

Colour as writing inspiration

Stories and poetry

Up to 45 minutes

(but can be longer or shorter depending on group needs)

You will need:

Paint charts

(free from DIY stores)

Access to a garden space

(this could be your own garden or a park!)

A pen and paper

One-to-one Dementia-friendly



Fun
Creative
Colourful

Use a range of resources and ideas to tap into colour as poetry and creative writing inspiration. Focus on a specific colour that you see lots of or particularly like, and let your mind take you wherever it wants to!

To begin:

Get comfortable in the space that you are working. It helps if you have a sturdy bench or garden chairs with a garden table.

Start by asking the group to observe the colours they can spot in the garden around them. You may want to walk around to do this or sit in the seats and observe the garden from one position.

Next:

When you have had a general look around, choose a single colour to focus upon. *How many shades of that colour can you spot in the garden? Then look at the colour on your colour charts – are any of the shades on the chart also in the garden? How would you describe the different shades and what moods do they evoke? What do you associate that colour with? What does it make you think of?*

Have fun looking, daydreaming, imagining and coming up with ideas springing from your chosen colour. Be playful – there is no right or wrong answer. Let your colour guide your thoughts and images.

Then:

Draw out more associations by emphasising the senses to create a sensory colour poem related to the colour that you have chosen. Do this by describing your colour through the five senses.

For example:

*Purple **looks** like Julie's veins on her legs, a fancy wrapped birthday gift, a vibrant butterfly*

*Purple **feels** like Frayed Velvet, the patent shoes that I wore to Kate's wedding, something luxurious*

*Purple **sounds** like the orchestra warming up, pompous and posh, deep and rich*

*Purple **tastes** like strong Swiss cheese fondue, a plum, something thick that sticks to your teeth*

*Purple **smells** like a rich juicy grape, deep thick wine, plum pudding*

As people come up with ideas, write them down to create a simple poem – it's fine if you come up with multiple ideas for each sense.

Credit:

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As you write together remember that poetry doesn't have to rhyme; anything goes! Try to write exactly what people say in response – don't try to edit or change people's words.

Another good starting point is to use the phrase "Makes me think of..."

So:

Purple makes me think of...

Wrapping paper

Irises in my garden

The wallpaper in my old office

Grapes on a summer day

To finish:

Read the piece aloud that you have created. You could do this or one of your group may want to. The important thing is to read slowly and let the words and images sink in.

Then have fun chatting about it together – *what do the group like about it? What is interesting? What is surprising? Can they come up with a name for it together?*

Finally, read the poem one last time.

You could also:

Try several sessions working on different colours and combine individual colour poems and group pieces.

Combine writing with a 'Read-Aloud' activity sharing some colour-related poems or pieces written by other people. *Colour* by Christina Rossetti is a lovely poem to read if you want to do this, as is *The Blue Garden* by Helen Dunmore.

