

Click to prove
you're human



Get the lesson plan book for a full list of ideas. Parent tip: During sorting activities, ask your child can you show me blue? and allow him/her to point at the colors. Repeat with the rest of the colors. If they point out the wrong color, say That is red. Can you show me blue If they continue to show you the wrong color, stop asking and just continue to play the matching and sorting activities as verbalize the colors you are playing and touching as much as you can to connect to the name associate. Using coloring pages Practice coloring pages with black-and-white illustrations that are associated with each color. For example, a yellow star, a red apple, etc. Ask your child to use crayons, markers, or colored pens. The Best My First Coloring Book (PDF) I love to take full weeks and focus on just one color. This means we would go on nature hunts to search for things that are that color, we will dress in clothing that has the selected color, we would include the color during snack time and we would do tons of activities related to that color. I love art, and even though at one and two years old, art is just process art and its job is to explore materials I love to involve parent activities and all types of art supplies to our learning week. Children are naturally curious and love to experiment with colors, materials, and textures. Make sure to provide safe, non-toxic art supplies such as markers, crayons, colored pencils, and brushes and encourage your child to draw and paint. Art activities not only teach colors but promote fine motor skills development, boost cognitive abilities, creativity, and imagination. Different types of painting and a variety of coloring supplies like chalk, markers, or finger painting, will spur your child's interest and spark their creativity. When doing art, always name the color of the crayon or marker that you're working with and encourage him/her to repeat it. Engage finger painting not only to teach your child colors but to enhance creativity and sensory skills as well. Parent tip: If your toddler can match the colors correctly, can sort colors to its own, and can point to the correct color when asked, then you can now point to a color and ask what is this color and allow your toddler to correctly identify it. Offer playdough and other brightly colored craft and sensory materials such as squeeze bottles, pom-poms, water beads, kinetic sand, stickers, etc. to create craft projects to practice each color. Once your toddler masters primary colors a fun activity to introduce new ones is with a mixing paint activity using washable paint. Tape paper to table so pre-toddler doesn't pick it up and makes a paint disaster!Choose two primary color paint (I used @crayola finger paint)Place a few dabs of your first paint on the left side of the paper.Place paint #2 on the right side and encourage the parent to be amazed that the new color created.Clean up messy hands when done on a pre-primed surface. These activities are fun ways to teach colors to your toddler. Start with matching, then sorting, as you practice pointing and naming them. Remember to start with just a few colors (primary color are best) and then move on to others until you complete the rainbow. Throughout all of the activities look for opportunities to teach children color recognition but also encourage them to practice fine motor skills, hand-eye coordination. All of the activities above work on helping improve their language development, and boost creativity and imagination, therefore nurturing all aspects of your child's development. Sometimes is easier when you have a complete package with all the lesson plan, activity ideas, printables, art projects etc. Start learning the colors at home. I created the Play & Learn Color Bundle so you can start implementing all of these ideas at home teaching colors to a toddler with the Color Bundle: Quick & Easy ActivitiesColoring PagesMatching Activitiesand more Today I have another exciting resource about how to teach coloring skills to kids. So often, children do not have the exposure to crayons and paper that is needed for development of fine motor skills or visual motor skills. Teaching coloring skills is just not something parents think about in many cases! Lets break down coloring skills by age and address specific tips to teach coloring to children.Colouring is such an important part of childhood and growing up. There are many benefits to coloring as a tool for building skills. Coloring develops hand strength, visual perceptual skills, and precision skills in grasp. Its the first time many of us express creativity and produce something we are proud of. It boosts confidence, develops understanding of cause and effect, and increases attention spans. Coloring is also an important stage of child development, too.Did you know that drawing is also an integral part of many early childhood skills like pre-writing development, fine motor skills, and spatial reasoning?Lets go into age-appropriate specifics on how to teach coloring skills at each age and stage, from babies, to toddlers, to preschool, to Pre-K, to elementary aged children. Specifically, you'll want to use age-appropriate crayons for toddlers, based on developmental levels.Coloring can be hard for kids. Many times you see kids that refuse to color. Other times you come across kids that prefer markers over crayons. There are reasons for these difficulties, that make sense developmentally. Lets take a look at the