

A Rainbow of Fun: A Month of Color Exploration

Materials Needed

- Non-toxic, washable paint (red, yellow, blue, black, white)
- Large sheets of paper or a roll of craft paper
- Construction paper in various colors
- Child-safe scissors and glue stick
- Play-Doh in primary colors (red, yellow, blue)
- A variety of household objects and toys in solid colors (blocks, balls, cups, etc.)
- Sidewalk chalk
- Food coloring
- Shaving cream or plain yogurt for sensory play
- Clear plastic bin or baking dish for sensory activities
- Assorted craft supplies: pom-poms, pipe cleaners, feathers in various colors
- Picture books about colors (e.g., "Brown Bear, Brown Bear, What Do You See?", "A Color of His Own")
- Snacks in various colors (strawberries, bananas, blueberries, oranges, grapes, carrots, broccoli)

Guiding Principles for This Lesson

- **Follow the Child's Lead:** If your child is fascinated by one activity, spend more time on it. If they are not interested, move on. The goal is joyful exploration, not forced learning.
- **Talk, Talk, Talk:** Constantly narrate what you are doing. "I see you're holding the **blue** block." "Let's put the **red** paint on the paper."
- **Keep it Short and Sweet:** A 2-year-old's attention span is short. Aim for 10-15 minutes per planned activity. You can do multiple short activities throughout the day.
- **Focus on One or Two Colors at a Time:** Introduce colors slowly to avoid overwhelm.

Learning Objectives

By the end of the month, the student will be able to:

- Show interest in and identify different colors in their environment.
- Point to a specific color when named (e.g., "Where is the yellow ball?").
- Attempt to name 3-4 basic colors.
- Participate in sorting objects by color with assistance.
- Creatively express themselves using different colors in art activities.

Weekly Plan

Week 1: The Primary Colors - Red, Yellow, & Blue

This week is all about introducing the foundational colors. Try to wear the "Color of the Day" to add to the fun!

Day 1-2: Focus on RED

- **Color Hunt:** Go on a hunt around the house and yard for everything **red**. Place all the items in a basket.
- **Red Sensory Bin:** Fill a bin with red-dyed rice or water, and add red objects like blocks, pom-poms, and measuring cups.
- **Red Snack Time:** Eat red foods like strawberries, raspberries, or apple slices.
- **Art Time:** Finger paint with **red** paint. Talk about how it feels and looks.

Day 3-4: Focus on YELLOW

- **Color Hunt:** Search for all things **yellow**. Compare your yellow basket to your red basket from yesterday.
- **Yellow Play-Doh:** Squish, roll, and play with **yellow** Play-Doh. Make yellow snakes, balls, and pancakes.
- **Yellow Snack Time:** Enjoy bananas or yellow bell peppers.
- **Art Time:** Use a sponge dipped in **yellow** paint to make sunshine prints on paper.

Day 5-6: Focus on BLUE

- **Color Hunt:** Find all the **blue** things you can!
- **Blue Sensory Bag:** Fill a sturdy zip-top bag with blue hair gel or shaving cream mixed with blue food coloring. Seal it tightly (with tape!) and let your child squish it.
- **Blue Snack Time:** Eat yummy blueberries.
- **Art Time:** Use painter's tape to create a design on paper. Let your child paint over the whole page with **blue** paint. Once it dries, peel the tape off for a cool reveal.

Day 7: Primary Color Mix-Up

- **Sorting Game:** Dump all the red, yellow, and blue items from your hunts into one pile. Work together to sort them back into their color groups.
- **Read Aloud:** Read "Brown Bear, Brown Bear, What Do You See?" and emphasize the red bird, yellow duck, and blue horse.

Week 2: Making New Friends - Green, Orange, & Purple

This week focuses on discovery and the magic of mixing colors.

Day 1-2: Focus on GREEN

- **Nature Walk:** Go outside and find as many different shades of **green** as you can: leaves, grass, stems.
- **Magic Paint Mixing:** In a clear zip-top bag or on a plate, let your child mix a blob of blue paint and a blob of yellow paint with their fingers. Watch **green** appear!
- **Green Snack Time:** Eat cucumber slices, green grapes, or broccoli.

