

Colours



Colours are an important part of everyday life, and are especially important for safety. Different colours can tell us when to stop and go, and which tap is hot or cold. Colours can also be used to describe, organise and sort objects.

Teaching your child about colours is best done through play, or through talking about everyday life. Learning colours requires lots of repetition and exposure.

Here are some ways you can build your child's knowledge of colours and how they fit into everyday life:

- Link colours to everyday objects. For example, 'green like grass' or 'blue like the sky'.
- Ask your child to find different coloured objects or items for you around the house. For example, "can you please find your yellow car?", or when getting dressed, "can you please find your red shirt?"
- When getting dressed, talk to your child about what coloured clothes they are putting on. For example, "we are putting on your blue socks now".
- Talk about the different colours of food you are eating – there might be white potatoes, orange carrots and green peas all on the one plate.
- Talk or ask about what colours your child is using when they are drawing or painting. For example, "I can see you're drawing some purple flowers!", or "what colour would you use for the sun?"

- When reading, try to find 3 objects on one page that are all the same colour, or point out 3 different colours that are on the one page.
- Play a matching game. Collect items from around the house that are all sorts of different colours, and group the same colours together.
- Play 'I Spy' with colours. Say to your child, "I spy with my little eye something that is red". Your child will have to try and to guess which object in the room is that colour.

Learning colours can be difficult for some children. When talking about colours, give your child a chance to think and reply with the colour they think it might be before you jump in and answer for them.