reasons why kids hate to color. Coloring is HARD! It hurts the child's hands to color. Coloring makes the child's hands hurt. Child prefers markers over crayons Coloring in the lines is hard Its hard to finish coloring pageAll of these reasons why kids hate to color are relatedand many times, it comes back to a need for developing hand strength and underlying skills. There are several areas, or underlying skills that play an important role in coloring:Arch development (for endurance to color in the object) Hand strength to move the crayon against a resistive surface Pinch and grip Precision to move the crayon with the fingers instead of the whole arm/wrist Line awareness/visual perceptual skills Eye-hand coordination Pencil grasp (to hold the crayon) Previous experience with fine motor activities/fine motor skill developmentFine motor skills and coloring- In order to hold a crayon, children need to develop fine motor skills. In order to color in a shape, hand strength is needed. In order to color within the lines, visual motor skills are needed. In order to color a whole shape or figure, dactl mobility is needed. Activities to develop these skills include fine motor play, beading, tweezer use, working on a vertical surface can develop these skills.Line awareness and coloring Another aspect of coloring is the line awareness to color within the lines. And, before a child can form letters with ease and fluency, they need to achieve pre-writing lines such as straight lines, squares, triangles, X and diagonals. This resource on line awareness can be a great starting point on this visual perceptual skills needed to color within the lines. Also try these tips to work on line awareness needed for coloring.Pencil grasp and coloring In order to teach coloring skills, it is important to progress through the stages listed below, whether at age level or not. Just like the underlying skills play needed for pencil grasp development or handwriting, the basic levels need to be achieved. Before a child can hold a pencil with a functional grasp, they need to progress through more primitive grasp patterns such as a pincer grasp, palmer supinate grasp, digital pronate grasp, and quadrupod or static tripod grasp. All of these underlying skills play an important role in how to teach coloring skills to kids!In this post we will break down the coloring skills you can expect a child to do dependent on age. You will see that we break them down into age ranges for good reason, too. Every child will develop different skills at different times. Generally, though, there is a developmental path that the majority of children will follow. If you believe that your child is lagging behind in these skills, talk to your child's health care team and let them know what you see in your child. They will direct you towards occupational therapy if it is right for your family!Not much coloring going on in this time frame, as you may imagine! Instead, your little one is prepping those little fingers to hold and manipulate objects, that will one day lead to purposeful scribbling!! Always recommend allowing your child to explore coloring as soon as they are able to hold a crayon in their hand and sit up safely in a high chair. Be sure to stay with your baby the whole time you are offering coloring opportunities, as they will likely put their crayons in their mouth.Babies under six months will typically grasp a small object in the middle or pinky-side of their palm.This grasp pattern is strengthening the building blocks for more refined grasps down the road. Tummy time is a great tool for lengthening the ulnar side of the hand for strengthening so that endurance in fine motor tasks is achievable at older ages. Tummy time also supports arch development even at this young age. While most parents of new babies will not be thinking of coloring, these activities support the development of MANY motor and cognitive skills, and not just coloring!From 6 months to 12 months, babies are certainly not coloring. However, they ARE developing motor and visual skills needed for holding and marking with a crayon in the later years.Grasping patterns grow a lot during this time! Your baby will start to use their thumbs a little bit more while stacking blocks, be able to pick up their Cheerios with only their thumb and pointer finger (pincer grasp), and can point to objects with one finger. By 12 months old, we should see a pincer grasp while holding small objects. This grasp prepares little fingers for sustained coloring!Around a year old, your little one may show more interest in scribbling. They will likely make large marks across the paper (and hopefully not the walls!) by using their whole arm to move their crayon. As they develop, you will see that those big movements will get smaller and smaller as fine motor skills are refined.Grasp. On a coloring utensil, they will use a gross grasp that looks like a fist.The toddler years, for from 12 months to 2 years, is a great window to introduce coloring. Its during this age that toddlers show interest in coloring and many skills needed for motor development. This is a great time to explore how to teach coloring skills at an impressive age!During the 12 month to two year range, toddlers are building proficiency in coloring skillsand this is a great time to teach coloring!In this time frame, your toddler will begin to recognize colors and shapes in their environment, and may purposefully choose colors while they are scribbling on paper. They will start