

COLORS OF THE RAINBOW

Lesson

The world is full of color. It adds variety and interest to our everyday lives. Your child has probably reached the age of curiosity and independence. Help them learn the colors of the rainbow through books, art, & everyday objects.



Outing

Go for a walk or to the park. Help your child notice the color everywhere. The blue sky, the green grass, the black dog, etc. Help them have fun as they enter the world of color.

Arts & Crafts

Sidewalk Chalk (18+ months)

Materials: Sidewalk Chalk

Description: Draw rainbows & other pictures with chalk, using red, orange, yellow, green, blue, & purple. Talk about the colors as you use them.



Snack Time:

Ingredients: Red-Apple, Orange-Orange, Yellow-Pears, Green- Melon, Blue-Blueberry, Purple-Grapes

Directions: Wash and cut fruit and serve.

*Optional-add vanilla or flavored yogurt along with granola for a more tasteful snack.

Other colorful snack ideas:

Froot Loops™, Popsicles, Dye plain Yogurt a different color for each child



Activity & Games

Matching Game (2+ years)

Materials: 12 paper plates and markers

Description: Mark the plates with colors (write the word “red” on 2 plates, write “orange” on 2 plates, and so on). Let the child use the coinciding marker to color on the plate. Once finished lay the 12 paper plates facing down (picture side down), then let the children take turns trying to match up the color pairs. It’s fun to see your picture revealed when it is turned over!

Reading Time

-A Color of His Own, by Leo Lionni

-Elmer’s Colors, by David McKee

-If Kisses Were Colors, by Janet Lawler, Illustrated by Alison Jay

-My First Book of Color, by Eric Carle

