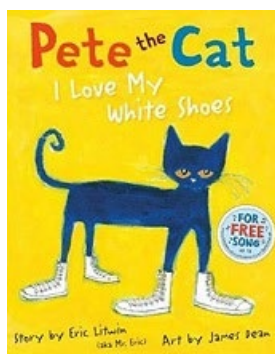


## A Colourful Day

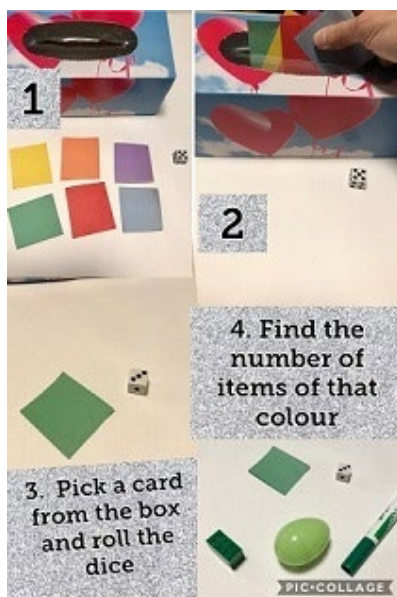
Hello StrongStart friends,

Everywhere we look, we see colours. Young children may develop a colour preference early on. That preference can change over time or even from day to day! Let's explore the entire rainbow today through books, songs and art activities.

Before we start, let's warm up our bodies with Pete the Cat doing the Cool Cat Boogie - <https://youtu.be/ZKX-ar3pAS4>. After, let's listen to a story called "Pete the Cat: I Love My White Shoes" by Eric Litwin and James Dean, read by Teacher Steven - <https://youtu.be/vUWqcoApr1g>



What colour shoes did you see in the book? Did you see red? How about blue? Let's play a game to see what colours you can find at home!

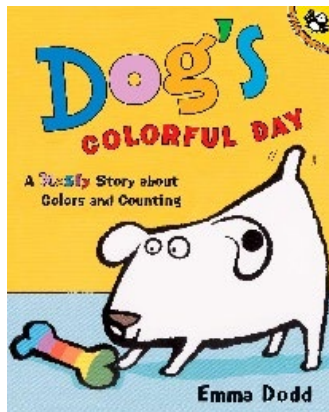


Materials: coloured paper (or just colour white paper different colours), a "mystery" bag or box (like a tissue box), a dice (optional)

Instructions:

- Cut out the different coloured paper into squares and place them inside the box/bag.
- Take turns pulling out a coloured square. Then, roll the dice. **The number on the dice is how many coloured items (of the square you picked) you have to find.** For example, if you picked green and rolled a 3, you'll have to find three green things in your home!
- For younger children, parents can put different coloured items into a bag/box and have your child pull out one item at a time. Then, you can talk about the colour of each one!

Let's continue with a felt story about "Dog's Colourful Day" by Emma Dodd with Teacher Evina - <https://youtu.be/viEhmxhViVw>



One way to experiment with colours is with food colouring.



Materials: eye droppers (or suck it up with a straw by covering the top with your finger), 6 clear cups/containers, food colouring or water colour

Instructions:

- Fill each cup with some water.
- Put drops of colour in each cup.
- Using the eye droppers, put drops of colours into the cup.
- Begin mixing two colours together. What colour do you get? Can you make a new colour?

Another great way to experiment with colours is through mixing paint. One way to minimize cleanup is to mix it in a Ziploc bag! Ms. Natalya will demonstrate how to make a frog with blue and yellow paint - [https://youtu.be/P7vn\\_gxgcUc](https://youtu.be/P7vn_gxgcUc) . However, you can mix other colours together and see what they become. You can even add glitter or sparkles in the bag!



Making a Frog Art with Ms. Natalya

To wrap up, let's sing "Mm Ahh Went the Little Green Frog" with Teacher Michelle - <https://youtu.be/Rd1zJOSmLI4>. What other coloured animals did you see in the video?

Thanks for reading!