to hold their crayon or marker a little more gently, with their pinky down towards the paper, and all fingers wrapped around.During the toddler years, exposure is key! You can present many activities and coloring opportunities to color with crayons. Different types of crayons and coloring activities are great exposure, too. Here are tips to teach toddlers to color:Offer just one crayon at first. Offering too many options can overwhelm the young child. Try different crayon types. There are different crayon molds that are great for toddlers including egg shaped crayons, rock shaped crayons, or even bath crayons. Try coloring materials that require less hand strength or resistance, to make a mark. Kwik Stick tempera paints are a great option. Show toddlers how to color. Color alongside young children for an opportunity to connect with the child and interact. Toddlers love to mimic others and can learn a lot by watching their parent color alongside them. Offer toddler-friendly coloring pages. A big coloring book with many details can overwhelm a child. Try a printed page with simple shapes in smaller sizes. Dont expect perfection. Just putting crayons to the page is a great learning experience that builds hand strength, eye-hand coordination, and coloring experience. Expect whole-arm movements. Toddlers color with their shoulder and elbow movements, or the proximal movements and wont color with precise movements of the fingers until an older age. This is normal and to be expected. Coloring for toddlers looks like scribbling and thats OK! Encourage coloring and mark-making with coloring games and toys. This post has games and toys for coloring that toddlers will love. Work on fine motor hand skills through drawing games involving tweezers, games on the floor, gross motor play, and whole body play activities. Encourage play with age-appropriate puzzles and blocks. Use our winter color by letter worksheet to work on coloring in small spaces.Your child may start to show more interest in coloring just like you do, trying to copy your marks and paying closer attention to where they are placing their pen to paper. They should be able to copy a vertical line by around age two this is a key marker for pre-writing skills. Usually around this time they also choose a preferred hand dominance while coloring!The typical grasp pattern used by toddlers is the Palmar supinate grasp. This is a normal part of development.The early preschool years, or 2- 3 years of age are a prime range for developing beginning coloring skills. Your young preschool child will start to shift their fingers towards the paper while they hold their coloring utensil by age three. Some children hold their pencil towards the top near the eraser during this stage of development. They should naturally work their fingers down the utensil, closer to the paper, as they get used to this new grasp. Use these strategies to teach young preschoolers to color:During the 2-3 year period, you can expect your child to start drawing meaningful images. They will point to a drawing that may look like nothing to you, but then they will tell you that its their dog! By age three, your child should be able to do the next pre-writing task: copy a horizontal line and a circle.For young preschoolers, continued exposure to coloring is necessary. So often, young children skip the needed PLAY that builds fine and gross motor skills. With more and more young children playing primarily on screens versus free play, independent play, and creative fine motor play that builds the necessary hand strength, mobility, dexterity needed for precision, endurance, and progression through typical grasp patterns. Children at the preschool stages need fine motor play, much less screen time exposure, and play experiences. Another pet peeve of pediatric occupational therapists is the tendency to hand a young child a pencil or pen during the preschool years. Continue with the suggestions listed above for the baby stage. Use a variety of crayon types and sizes: regular crayons, finger crayons, egg-shaped crayons, rock crayons, thumb crayons, bath crayons, Dont be afraid to use broken crayons. Sounds strange, right? Sometimes a whole crayon is too big for small hands. A broken crayon can be the just right size and can be used as a strengthening tool for fine motor skills as well. Dont expect perfection. Crayon lines will go over the border of the coloring area and thats ok! Offer small coloring spaces with wider borders. Provide simple shapes for coloring opportunities. Offer physical boundaries if needed: Use wikki sticks around the coloring area, use your hands to create a small coloring space. Color small areas on an easel to engage the core as a stabilizer, work against gravity, to place the wrist into extension, to pull the fingers into a tripod type of grasp for dexterity. Continue easel work and play with lite brittle, painting on easels, sticking and peeling tape to the wall, sticking foam pieces to a wet easel surface. Play with foam sheets on a window. Try this rainbow play activity where preschoolers can stick foam sheets to a wet window. Encourage use of a spray bottle to wet the window and then wipe with a towel to clean up any drips. (Its a great way to teach colors to preschoolers, too!) Draw with chalk on a vertical chalk board or on a driveway/side walk. Try window paints. Try coloring materials that require less hand strength or resistance, to make a mark. Kwik Stick tempera paints are a great option. Show