Day 3-4: Focus on ORANGE

- **Orange Hunt:** Find all the **orange** toys, books, and clothes in your house.
- **Magic Play-Doh:** Give your child a piece of red and a piece of yellow Play-Doh. Help them knead them together until it turns **orange**.

- **Orange Snack Time:** Enjoy orange slices, carrots, or cantaloupe.

Day 5-6: Focus on PURPLE

- **Purple Sensory Bin:** Fill a bin with water and a few drops of purple food coloring. Add funnels, cups, and sponges for scooping and pouring.
- **Magic Shaving Cream Art:** Spread shaving cream on a tray. Add a few drops of red and blue food coloring. Let your child swirl the colors with their finger to create **purple**. Press a piece of paper on top to make a print.
- **Purple Snack Time:** Eat purple grapes or blackberries.

Day 7: Secondary Color Fun

- **Color Collage:** Give your child scraps of green, orange, and purple construction paper and a glue stick. Let them create a beautiful, abstract collage.
 - **Chalk Art:** Use sidewalk chalk to draw big circles of green, orange, and purple. Call out a color and have your child run and jump in that circle.
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Week 3: The Helper Colors - Black, White, & Brown

This week, we explore the colors we see every day in the world around us.

Day 1-2: Focus on BLACK & WHITE

- **Shadow Play:** In a darkened room, use a flashlight to make shadows on the wall. Notice how the shadow is **black**.
- **Cotton Ball Art:** Glue fluffy **white** cotton balls onto dark paper to make clouds or sheep.
- **Zebra Stripes:** Paint or draw **black** stripes on a **white** piece of paper.
- **Snack Time:** Enjoy yogurt with blackberries or Oreo cookies (separating them to see the black and white).

Day 3-4: Focus on BROWN

- **Nature's Color:** Go on a hunt for **brown** things outside: dirt, sticks, tree bark, and dry leaves.
- **"Mud" Painting:** Mix a little brown paint with some cornstarch and water to create a thick, mud-like paint. Let your child paint with it using their hands or a toy truck.
- **Brown Snack Time:** Eat pretzels or a piece of whole-wheat toast.

Day 5-7: Color Review & Sorting

- **Toy Sort:** Gather a big pile of colorful toys (blocks, rings, cars). Work together to sort them into color piles. Celebrate your great sorting!
 - **Book Exploration:** Look through favorite books and, instead of reading the story, just point to and name all the colors you can find on each page.
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Week 4: Rainbow Celebration!

Let's put it all together in a fun, creative, and colorful finale.

Day 1-2: Building a Rainbow

- **Rainbow Collage:** Cut strips of construction paper in all the colors you've learned. Help your child glue them in order (Red, Orange, Yellow, Green, Blue, Purple) on a large piece of paper to make a rainbow.
- **Fruit Loop Rainbow:** Draw a rainbow arc on paper. Have your child sort Fruit Loops (or colored pom-poms) by color and glue them onto the corresponding arc. This is great for fine motor skills!

Day 3-4: Rainbow Sensory Play

- **Rainbow Rice Bin:** Create a sensory bin with layers of rainbow-colored rice (you can dye rice by shaking it in a bag with a little vinegar and food coloring, then letting it dry). Hide small toys inside for your child to find.
- **Rainbow Water Play:** On a warm day, set up several small bins of water, each dyed a different color of the rainbow. Let your child splash, pour, and mix them.

Day 5-7: Rainbow Party

- **Rainbow Snack:** Create a rainbow on a plate with fruits and veggies: strawberries, orange slices, pineapple chunks, kiwi, blueberries, and grapes.
- **Rainbow Dance Party:** Play music and call out colors. When you say "**Green!**", your child has to run and touch something green in the room before they can start dancing again.
- **Show What You Know (Informal Assessment):** Casually ask your child to show you their creations. "Wow, look at your rainbow! Can you point to the **red** part? Where is the **blue**?" Observe their recognition and attempts to name colors. Celebrate every effort, no matter how small!