

COLOUR ADVENTURE

Art | English Language Arts | Physical Education

Possible curricular outcomes, artwork/activity dependent: Science, Social Studies.

Look Closely

Stop and quietly look at this artwork for at least one full minute.

- What do you notice?
- Use your [viewfinder](#) to help focus on any parts of the artwork that make you curious.
- Imagine you are inside the artwork. What can you hear and smell?

Learn More

Giving students something to focus on greatly helps the process of slow looking. Slow looking is a practice involving the study of something with intention and attention. You can practice slow looking anywhere; it doesn't have to be with an artwork or in museum.

The impact of colour goes beyond just visual appeal – it's about how our brains process colours. Studies show that different colours can trigger emotional responses, which then influence our behaviour.

Activity

Materials: viewfinder

1. Once you have spent some time looking closely at the artwork, as a class, choose one colour that stands out to you.
2. Talk with each other about what this colour reminds you of and how it makes you feel.
3. Take this colour on a walk, either in your school or outside. (remember to bring your viewfinders)
4. Where do you first notice that colour? Where else does it appear?
5. Then, think about how your colour might affect the mood or atmosphere of where you are walking.
 - a. How would it feel or look without your colour?
6. As you continue your walk, are there any other colours you notice? Are there any unexpected colours?
 - a. Remember these colours for when you look at the artwork again. Are these colours in the artwork?
7. At the end of the walk, check in with yourself; is there anything that stood out during your colour walk? What new things did you see?

Share!

Share your beautiful colour adventures with us at Glenbow: schoolprograms@glenbow.org.

Additional Questions and Thought Starters

- What is your favourite colour and why?
- What connections can you make between you and the artwork?
- How might the artwork be connected to bigger stories – about the world around us?