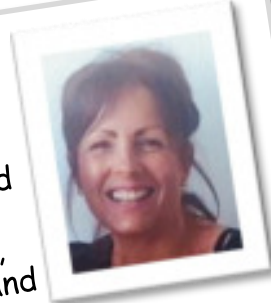


## Hello to all our families and carers!

I'm Donna an Early Years Practitioner, I hope you are all keeping safe, well and looking after yourselves and each other. Each week we are thinking of new ways of staying connected and bringing activities and topics to you via our Facebook page and website. We hope you are finding them useful and interesting, and you and your children are having fun making the activities and joining in with Laura's "Sing it move it and Bouncy Beats" videos which you can find here: [youtube.com/user/PreSchoolLA/videos](https://youtube.com/user/PreSchoolLA/videos) or on our Facebook page.



As we are entering summer and the lock down rules are easing a little we are able to spend more time outdoors, so I thought it would be nice to look at some fun activities you can do as a family outdoors and why colours are important to our world and mood.

Along with longer warmer days, summer also brings us a rainbow of beautiful colours. From blooming flowers, trees full of colourful leaves and beautiful blue skies. Mother Nature helps to lift our mood and make us want to spend more time amongst the glorious colours and smells she has to offer. You've probably felt the effect of bright colours on your mood. You may feel happier and generally more positive. But did you know that different colours can affect children's moods too? Studies have shown that colours can stimulate different parts of the brain and have an effect on mood.



## What will my child learn when learning about colours?

**Vocabulary** - There are hundreds of new words to describe colours and their different shades.

**Language and communication skills** - Talking about colours helps support children's listening, language, communication and cognitive skills.

**Learning about what colours mean** - Children can learn life skills such as red often means danger or green to go and how animals use colour to communicate, hide or warn off predators.

**Early Maths** - Learning about colours can help your child at pre-school or nursery.

ENJOY OUR COLOUR INFORMATION OVERLEAF

## The ways different colours can affect our mood

Without beautiful colours, our world would be dull shades of grey. Colours have the power to calm and stimulate us, to put us on high alert, and to get us in touch with nature. colour also allows us to convey certain emotions.



**RED** - The colour of urgency, passion, and excitement. Powerful and attention-grabbing, the colour red creates alertness and excitement. It encourages creativity and can also increase appetite.

**BLUE** - The colour of peace, calm, and serenity. Blue is the shade of the sky, crystal clear seas, and other elements of nature that trigger a sense of tranquility.

**YELLOW** - Encourages creativity, clarity, and optimism, thus creates positive feelings and improves attention.

**GREEN** - Symbolises nature and the natural world. It represents balance, growth, tranquility, cleanliness and calmness. It also can relieve stress and provide a sense of healing.

**ORANGE** - Is refreshing, energetic, and sparks creativity. Considered an energetic colour and similar to red, it can increase alertness. Orange creates passion, warmth, excitement and encourages communication.

**PINK** - Evokes feelings of peace, compassion, and love. It is also the color of femininity and nurturing, as well as understanding. Unlike its cousin red, pink is usually more subtle and cheerful. Associated with love, romance, nurture, warmth, calmness and imagination.

**PURPLE** - Royalty, intrigue, and spirituality are the three most common meanings for the color purple. This is why many fictional mystics and historic rulers are wear this majestic shade.

**BROWN** - Often associated with nature, simplicity, and honesty.



An activity that I often do with young children is a listening walk. Whilst outside ask your child to listen to all the different sounds they can hear, you can take a pen and paper and ask the children name all the different sounds and noises they hear, ask them to write down or you write down what they think the sound is they are hearing. You'll be surprised how many different sounds and noises you will hear when you really take time to listen. This activity helps support children's listening, language, communication and cognitive skills.

# Stay & Play

activities to try @home

COLOURS

## Newborn Babies & Colours

Your newborn baby's colour perception is limited to black, white, shades of grey and saturated reds because their eyes and capacity for sight are not fully developed at birth. As a result, babies love to look at high-contrast black-and-white patterns, which stand out in their blurry worlds, attracting their attention and helping them focus in the first few months of life while their eyesight is still developing. By two months, babies can tell red and green colours apart, and a few weeks later they can also tell apart blues and yellows.



## How can colours affect us?

It's well known that warm colours like red, orange and yellow tend to be more stimulating, hence why many fast food companies use these colours for their signs and advertising.

**Red** triggers stimulation, appetite, hunger, and attracts attention.

**Yellow** triggers the feelings of happiness and friendliness.

Cool colours like **blue** and **green** can make us feel more

Laura will be doing a song about an elephant that loses his colours this week and if you would like to join in with your own elephant you can make one using an empty milk carton, like the Elmer Elephant I made a few weeks ago. You can find the instructions on our website.

Some other links are:

- Mindstretchers have a nature diary that children can complete each day. You and your child can do one of the things from their diary each day. They also have a Virtual Nature School you can access daily. <https://mindstretchers.academy/collections/virtual-nature-school> <https://mindstretchers.academy/products/free-download-nature-play-diary-shadow>
- Tinkergarten have lots of fun activities for children of all ages so why not have a look and see if there is something you may like. <https://tinkergarten.com/>



## I can sing a rainbow Song

Red and yellow and pink and green  
Purple and orange and blue  
I can sing a rainbow  
Sing a rainbow  
Sing a rainbow too  
Listen with your eyes  
Listen with your ears  
And sing everything you see  
I can sing a rainbow  
Sing a rainbow  
Sing along with me  
Red and yellow and pink and green  
Purple and orange and blue  
I can sing a rainbow  
Sing a rainbow  
Sing a rainbow too



## The Colour Song

(to the tune of if you're happy and you know it)

If your clothes have any **red**, any **red**  
If your clothes have any **red**, any **red**  
If your clothes have any **red** put your finger on  
your head  
If your clothes have any **red**, any **red**

*Additional verses:*

**Blue** put finger on your shoe, **Yellow** smile like a  
happy fellow, **Green** make a sound like a  
machine, **Black** put your hands behind your  
back, Brown turn your smile into a frown,  
White stomp your feet with all your might,  
**Pink** give your eyes a double blink, **Purple**  
make your tongue go blerble, blerble,