toddlers how to color. Color alongside young children for an opportunity to connect with the child and interact. Toddlers love to mimic others and can learn a lot by watching their parent color alongside them.The typical grasp pattern used by young preschool children in the 2-3 year age range is the Digital pronate grasp. Use of this grasp pattern is a typical stage of grasp development.During the later preschool years, at four and five years of age, preschoolers are developing more refined coloring skills as their motor and visual develop integrate. Around age four is when you can start to see their drawings images appear more regularly in your child's artwork. Four-year-olds will usually draw people with two, three, or four body parts. For example, they may draw a circle for a head, a rectangle for the body, and two circles for feet. By the time they are five, they will likely be drawing people and animals with six or more body parts! You will see their drawings becoming more and more life-like, by adding details like fingers, eye color, and buttons on clothing. By age four, we expect a child to be able to copy a cross a very tricky visual motor skill! Arounds age five, we would expect a child to be able to copy a square and color inside the lines fairly well. For older preschoolers, especially those in Pre-K, it can be common to see preschools and pre-K classrooms where young children are expected to write letters, write their name, or trace letters. This is potentially damaging for the young child and not recommended by pediatric occupational therapists. This premature exposure to writing with pencils, tracing letters, and writing letters isnt based on child development of motor skills. It will result in forming letters incorrectly and establishing poor motor plans for letters. It will result in poor pencil grasps that are difficult to change. It will result in forming letters from the bottom or in chunks. It is a detriment to children, especially because there is little time in the kindergarten classroom for working on letter formation, pencil grasp instruction beyond the regular curriculum. So changing motor plans and muscle memory that has been poorly established is detrimental for the young child.What preschool and Pre-K children at 4 and 5 years of age need is play and the opportunity to develop and refine fine motor skills, hand strength, eye-hand coordination, visual motor skills. These skills are strengthened through play. Try these strategies to teach older preschoolers/Pre-K children to color:Use all of the strategies previously listed above. Encourage coloring with interest-based coloring pages (run a Google search for coloring pages, i.e. unicorn coloring pages, superhero coloring pages, etc. You can generally find free printable coloring pages in most themes.) Show off art work! Create a space in the home or clinic where coloring projects can be displayed. This is a great motivator for many children. Encourage smaller coloring areas to improve eye-hand coordination with line use. A smaller coloring space enables children to use their fingers to move the crayon rather than the wrist, elbow, or shoulder. Use a smaller or broken crayon to promote a developmentally appropriate tripod or static tripod grasp. Use simple shapes with curved lines like circles and ovals to promote smooth coloring lines with minimal direction changes and angles to the coloring picture. If children are complaining of tired hands or tend to switch crayon colors a lot, it can be a sign of weakness in the hands. To strengthen the hands, encourage play with tweezers, tongs, spray bottles, pinch and grip activities, LEGO blocks, play dough, beading activities, peg boards, etc. If you have a box of crayons with a crayon sharpener on the back, encourage the child to use it to sharpen crayons. The built-in sharpener is great for not only sharpening dull crayons, but also as a hand strengthening device!The typical grasp pattern in preschool years for 4-5 year olds is the quadrupod or static tripod grasp. Use of either of these grasps is part of typical grasp development. Somewhere between ages five and six, we would expect a child to be able to copy multiple shapes, including the ones they would have mastered in the past (i.e. vertical, horizontal, and crossed lines). Around age five we would like to see what is called a dynamic tripod grasp when a child is writing or coloring. They should have their pencil between their pointer finger and thumb, with the middle finger supporting and the ring and pinky fingers tucked away into the palm. This grasp is dynamic if the fingers can move separately from the palm and wrist, allowing for good control of the writing utensil. This growing strength and control is why we see handwriting and coloring skills develop!By age six, they should be able to copy more complex shapes, like triangles and rhombuses. You could expect them to independently draw some of the more simple shapes as well, like circles and squares.The dynamic tripod grasp is the most advanced pencil grasp and should continue throughout their life. Typically, whatever grasp a child has habituated by age 6 is the grasp they will likely continue to have.Try these strategies to teach children aged 5-6 years old children to color:Use all of the strategies listed above under preschool, older preschool, etc. Color using a variety of surfaces and mediums. Color using squeeze paints to work on hand strength. If hand strength is a challenge and the 5-6 year old