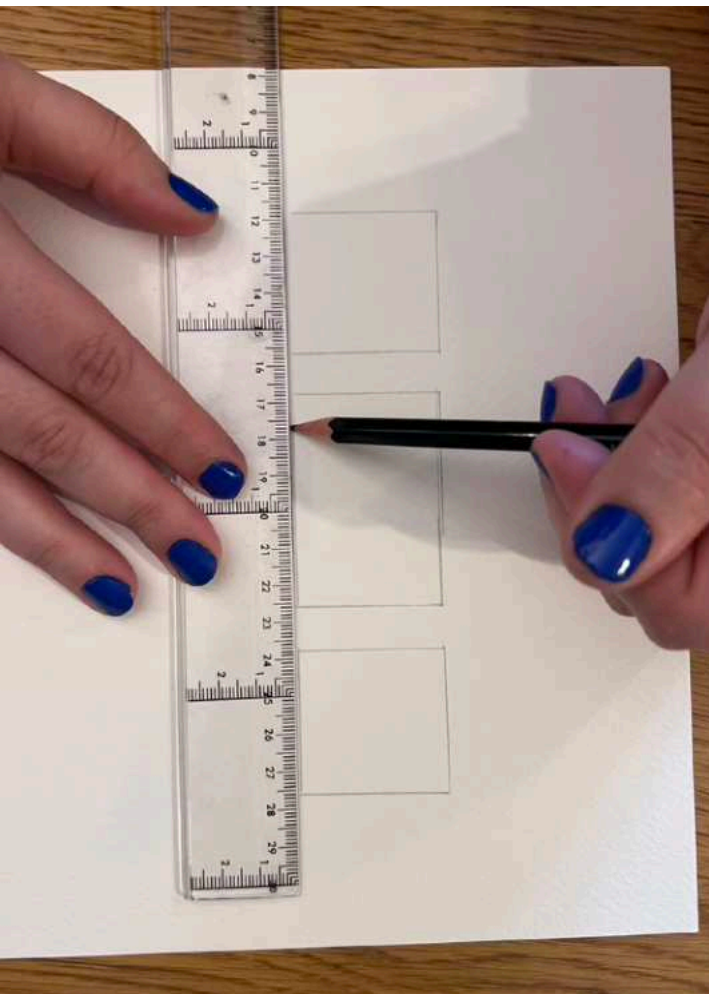
Thinking about what different colours mean to us, what emotions or memories they evoke why not create a personalised colour chart of what is important to you!

Tools and Materials:

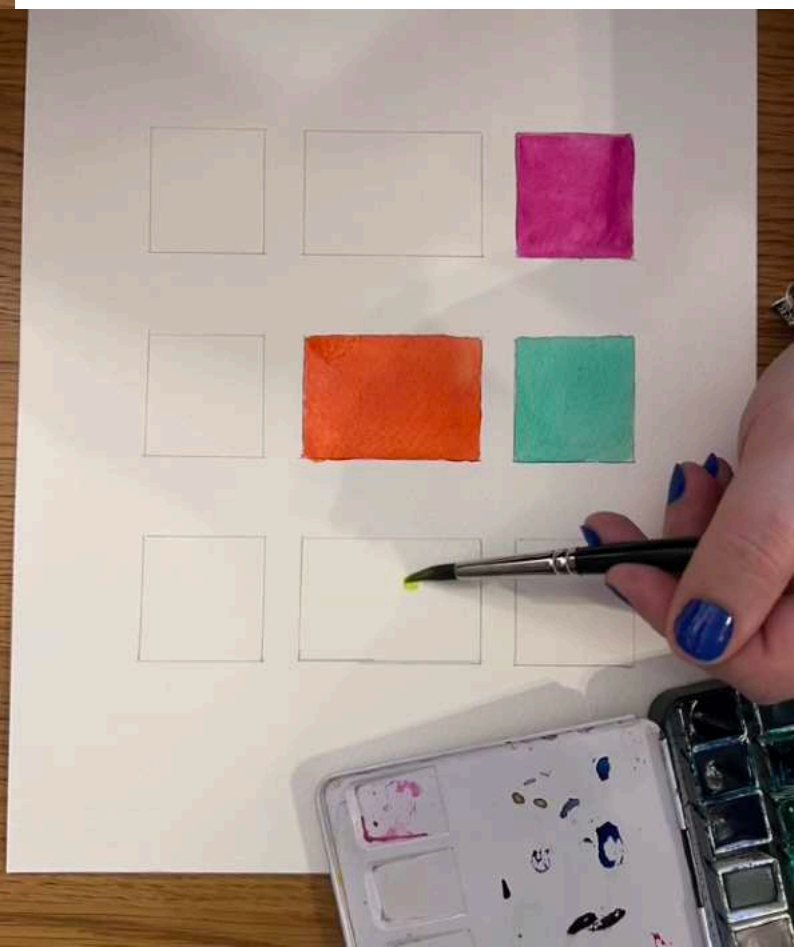
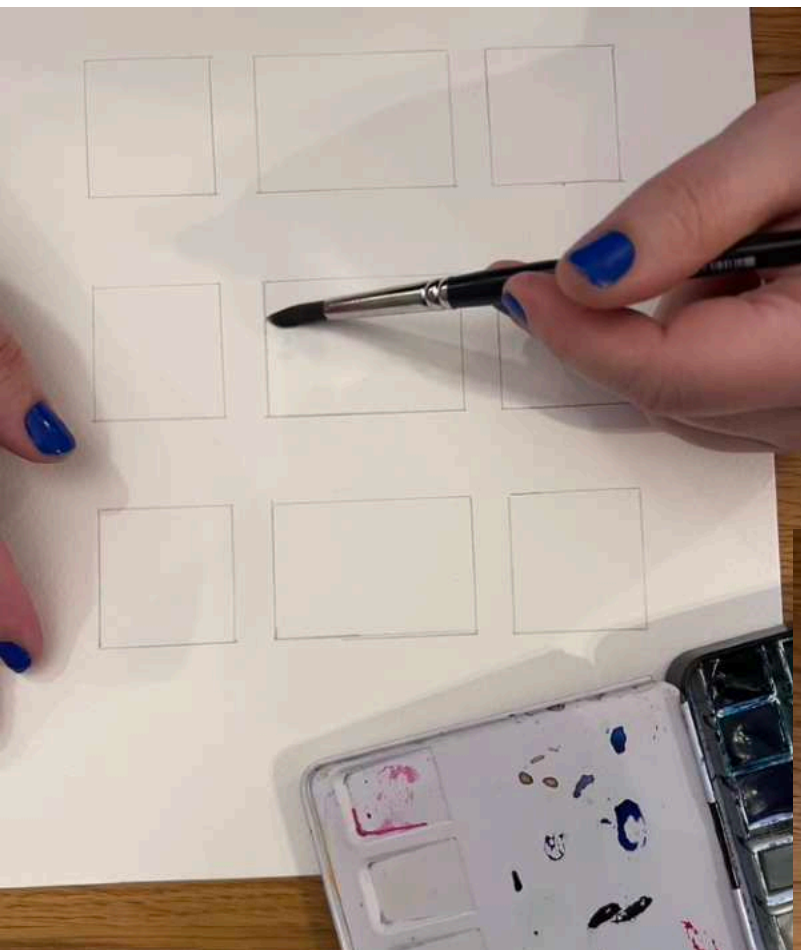
- Paper
- Pencil
- Paintbrush
- Watercolour
- Water
- Ruler



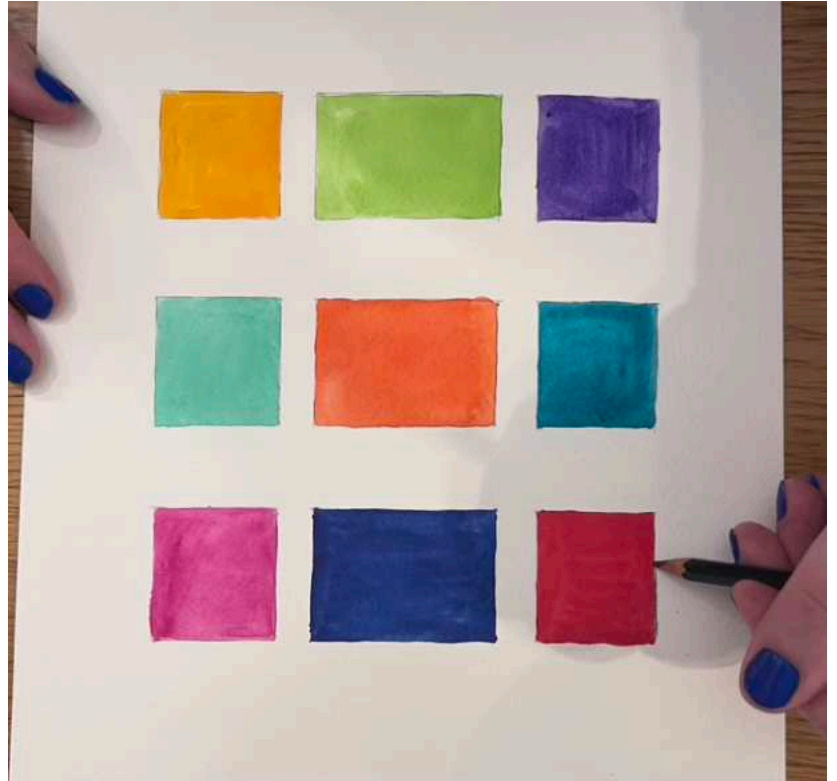
So we have 2 pencil one hard one (4H) for more delicate lines to help us sketch this out and a softer one (7B) to outline and write with, you can just use 1 HB pencil and push lightly to sketch and then harder at the end to outline. We started by drawing out 9 shapes - 6 squares and 3 rectangles in the middle to break up the uniformity. You can choose the size and layout as you can create as many colours as you want! Only thing we recommend is leaving a gap in between them to frame them better. Sketch our with your ruler like so



