

Mental Health Matters Wales

Activity Pack

Colours

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



MHM Wales



**Better
Together**



**Wellbeing
Hubs**



**Therapeutic
Support**

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services

Aim of Pack:

To create activities that celebrate...

Colours

Colour plays a vital role in our world. Colour can inspire thinking, change actions, and cause reactions. It can irritate or soothe your eyes, raise your blood pressure or even suppress your appetite! Explore the world of colour with these colourful puzzles!

The Benefits of these Activities include but are not limited to

Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

Improved Coordination

Activities can delay the loss of muscle control.

Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

Pride

There can be immense satisfaction and pleasure taken from drawing projects.



MHM Wales



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FIVE

Facts about

COLOURS



The Human Eye can distinguish between 7 million different colours!

Seeing Red As their colour vision begins to develop, babies will see red first. They will see the full spectrum of colours by the time they reach 5 months.



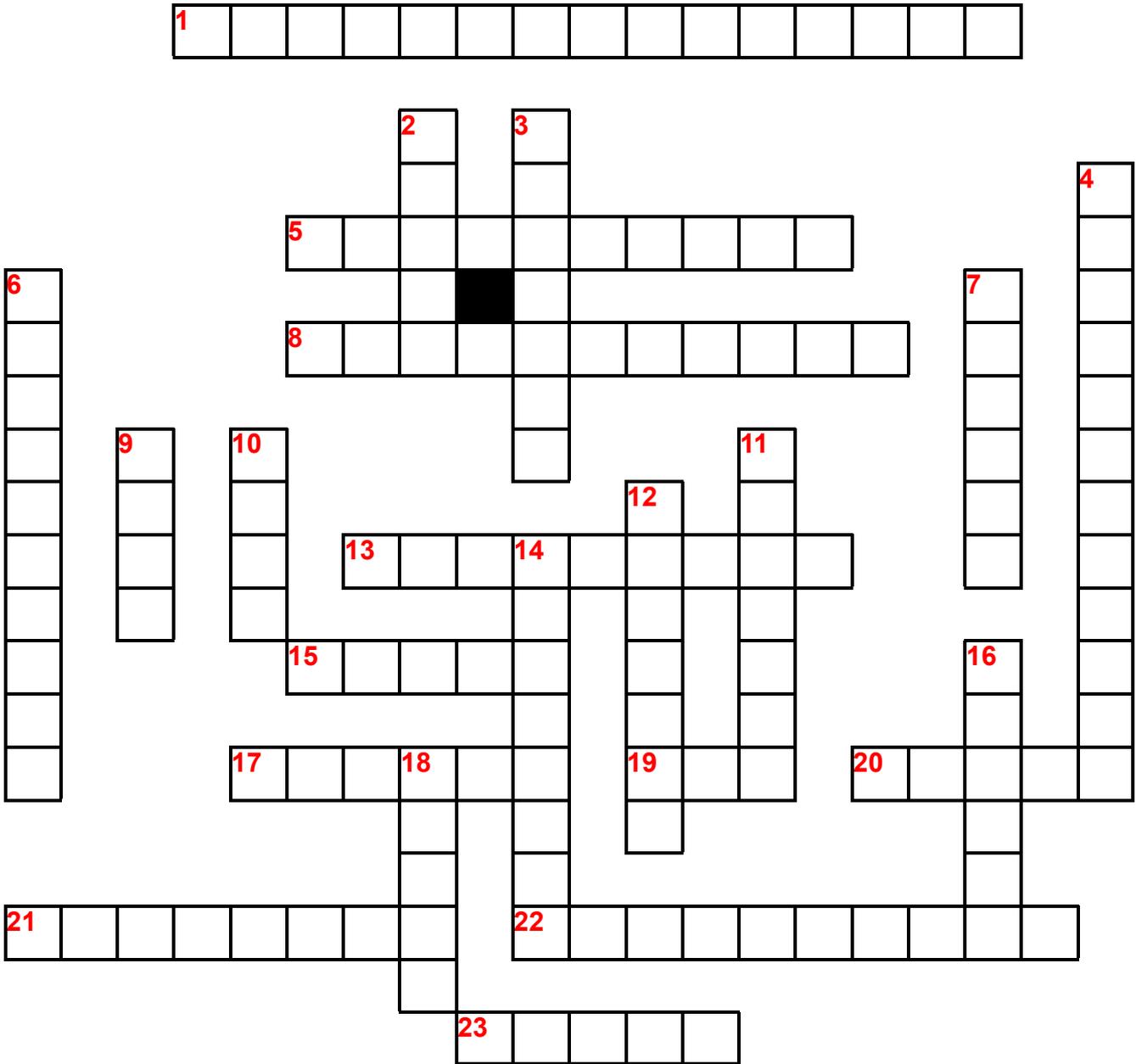
In Ancient Rome, blue was considered the colour of the working class, worn by those on the lower social scale, while the wealthy wore white, black and red.