complains of hand fatigue, try a less resistive coloring tool such as twist crayons. Work on coloring larger areas for longer periods of time. Use raised line borders if needed including Wikki Stix or dry glue to border the coloring area. Try a 3 crayon challenge. Highlight the coloring area. Try a bright color can be a visual cue of where to write letters should rest on the line. You can start with a nice thick and brightly colored highlighter likethis one. Encourage your kids at all stages of development to explore their creativity and the fine motor, visual motor, cognitive and socioemotional skills will follow. Use some coloring activities like our Presidents Day coloring pages for themed coloring fun.ReferencesDosman, C. F., Andrews, D., & Goulden, K. J. (2012). Evidence-based milestone ages as a framework for developmental surveillance. Paediatrics & Child Health,17(10), 561-568. For Disease Control & Prevention. (n.d.). Milestone moments: Learn the signs. Act early. Retrieved from : To Teach Colouring Skills is a collaborative article by Colleen Beck, OTR/L and Sydney Reard, OTS.Colleen Beck, OTR/L has been an occupational therapist since 2000, working in school-based, hand therapy, outpatient pedis, EL, and SNF. Colleen created The OT Toolbox to inspire therapists, teachers, and parents with easy and fun tools to help children thrive. Read her story about going from an OT making \$3/hour (after paying for kids childcare) to a full-time OT resource creator for millions of readers. Want to collaborate? Send an email to contact@theotttoolbox.com. Sydney Thorson, OTR/L, is a new occupational therapist working in school-based therapy. Herbackground is in Human Development and Family Studies, and she is passionate aboutproviding individualized and meaningful treatment for each child and their family. Sydney is alsoa childrens author and illustrator and is always working on new and exciting projects. Once your child has reached the big milestone of turning 1, you'll notice they become little sponges of information. They start walking, talking, and being so much more independent now that the baby stage is long gone. Around this age is when you can start introducing them to colors. Its important for a child to start hearing words often in order to remember it. Even though they probably wont be able to fully understand and retain the concept of colors until around 18 months, its a good idea to start teaching it early on. This is when learning colors will start to make sense to them, just like learning names of objects made sense to them around the 1 yearmark. Color matching (putting the red piece on the red spot) is one of the simplest forms of learning colors. It may occur first, along with recognizing and choosing colors when asked for them (handing you the red piece when you say give me the red piece). Lastly comes naming colors (being able to say red when asked what color is this?). This post may contain affiliate links which I would receive a small commission should you make a purchase. The key to your child learning colors is over-exposure. As Ill talk about below, you want to give them tons of opportunities to hear you saythe colors names, be asked the colors names, and see them often. I started really introducing my daughter to colors around 16 months old and she got a grasp of the concept quickly. Here are some simple tips to teach your toddler their colors: Dont overwhelm your toddler with too many colors at once. Focus on two at a time and then add more in as they become familiar with those. Whenever you see those two colors, point them out to your child, but dont label any other colors yet. For example, choose to teach your child red and green first. Whenever you see anything red or green, point it out. Give them only red and green objects at certain playtimes. Clearly label and talk about the red versus green objects. Ask them to sort only objects that are red or green. Once they are familiar with red and green and the differences between those two, add in yellow. Of course they will see other colors while they play, but really try to only speak about the few colors that you choose. Showing them less choices will help them to remember the colors easier. Related post: Pom Pom Tube Drop: Toddler Fine Motor Activity I love using fun, simple objects for learning colors and counting. Toddlers love little pompoms because of their softness and theyll be excited to learn with them. I like to group and sort them by color as my daughter puts them into their correct pile. If your child is just learning colors, naming the colors of each pompom works great too. This Rainbow Counting Bears Sorting Toy makes a fun learning resource for introducing color recognition & basic mathematics concepts such as counting and addition. It can also be used for kids math and counting games for toddlers and great for developing fine motor skills with the tongs. Have your toddler sort the bears into their same color cup. They can use their hands or tongs. Theyll also have a fun time using their imagination to make stories and games with the bears. Its best to use colors that are not all similar to each other so you dont confuse your toddler. Items that have contrasting colors will stick out more to them when theyre learning. For example, if youre teaching colors side by side, dont put blue and purple together, red and orange, red and pink, etc. Colors that pair well with contrast are red/green, blue/yellow, purple/green, and black/white. There are plenty