

Sensory colours

Sensory

30 minutes

You will need:

Large sheet of paper,
such as lining paper

Poster paints,
in lots of different colours

Paint brushes

Water pots

Latex-free disposable gloves

Wipes

Optional:

Aprons (to protect people's
clothes), table and floor
covering

One-to-one



Gentle
Explorative
Tactile

A simple activity that works really well in pairs. Depending on the level of need and/or confidence, the activity could be undertaken by the participant and a family member or friend with minimal support.

To prepare:

Lay out the paper on the table and ensure all the required equipment will be within reach of the participants.

To begin:

Look at and talk about the various colours of paint – *which colours do the group like the best? How do they feel about the variety of colours that are available to them?*

Divide your group into pairs and then invite everybody to put on rubber gloves. Next, ask each person to choose a colour that they will paint onto the palm of the non-dominant hand of their partner. Each person then makes a print of their painted hand onto the paper.

Everybody then reapplies the paint and touches or holds the hands of their partner so that the paints mix on the gloves. They then each press their palms onto the paper again.

Next:

Take time to look at and open up discussion around the colours. *How have the colours changed when mixed? Which of the new colour combinations do they like best?*

Savour the time together and the shared experience. Allow the activity and conversation to flow and see what happens – there is no right or wrong response or approach!

Wipe the gloves and repeat with different colours – or the same colours – as many times as desired.

You could also:

Invite family members, friends and staff to take part in the activity over time so that a collage of intermingled palm prints and colours evolves. People could create their own individual collage or a group could work together to create a collaborative collage.

This can be a lovely intergenerational activity with older people and children creating handprints and collages together.

Credit:

Hoot Creative Arts /
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companionship groups.