The Colour Orange used to be known as 'geoluhread' which means 'yellow-red'. The citrus fruit was known as an orange as far back as the 13th Century, but it wasn't until the 16th Century that Europeans adopted the same word for both!



The colour grey you see when you turn out the lights has a name! Before your eyes adjust or complete darkness sets in, you'll see the colour 'Eigengrau' which is the colour of this box!

Colours Crossword



Colours Crossword Clues

Across

1. William Wordsworth wrote about a host of what flowers?
5. What is the red leafed plant originating from Mexico and more traditionally seen at Christmas?
8. About who was it said "Their heads are green and their hands are blue" in Edward Lear's nonsense rhyme?
13. Dorothy followed a yellow what to get to OZ?
15. What was the surname of Barry, the American Soul Singer?
17. What colour are Elderberries?
19. Which colour of the Union Jack represents bravery, strength and valour?
20. The flag of which country is a white banner with a crimson coloured circle in the middle?
21. Which much loved Chocolate company is easily recognised by its distinctive deep purple wrapper?
22. Vincent Van Gogh is renowned for painting which famous yellow flowers?
23. What colour do you get if you mix red and green together?

Down

2. Alice encountered what colour rabbit in Wonderland?
3. Who was the famous children's author who served up "Green Eggs and Ham"?
4. What were we told to tie around the old oak tree in the song?
6. Which fast food outlet is renowned for its yellow letter "M"?
7. What colour is the gemstone Amethyst?
9. What is the French word for black?
10. Pall Mall is represented by which colour in the game Monopoly?
11. In the film of the same title, The Pink Panther was the largest what in the world?
12. Red, Yellow and Blue are otherwise known as what colours because all other colours can be made from variants on mixing them?
14. "Oranges and lemons said the bells of St....." where?
16. Duracell Batteries are all coloured black and what distinctive metallic colour?
18. What is used scientifically to "split light" revealing its spectrum of colours?

Hidden Colours Word Search

I J C R I M S O N N L E M O N Z G
 T U R Q U O I S E W Q D Y R O V I
 D E R U R M Y E N I R A M A U Q A
 R L D K H D R P G G B W O L L E Y
 S T L E R G S Q R B L Z P S Q P C
 T E O A D D L Q N I S W H K R G E
 G L G N W O R B C Q M A G I E F R
 H O Z E F S E R F S D A S J P Q I
 H I M U E X I Y F E P M R J U U S
 E V Y L G U C L M H J E N Y A F E
 B Y C B B O J A V M G R C S T K Y
 O J D L B I E F B E J G O T K X J
 G F E A G R L Y G X R H R O R L M
 I X L Y C E W E T E L R A C S U T
 D T D O T Q C X X N X I N C W O M
 N R O R W O B N I A R C G T N H A
 I G A M E T H Y S T A D E E V A K

Orange	Gold	Silver	Cerise	Aquamarine
Turquoise		Primary	Yellow	Cream
Cobalt	Brown	Tone	Shade	Rainbow
Prism	Spectrum	Ivory	Royal Blue	Green
Lemon	Taupe	Crimson	Scarlet	Red
	Indigo	Violet	Amethyst	

A Life in Colour

The pink of your cheeks
when the cold wind bites.

The intricacy of your iris
against the blank of the white.

The blue of a mood
that is saddened and dull.

The golden jubilation
of a cup half full.

The rainbow of joy.
The darkness of sorrow.

The green eye of the monster
who consumes your todays and tomorrows.

The silver of wisdom,
the green shoots that thrive.

