

Keeping Brain Fit At Home

Our Groups: *Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **COLOURS**



Everybody wants happiness and nobody wants pain, but you can't have a rainbow without a little rain.

Here at Memory Matters we have been talking about some of our favourite colours:

Clarinda's favourite colour is green. Green to look at rather than to wear – green fields, green trees and a bed of soft green moss. Her go to colour to wear would be coral as it helps to lift her mood.

Kate's favourite colour is also green! Kate's Mum also used to always say "wear green because it goes with everything – that's why leaves on plants are green!".

Emma really loves the colour turquoise as it reminds her of the ocean. She owns lots of rings that have turquoise stones incorporated in their design. Emma also likes the colour yellow as it makes her feel happy and it reminds her of sunshine.

- Choose some letters of the alphabet and think of a colour beginning with those letters.
- **R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain - did anyone use this mnemonic as a way of remember the colours of the rainbow?
- As a child, did you ever go hunting for the “pot of gold at the end of the rainbow?”
- Tell us about a favourite colour of yours, is there any particular reason that it is your favourite?
- We wonder what colour clothes you prefer to wear and if the colour of your school uniform had an influence on this?

Colour by Christina Rossetti

What is **pink**? A rose is pink by a fountain's brink

What is **red**? A Poppy's red in its barley bed

What is **blue**? The sky is blue, where the clouds float through

What is **white**? A swan is white sailing in the light

What is **yellow**? Pears are yellow, rich and ripe and mellow

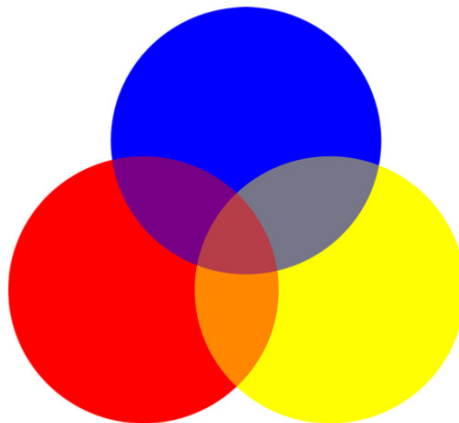
What is **green**? The grass is green with small flowers between

What is **violet**? Clouds are violet in the summer twilight

What is **orange**? Why an orange, just an orange!

The poet has given us some beautiful images to match all the different colours.

- What do you associate with some of these colours? We looked at three primary colours and thought of:



Red - A double decker bus, home grown tomatoes

Blue - Chelsea football strip! And swimming in the ocean

Yellow - Van Gogh's Sunflowers and a pat of Cornish butter

- Some people think that colours have an effect on your mood, which colours do you find calming and relaxing?
- We wonder if you have ever had a DIY disaster when decorating your home over the years?!
We regret orange kitchen cabinets, zebra print rugs and geometric wallpaper!

Colourful Phrases

- We have been making a list of some popular sayings that include colour, can you add some of your own?

Tickled Pink

Out of the Blue

Green Around the Gills

Red Letter Day

Black Sheep of the Family

Colourful Songs

- How many of these colourful songs can you sing the second line to?

“When the red, red robin...”

“We all live in a yellow submarine...”

“There’ll be bluebirds over...”

“Oranges and lemons...”

“There is a green hill far away...”

“Blue Moon, you saw me standing alone...”

Why did the farmer call his horse Blacksmith?

- Because the horse kept making a bolt for the door!

Photo Archive:



Our St Austell Group created this masterpiece using Autumn leaves. Didn't they do well?