more combinations to use. Also, sometimes certain shades of a color will be closely related like a yellowish green will look similar to yellow or a turquoise color could closer to a green or blue. Try to stick to the basic primary colors when teaching them. Check out our post on the PomPom Whisk Activity for Toddlers where you child can try a fun activity while also learning their colors. Puzzles are a great activity to develop language, cognition, and fine motor skills. My daughter loves theMelissa & Doug Colorful Fish Puzzle and is always asking to do it. While we play, I verbally label each color as she puts the piece in the boardso that she hears it over and over and can match the color name with what she sees. Sincethis color puzzle is using all fish, your child wont have to focus on the pictures or objects on thepuzzle, but will be able to just pay attention to the colors. I think this was one of the best aids that taught my daughter her colors so early. The concept of colors may be a little difficult for babies and toddlers to understand because its a word typically used todescribe something else.So far they have been learning words of actual things, like ball, car, mommy, milk, etc. All the items they can see or hold and names of these objects can make sense to them. To get them to understand the concept of colors better, make sure youre using two identical objects to point out the color differences. For example, dont show your child a red car and a blue block because she will just think that youre naming it differently because the object is different. Instead, use a red car and a blue car to distinguish the differences. This activity really works on color matching and sorting which are the first color activities your toddler will be able to do. We used MegaBlocks, but you can really use any blocks or toys that have different colors. Simply put construction paper on the floor in the colors of the blocks and have your child match their toy to the colored paper. Engage children in a hands-on discovery of colours using sensory-rich materials. Colour Bins or Sacks: Gather collections of items representing individual colours (e.g., red toys, green fabrics, yellow sensory balls). Allow children to explore these tactilely and visually, fostering discussion about similarities, differences, and associations. Visual Supports: Pair each item with laminated cards or photos, providing opportunities for matching and one-to-one correspondence. Makaton Signing: Enhance communication by introducing Makaton signs for each colour. Singing Hands Video on colours is an excellent resource for this approach. Sensory Colour Activities Colour sorting boxes with textured materials Scented play dough in different colours Light table exploration with transparent objects Colour-changing water experiments Textured paint exploration Movement-Based Learning Traffic light actions Colour scavenger hunts Rainbow yoga poses Colour-themed obstacle courses Art Exploration Nature dye creation Rainbow collages Colour wheel spinning Ice painting Food-Based Activities Fruit and vegetable colour sorting Rainbow snack preparation Colour-themed taste tests Food coloring experiments Colourful smoothie making Nature and Outdoor Learning Connection Leaf matching Flower petal sorting Rainbow nature collections Sky colour observation Garden colour walks Musical Elements Colour songs Rainbow percussion instruments Colour-coded music notes Musical movement with colours Sound and colour association games Literacy Integration Picture book matching Colour story creation Environmental print colour flowers Maths Mathematical Links Colour pattern making Sorting by shade Counting coloured objects Shape-color combinations Graphing favourite colours Science Experiments Colour mixing with light Rainbow water walking Crystal growing Prism exploration Colour absorption tests Dramatic Play Colour-themed dress-up Rainbow shopping games Colour restaurant play Paint shop scenarios Colour monster role-play Fine Motor Activities Colour sorting with tweezers Rainbow threading Colour matching Puzzles Bead pattern making Colour coding with stickers Social-Emotional Connection (Zones of Regulation) Colour mood associations Colour sharing activities Emotional colour wheels Digital Integration Interactive colour or painting games/apps Digital colour mixing Photo colour hunts Colour recognition apps Virtual sorting by colours Environmental Learning Classroom color labeling Colour-coded organisation of the classroom Rainbow reading corners Themed displays Environmental colour walks Transform learning into a playful adventure by organizing a colour hunt. Nature-Inspired Hunts: Provide children with cards displaying various colours. Encourage them to find natural items (leaves, flowers, pebbles) that match the colors. Attach these to their cards using sellotape to create a tactile colour collage. Paint Strip Match-Up: Use paint sample strips to add an extra layer of challenge. Children can take photos of colour matches using tablets or iPads, fostering both fine motor and technology skills. This activity works wonderfully in Forest School settings or as an outdoor exploration of seasonal colors. During your daily Circle Time introduce a daily focus on one colour to build familiarity and deepen understanding. Colour of the Day: Assign a colour to each day (e.g., Monday red, Tuesday orange). During circle time, children select toys or objects from a themed bag, promoting turn-taking and vocabulary