Embrace every colour
for they prove we're alive.

Colourful Titles

1. Green, Green
 2. The Colour
 3. Snow White
 4. Lady in
 5. The Pink
 6. Black
 7. Little Red
 8. Green Eggs
 9. Anne of
 10. The Yellow
 11. Tie a Yellow Ribbon
 12. The Scarlet
 13. Black
 14. She Wears Red
 15. Mellow
 16. Little Boy
 17. Little Red
 18. Coat of
 19. Charlie
 20. The Jolly
 21. The Green Cross
 22. Pinky and
 23. Cilla
 24. Gordon
 25. Betty
- A. Riding Hood (book)
 - B. Green Gables (book)
 - C. Black (celebrity)
 - D. Many Colours (Song)
 - E. Blue (nursery rhyme)
 - F. Panther (TV character)
 - G. Feathers (song)
 - H. Grass of Home (song)
 - I. and the Seven Dwarfs (film)
 - J. Round the Old Oak Tree (song)
 - K. Code Man (character)
 - L. Swan (ballet)
 - M. Red (song)
 - N. Submarine (song)
 - O. Yellow (song)
 - P. and Ham (book)
 - Q. Pimpernel (book)
 - R. Brown (British MP)
 - S. Brown (character)
 - T. Perky (TV characters)
 - U. Riding Hood (book)
 - V. White (US TV actress)
 - W. Purple (film)
 - X. Green Giant (character)
 - Y. Beauty (book and TV)

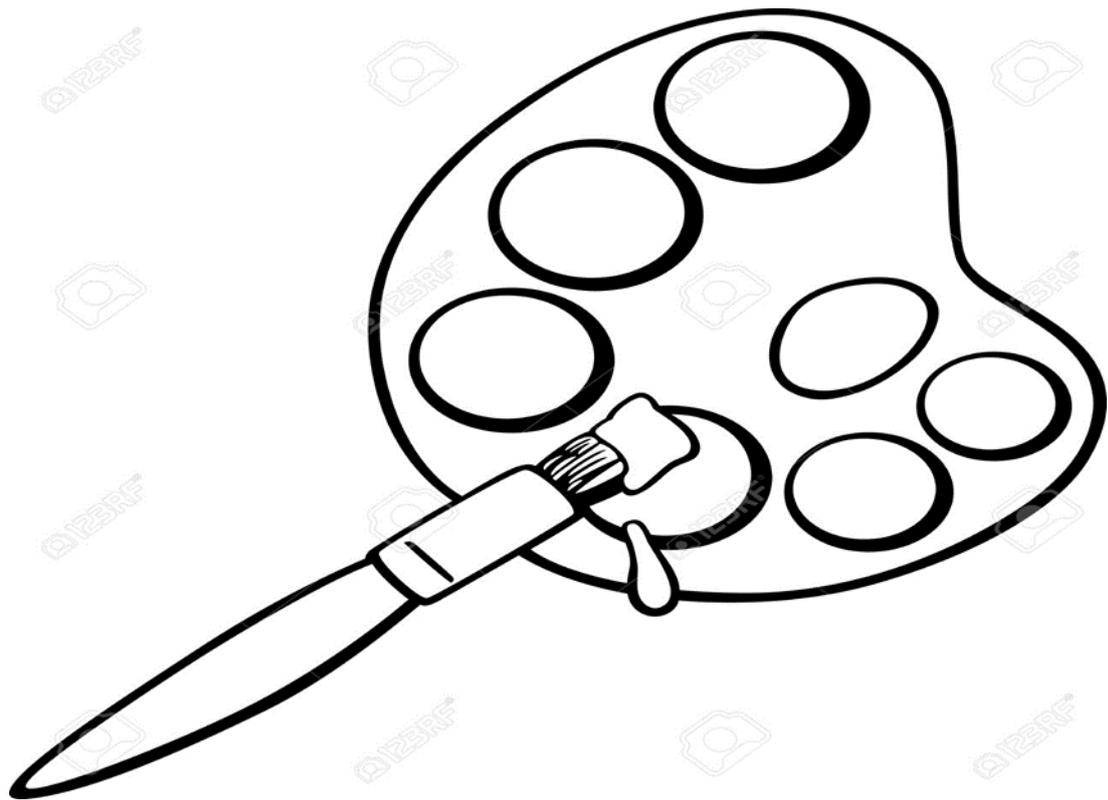
Colourful WORD GRID

How many individual words of 3 or more letters can you make from the letters in COLOURFUL?

