PARENT EDUCATOR REALITY

Four Fun Preschool Colour-Learning Activities

Simple, hands-on ideas for learning through play

RED | YELLOW | BLUE | GREEN

AGES	SETTING	TIME
2–5 years	Home or preschool	10–20 minutes each

A little preparation can create a big learning experience. These activities invite children to explore colours, talk about what they notice, and build confidence through playful discovery.

Inside this guide

1. Colour Hunt
2. Colour Sorting
3. Colour Matching
4. Colour Mixing

Educator reminder: Follow each child's interests and pace. Use safe, age-appropriate materials and supervise children throughout every activity.

ACTIVITY 01

Colour Hunt

Invite children to become colour detectives as they search for objects around the room or outdoors.

AGE GROUP	TIME	LEARNING THROUGH
2–5 years	10–20 minutes	Play and exploration

WHAT YOU NEED

• Colour cards or coloured paper

• A basket or container for each colour

• Safe, everyday objects in different colours

LET'S PLAY

1. Show children one colour card at a time.
2. Invite them to find an object that matches the colour.
3. Place each found object beside the matching card or in its basket.
4. Name the colours together and count the objects you found.

WHAT CHILDREN LEARN

Recognizing and naming colours • Observation and attention • Vocabulary and communication • Movement and confidence

ASK THE CHILD

“Can you find something blue?”

“What colour is the object you found?”

“Can you find another one that matches?”

EDUCATOR'S TIP

Start with two colours for younger children, then add more as their confidence grows.

ACTIVITY 02

Colour Sorting

Children group objects by colour, noticing similarities and differences as they organize their collection.

AGE GROUP	TIME	LEARNING THROUGH
2–5 years	10–20 minutes	Play and exploration

WHAT YOU NEED

- Four coloured bowls, baskets or paper circles
- Large blocks, scarves, toy cars or other safe objects
- A clear floor or table space

LET'S PLAY

1. Place the coloured bowls or circles where children can reach them.
2. Choose one object and say its colour aloud.
3. Invite children to place it with the matching colour.
4. Look at each group together and count how many objects are in it.

WHAT CHILDREN LEARN

Sorting and classifying • Colour recognition • Early maths and counting • Fine motor coordination

ASK THE CHILD

“Where should this one go?”

“Which group has more?”

“Do you see anything that is a different shade?”

EDUCATOR'S TIP

Use large objects that are easy to grasp. Keep the number of colours manageable.

ACTIVITY 03

Colour Matching

A simple matching game helps children connect colour names with visual examples.

AGE GROUP	TIME	LEARNING THROUGH
2–5 years	10–20 minutes	Play and exploration

WHAT YOU NEED

• Pairs of coloured cards, lids or large blocks

• A tray or clear workspace

• Optional: a simple colour-matching mat

LET'S PLAY

1. Place a few coloured cards or objects on the table.
2. Give the child a matching set of cards or objects.
3. Invite the child to find the pair for each colour.
4. Say each colour name together as the pairs are matched.

WHAT CHILDREN LEARN

Visual discrimination • Memory and concentration • Colour vocabulary • Problem-solving

ASK THE CHILD

“Can you find the same colour?”

“How do you know these match?”

“Can you remember where the red one is?”

EDUCATOR'S TIP

For an easier version, offer only two matching pairs. Add more pairs as the child is ready.

ACTIVITY 04

Colour Mixing

Let children explore what happens when two colours combine. This is a playful introduction to cause and effect.

AGE GROUP	TIME	LEARNING THROUGH
2–5 years	10–20 minutes	Play and exploration

WHAT YOU NEED

- Washable, child-safe paint in primary colours
- Small clear cups or a paint palette
- Paintbrushes or cotton swabs
- Paper and a wipe-clean surface

LET'S PLAY

1. Put a small amount of two different colours on a palette.
2. Ask children to predict what might happen when the colours mix.
3. Use a brush or cotton swab to combine a little of each colour.
4. Notice the new colour together and paint a picture with it.

WHAT CHILDREN LEARN

Creativity and self-expression • Making predictions • Cause and effect • Descriptive language and colour vocabulary

ASK THE CHILD

“What do you think will happen?”

“What new colour did you make?”

“What happens if we add a little more yellow?”

EDUCATOR'S TIP

Use small amounts of paint and protect clothing and surfaces. Supervise closely and avoid putting paint or tools in mouths.