

# Colour and mood

## Sensory

30-60 minutes

### You will need:

Swatches of paper or fabric, in a range of colours

### Optional:

A large sheet of paper or flipchart

One-to-one

Dementia-friendly



Fun  
Sensory  
Mindful

A sensory activity exploring colour and emotion. It is dementia friendly and can help support speech and communication. It can create a space to discuss feelings and emotions, and to stimulate mindfulness.

### To begin:

Lay out a range of swatches of paper and/or fabric in a wide range of colours. Invite the people that you are working with to have a good look at the different swatches. *Can they choose their favourite colour?* When each person has chosen a colour, take turns to share what you have chosen and why you have chosen it. There is no rush – leave space for thinking and make sure that everybody who wants to has a chance to share their thoughts.

You might like to make notes of your discussion in a place that everybody can see such as on a flipchart or large sheet of paper.

### Next:

Talk about what the colours might represent culturally. For example red for love or danger, purple for royalty, green for health or nature. *What do the different colours represent to the group?*

This often leads to a conversation about how the different colours make them feel. *Do any colours have a particular association for them?*

### To finish:

Ask the participants which colour represents how they are feeling today and why.

This is a great way to talk about mood and mental health while using creative and socially and culturally recognisable language as a stimulus.

### You could also:

Talk about the way colour can be used as a code for non-verbal communication, and how different colours carry different meanings and associations which can vary across different cultures.

*What words would you associate with each colour?*

**Red:** Love, Passion, Danger, Fire, Confidence, Strength, Power

**Orange:** Activity, Energy, Health, Fun, Creativity, Youthfulness

**Yellow:** Sunshine, Cheerfulness, Joy, Intellect, Caution, Hazard

**Green:** Nature, Environment, Wealth, Growth, Vitality, Stability, Prestige

**Blue:** Trust, Communication, Health, Sadness, Depression, Calm, Harmony

**Purple:** Royal, Noble, Luxury, Sentimental, Nostalgic, Spiritual

**Brown:** Nature, Strong, Simple, Wholesome, Honest, Dirty, Dull

**Pink:** Feminine, Romantic, Sentimental, Fun

**Black:** Sad, Sophisticated, Power, Death, Cool

**White:** Pure, Innocent, Clean, Sterile, Clinical

### Credit:

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