development. Colour Tables: Create a morning display of items correlating with the days colour, inviting children to contribute or explore independently. Songs and Stories: Incorporate music and books themed around each colour, fostering auditory learning and imagination. Inspired by the Attention Autism approach, use engaging visuals and clear demonstrations to teach colours. Bucket Sessions: Introduce bright, attention-grabbing props that represent each colour. Use repetition and enthusiasm to maintain focus. Interactive Experiences: Incorporate activities like painting or pouring colourful liquids into transparent jars for cause-and-effect learning. Search platforms like TikTok for examples of Attention Autism sessions tailored to teaching colours. @chloeipmteacher I think Ill use coloured confetti next time #attentionautism #senteacher #teachertok Do You Think Basement Jaxx Design sensory-rich lessons that help children associate colours with their environment. Colour and Smell: Use scented items (e.g., lavender for purple, lemon for yellow) to create a memorable sensory link. Texture and Touch: Include textured items like fluffy cotton balls for white or smooth pebbles for grey to support tactile exploration. Colourful Foods: If appropriate, use fruit and vegetables (e.g., red strawberries, green cucumbers) for an edible, multisensory experience. Create vibrant, colourful sensory trays using dyed rice for a hands-on learning experience. How to Set It Up: Dye uncooked rice in various colours using food coloring and let it dry. Divide the rice into sections in a large tray to resemble a rainbow. Activity Ideas: Hide small objects in the rice for children to find and match to colour cards. Encourage children to mix colours and create their own rainbow blends, fostering fine motor skills and colour recognition. Inclusive Tips: Provide sensory tools (e.g., scoops, funnels) for children who prefer not to touch the rice directly. Splatter painting is a messy yet exciting way to explore colours through art. How to Set It Up: Lay out large sheets of paper or canvas and provide child-safe paints in primary colours. Use tools like brushes, sponges, or droppers for paint application. Activity Ideas: Experiment with mixing colours by splattering two shades together and observing the results. Create group artwork by assigning each child a colour to splatter, promoting teamwork and inclusion. Inclusive Tips: Offer alternatives such as adapted paintbrushes for children with motor difficulties. Turn colour learning into a physical and cooperative activity. How to Set It Up: Place large coloured mats, hoops, or fabric squares on the floor For smaller groups or 1:1 sessions you can use a twister mat. Activity Ideas: Colour Hop: Call out a colour, and children hop to the matching mat. Sorting Race: Scatter coloured objects around the room and ask children to place them on the correct mat. Inclusive Tips: Adapt the game for children with mobility challenges by allowing them to point to or throw soft objects at the mats instead. Introduce colours in a magical way using light and shadows. How to Set It Up: Use a flashlight or a torch with coloured filters or transparent coloured shapes. Activity Ideas: Mix two coloured filters together to explore colour combinations. Shine light through objects (e.g., coloured plastic blocks) to create patterns and shadows. Inclusive Tips: Ensure the setup is accessible for all children, including those in wheelchairs or with visual impairments (e.g., using brighter contrasts). Enhance story time with colour-themed props for a rich sensory experience. How to Set It Up: Choose a book focusing on colours (e.g., Elmer by David McKee or Brown Bear, Brown Bear by Eric Carle). Gather colourful props to represent key elements in the story. Activity Ideas: Pass around props as the story progresses, encouraging children to interact with the items. Ask questions like, What colour is this? Can you find something else that's the same colour? Inclusive Tips: Include textured props for sensory input and use communication aids like Makaton picture cards to support understanding. When planning colour-based activities, consider the individual needs of each child: Sensory Sensitivities: Offer alternatives for children who may find certain textures overwhelming. Communication Needs: Use visual aids, signing, or AAC devices to support non-verbal learners. Small Group Options: Provide quieter, smaller group sessions for children who may find large groups challenging. Structured Activities: Use something like the TEACCH approach to create simple self-contained practical activities to teach colours. Teaching colours in the EYFS can be a dynamic and inclusive process, weaving sensory play, outdoor exploration, and tailored strategies to meet diverse needs. By embracing creativity and focusing on inclusion, educators can ensure all children develop a deeper understanding of colours while building communication, problem-solving, and sensory processing skills. What are your favourite ways to teach colours? Share your ideas in the comments and lets keep inspiring one another! Subscribe to get the latest posts sent to your email.

How to teach a child to color inside the lines. How to teach a child to color in the lines. Teach colours. How to teach colors to a child with autism. How to teach colors to a colorblind child. How to teach coloring to preschoolers. How to teach a child to identify colors. Teach colors to 3 year old. Teach toddlers colors.