Once you are happy with your layout you can begin to create your colours. What are some things you like to do? If you think about those things what colour do they make you think of? We love the seaside - watching the sea and the waves crashing on the shore - so to us that is blue/green colour - like teal. There is no right or wrong answer as to what things might be what colour to you, it might be best to think about the things you want to create before thinking about the colours as a starting point. Once you've figured it out you can start creating the colour palette



Once you have filled in all your colours and they have dried you can begin to outline the squares/rectangles if you like - it can help make the colours pop more. Also you can label what those colours are to you



There you have it your very own "Colours of Contentment"!

Colours of Contentment



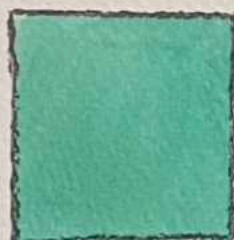
Book Joy



Learning something
NEW



Bath Bombs



Being Creative



Cosy by the fire



Watching Waves



Time with
friends

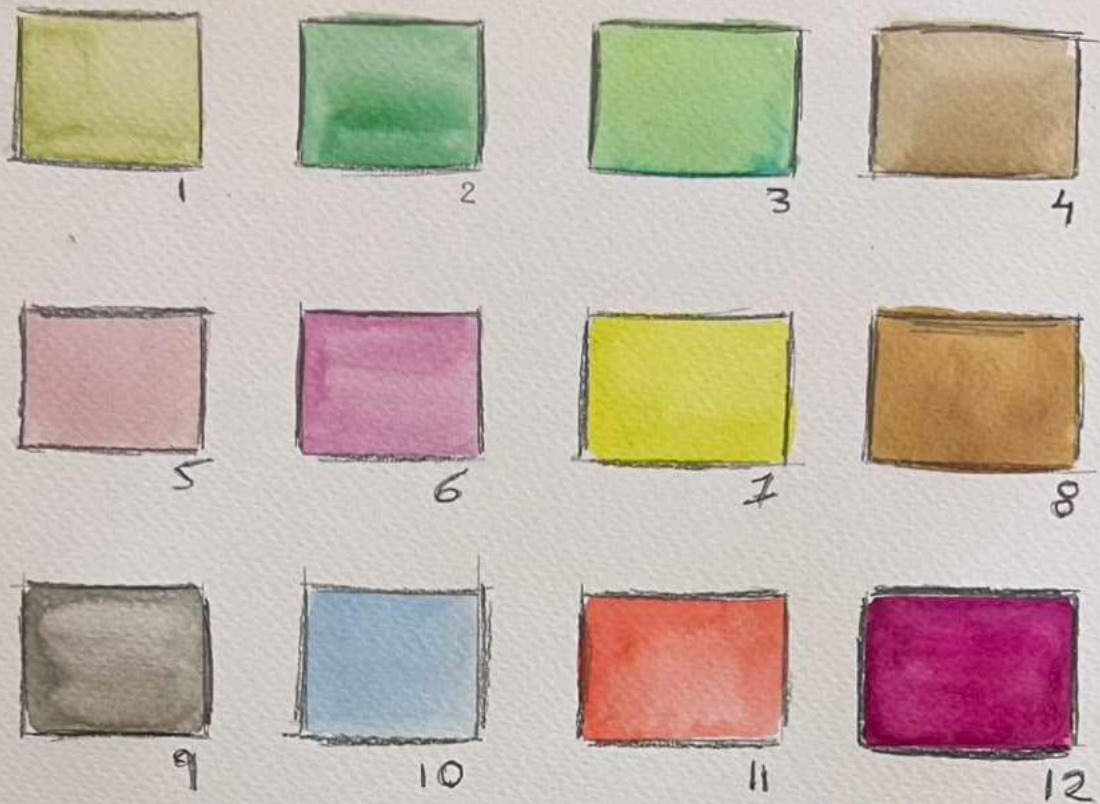


Stargazing



Movie Time

Here is another we made to inspire you!



1. Tree Leaf
2. Healthy GRASS
3. Stem of a Flower
4. Tronc of a tree
5. Cherry Blossom petals (young)
6. Cherry Blossom petals (older)
7. Cherry Blossom Heart of the Flower
8. Cherry Blossom Branches
9. Grey Sky
10. Blue Sky
11. Sun RISING
12. Around the sun RISING RAYS.