

COLOUR trail

The Colour Trail offers a super simple activity trail that is great for anyone new to Muddy Church, toddler groups or within schools. The sheets can be placed in different points around your space or each one used as a session. These are designed with less wondering questions but introduce people to ways of connecting and thinking about the space around them. Each one follows the same sensory format with space to complete and find items.

The sheets could also be used with older children or young people in teams to see who can bring back five items and then to enter into the wondering ideas. These could be photos or actual items.

Young people have a desperate need to connect to nature for their well-being and sense of belonging and so simple activities like this can begin the action of noticing things around them. People often believe that young people aren't interested in engaging in activities outside but that is often not seen in reality. Developing sessions or groups that begin to explore the environment, community and group can be really important for young people's holistic well-being.

I wonder how green smells?



I wonder how green feels?

GREEN

"He makes me lie down in green pastures...."

Green could be for GO



Or it could be for GROW



I wonder what it makes you think of?

Can you find 5 green things?





I wonder how blue smells?



I wonder how blue feels?



What needs water?

BLUE

"He leads me beside still waters...."



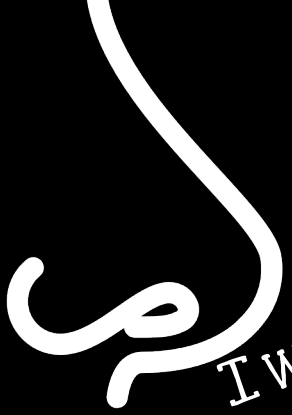
I wonder what blue makes you think of?

Can you see water anywhere?

Can you find 5 blue things?

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I wonder how darkness smells?



I wonder how darkness feels?



Where is darkness

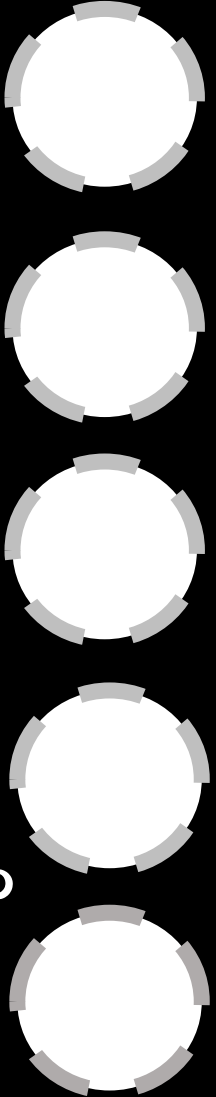


I wonder what darkness makes you think of?

What helps when you feel afraid?

DARK

Can you find 5 things or places that are dark?



What is special about you?

I wonder how yellow smells?

I wonder how yellow feels?

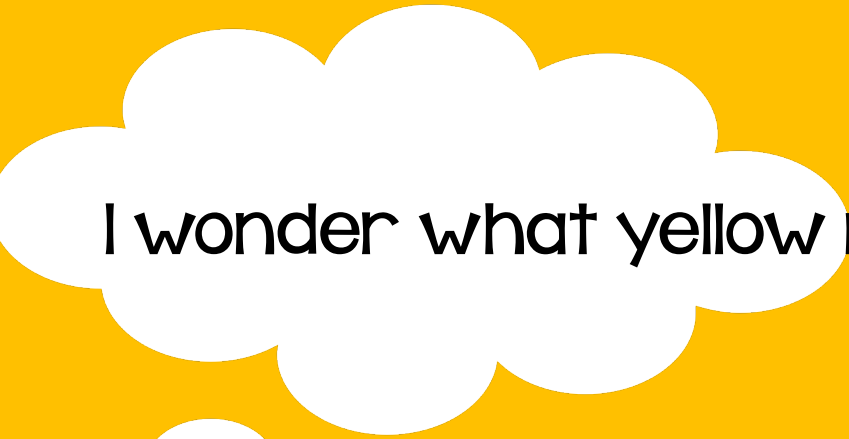
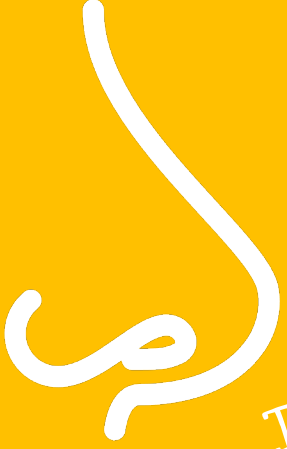
YELLOW

What is special about this place?

I wonder what yellow makes you think of?

Can you see anything that looks like a crown?

Can you find 5 yellow things?



I wonder what is your favourite colour?

I wonder how colours feel?



COLOURS

Can you see a rainbow anywhere?

I wonder what rainbows make you think of?

Can you find 5 multi
coloured things?

