

COLOURS IN YOUR CREATIVITY

Themed Creative Resource

This is based on the exercises I use in my 'Wednesday Scribbles' workshops. They're designed to unlock your creativity while silencing your inner critic.



Workshops are every fortnight. Book one [here](#)

"And all the colors I am inside have not been invented yet."

- SHEL SILVERSTEIN



Guatapé, Colombia. How would it feel to walk these streets?

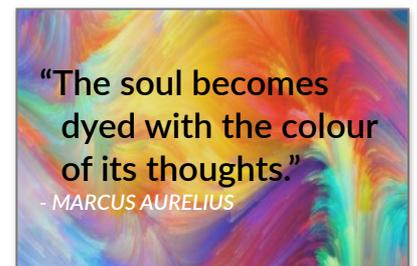
Timed Activities

Setting a time and writing constantly is a great way to release ideas without judgement. You might be surprised at what comes out! Try these:

- Write a list of colours in one minute. Choose one and freewrite, for two minutes starting with 'x is my favourite colour because...'
- Choose one of your colours. In five minutes, start ten sentences with the same colour, for example: 'blue is...'
- Look around your room for a bright, vivid object. Take three minutes to write about its importance (to a character or yourself).
- Create a colour wheel. On the other side of the page, create a mood wheel. Match them up in unusual ways and use them for a description.
- Using the prompts on this page, the inspiration from literature below and the images, give yourself fifteen minutes to write.

Next Steps

Take one of your pieces or fragments and develop it. Anything from poetry to creative non-fiction. They will also support any creative art from music to design. Doing activities like this regularly will flex your creative muscles and focus the brain on freeing itself from judgement.



COLOUR-BASED INSPIRATION: REBECCA SOLNIT – THE BLUE OF DISTANCE

The world is blue at its edges and in its depths. This blue is the light that got lost. Light at the blue end of the spectrum does not travel the whole distance from the sun to us. It disperses among the molecules of the air, it scatters in water. Water is colorless, shallow water appears to be the colour of whatever is underneath it, but deep water is full of this scattered light, the purer the water the deeper the blue. The sky is blue for the same reason, but the blue at the horizon, the blue of land that seems to be dissolving into the sky, is a deeper, dreamier, melancholy blue, the blue at the farthest reaches of the places where you see for miles, the blue of distance. This light that does not touch us, does not travel the whole distance, the light that gets lost, gives us the beauty of the world, so much of which is in the colour blue. (Copyright Rebecca Solnit: 2005)

