

creative matters

by Christine Marie

Color Play

Simple color exercises to help you notice,
experiment, and play.



20 - 30
Minutes



Beginner
Friendly



Free
Guide

♥ art, process and the joy of creativity ♥

Let's Explore Color

Color can change the feeling of a piece before you even notice the shapes or details. Bright colors often feel energetic, while soft colors can feel calm. Warm colors may feel cozy, while cool colors can feel peaceful.

There isn't a right or wrong way to use color. The best way to learn is to experiment and notice what you enjoy.

What you'll learn

In this workbook, you'll explore how color can change the mood and feeling of your artwork through simple exercises.

By the end, you'll be able to:

- ✓ Understand the basics of warm and cool colors
- ✓ Experiment with light, dark, bright, and muted colors
- ✓ Create simple color palettes that work well together
- ✓ Build confidence exploring color without worrying about getting it right.

Pause & Notice

Think about the colors you're naturally drawn to.

- Which colors do you reach for most often?
- Are there colors you usually avoid?
- How do different colors make you feel?

Remember...

There are no perfect color choices.

The goal is to experiment, notice, and enjoy the process.

What You'll Need

Everything in this workbook can be completed with simple supplies. Use what you already have—there's no need to buy anything new.

Start With

- ✓ Paint, markers, colored pencils, or crayons
- ✓ Mixed media, watercolor, or drawing paper
- ✓ A paintbrush (if using paint)
- ✓ Water and a container (if using paint)

Nice to Have

- ✓ Paper towels or a cloth
- ✓ A palette or paper plate for mixing paint
- ✓ Pencil for notes or sketches



Don't worry if your colors don't match the examples exactly. Every brand and every set of supplies is a little different. The goal is to explore how your own colors work together.

Start with Three Colors

One of the easiest ways to begin is with a limited color palette.

Choosing just three colors keeps things simple and lets you focus on creating rather than deciding.

Try It

1. Choose any three colors.
2. Create a swatch of each color in the boxes below.
3. Look at them together for a minute.
4. There are no wrong choices. Every color palette is unique.

Three empty square boxes with rounded corners, arranged horizontally, intended for creating color swatches.

Pause & Notice

- Which color stands out the most?
- Would you enjoy creating with these three colors?
- How would you describe the feeling these three colors create?

Calm • Bright • Cozy • Playful • Bold • Quiet

Change One Color

Changing just one color can give your palette a completely different feeling.

Try It

1. Keep two of the colors from your first palette.
2. Choose one new color to replace the third.
3. Create your new three-color palette below.
4. Compare this palette with your first one.



Pause & Notice

- Which palette do you prefer?
- How does the new color change the overall feeling?
- How did changing one color affect your palette?

Warm Colors & Cool Colors

Warm and cool colors can create different moods. If you need a refresher, take a look at the Color Basics guide before you begin.

Try It

Warm Palette

Choose three warm colors and fill the boxes below.

Three empty square boxes with rounded corners, arranged horizontally, for selecting warm colors.

Cool Palette

Choose three cool colors and fill the boxes below.

Three empty square boxes with rounded corners, arranged horizontally, for selecting cool colors.

Pause & Notice

- How do the two palettes feel different?
- Which palette would you be more likely to use?
- Would you combine warm and cool colors in the same artwork?

One Color, Many Shades

Using several shades of the same color can create interest while keeping your artwork calm and cohesive.

Try It

Choose **one color**.

Fill the boxes below using:

- the lightest shade you have
- a medium shade
- the darkest shade

Use whatever supplies you have. If you don't have three shades, choose the closest ones you can find.

Three empty square boxes with rounded corners, arranged horizontally, intended for the user to fill with different shades of a single color.

Pause & Notice

- Which shade do you like best?
- Which shade stands out the most?
- How does this feel compared to using several different colors?

Create a Mood with Color

Colors can help express a feeling before you add a single line or shape. In this exercise, you'll create a color palette inspired by a mood.

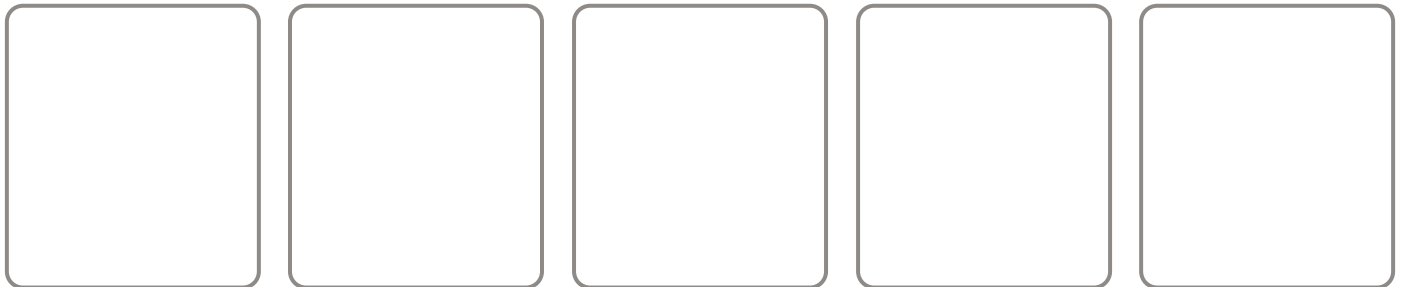
Try It

Choose one mood from the list below—or think of one of your own.

Calm Playful
Joyful Bold
Cozy Peaceful

Choose three to five colors that match your chosen mood.

Fill the boxes below.

Five empty square boxes with rounded corners, arranged horizontally, intended for the user to fill with colors.

Pause & Notice

- Why did you choose these colors?
- Which color best represents your chosen mood?
- If someone else saw your palette, what mood might they notice?

Optional challenge

Create another palette for the same mood using different colors.

Keep Exploring

More ways to play with color

You've explored a few ways to work with color, but there are endless possibilities. Here are a few ideas to try whenever you're looking for inspiration.

● Find Colors in Nature:

Look at a leaf, flower, shell, sunset, or even the sky.
Create a color palette inspired by what you see.

● Surprise Yourself:

Choose one color you rarely use. Build a palette around it and see what happens.

● Create Your Own Palette:

Choose three to five colors you simply enjoy.
There are no rules. Trust your eye.

● Find Color Everywhere:

Look around your home for inspiration. Everyday objects often have beautiful color combinations.

● Save Color Inspiration:

Snap a photo whenever you notice a color combination you love.
Keep a small collection for future projects.

Remember...

Every color combination teaches you something new. Keep looking, experimenting, and noticing what catches your eye.

Before You Go

Pause & Notice

Take a moment to look through the color palettes you created.

Which color palette was your favorite to create?

Did any color combinations surprise you?

What color combinations would you like to explore next?

Every color palette begins with one simple choice.
Every creative practice begins with one small step.



Thank you for creating with Creative Matters.