C	O	L
O	U	R
F	U	L

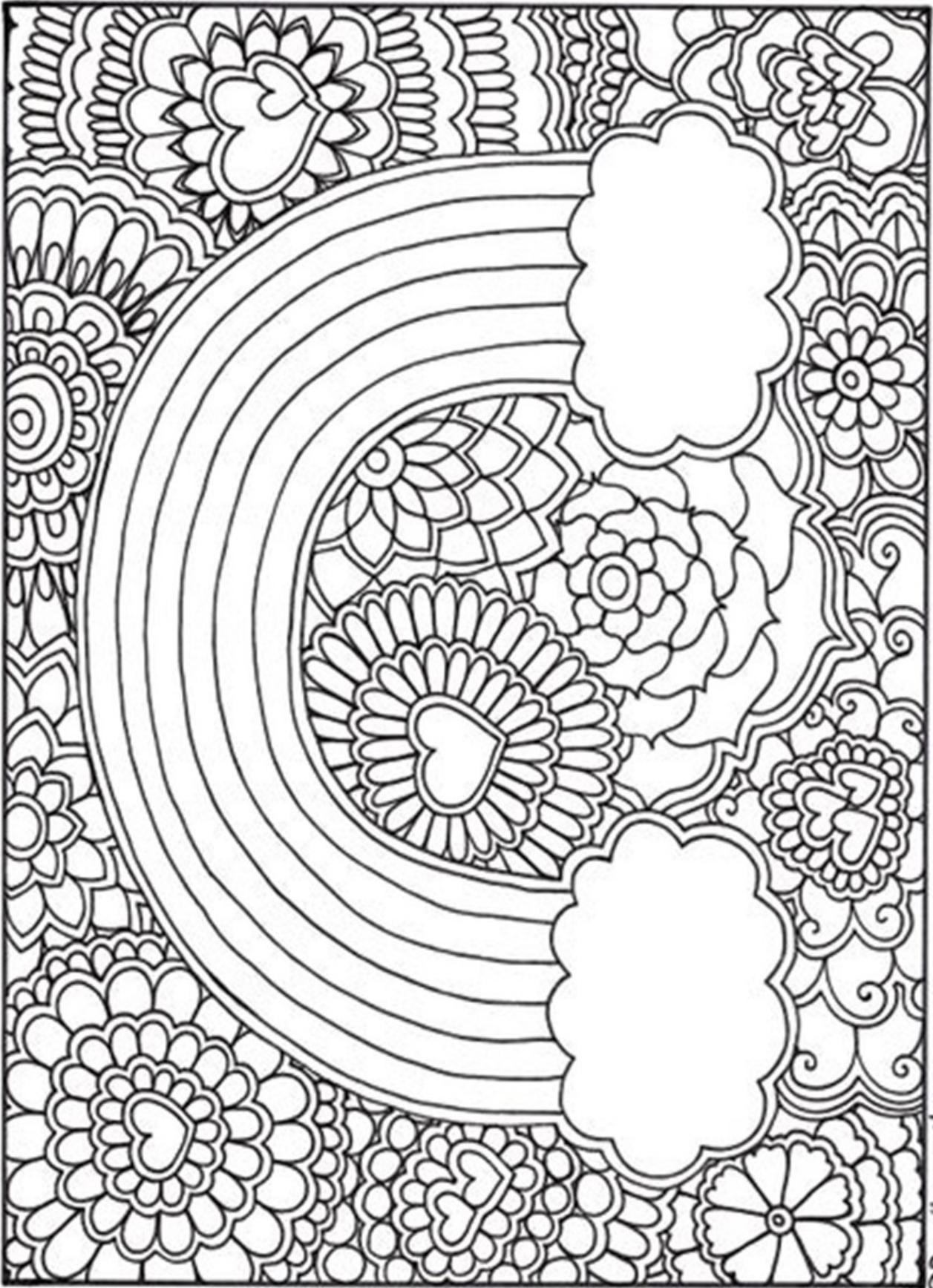
Colouring Pages





www.donteatthepaste.com





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My Weekly Planner

MORNING

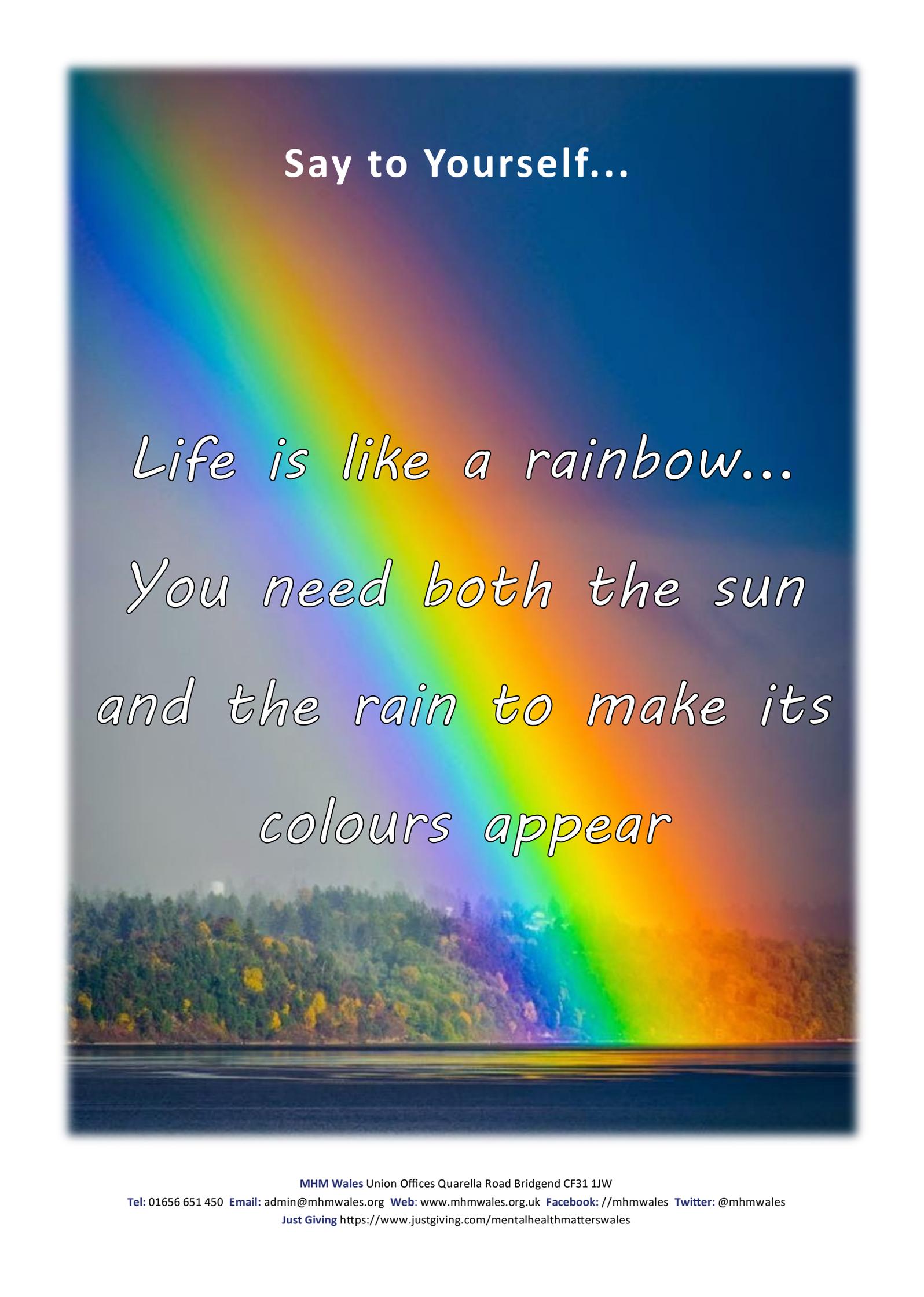
AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER



Say to Yourself...

Life is like a rainbow...

*You need both the sun
and the rain to make its
colours appear*

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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>