

Module 6

THE LANGUAGE OF COLOUR

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LEARNER'S HANDOUT



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Module 6: THE LANGUAGE OF COLOUR

Why this activity is important and how it helps you when you renovate real places.

Why we do this activity

Colour is not only decoration. It can change how we feel in a space — often without us noticing.

It can make a room feel:

- calm or energetic
- safe or exposed
- warm or cold
- welcoming or distant

Colour can influence mood, stress levels, attention, and even how large or small a room appears.

Some spaces feel comfortable and balanced. Others may feel overwhelming or empty. Often, colour plays an important role in this.

In this activity, you will explore colour as a language. This means colour can communicate emotions, memories, identity, and needs.

We do this activity to help you understand that colour is a powerful design tool. It can support wellbeing, reduce overstimulation, and create a sense of belonging.

Your own experience is the starting point.

What the LANGUAGE OF COLOUR activity is

This is a guided and creative exercise where you explore colour in two ways.

1. Building a Colour Hierarchy

You will create a simple composition using three roles:

- Dominant colour – the main colour that defines the atmosphere
- Subdominant colour – the supporting colour that creates balance
- Accent colour – a small colour that adds focus, contrast, or energy

This helps you understand that colour needs structure. Too much intensity can feel stressful while too little contrast can feel flat or empty. Balance is important.

2. Connecting Colour and Sensations (Synesthesia)

You will explore how colours relate to sensations and emotions, such as:

- warm / cold
- calm / agitated
- soft / hard
- near / far

This exercise helps you notice how colour connects to the body and feelings – not only to the eyes.

Keep in mind that there are no right or wrong answers. The goal is awareness and exploration.

What you will do in this activity

During the activity, you will:

- choose different colours
- decide which one is dominant, subdominant, and accent
- place them on a worksheet
- reflect on how they make you feel
- connect colours to sensations and emotions

You may use watercolours, coloured pencils or other drawing materials.

At the end you may explain your composition or simply show it. Sharing is always your choice.

Why you do it for yourself first

You experience spaces every day. Some environments help you relax. Others may create tension or discomfort. Before designing spaces for other people, it is important to understand your own reactions.

Certain colours may:

- remind you of positive memories
- feel protective
- feel too intense
- feel distant or cold

By doing this exercise, you begin to recognise:

- what helps you feel safe
- what supports your concentration
- what kind of atmosphere makes you comfortable

Understanding your own needs helps you later respect and recognise the needs of others.

Colour, identity, and belonging

Colour is also connected to identity. Different cultures, families, and personal histories have different relationships with colour.

A colour that feels joyful to one person may feel uncomfortable to another. There is no universal “correct” colour.

When you explore your preferences, you are also exploring:

- your experiences
- your memories
- your sense of belonging

In renovation projects, this is important.

People feel more comfortable in spaces that reflect who they are. Colour can help a space feel personal, respectful, and inclusive.

What is the most important skill you learn here?

CONSCIOUS COLOUR USE

This means:

- understanding how colour affects mood and stress
- recognising when a space may feel overstimulating
- creating balance between calm and active areas
- using contrast to improve orientation and clarity
- supporting emotional regulation through environment

In practice, this helps you:

- design spaces that feel safe and stable
- avoid sensory overload
- create environments that support recovery and wellbeing
- respect cultural and personal differences
- translate feelings into practical design decisions

Colour becomes more than decoration. It becomes a way to care for people through space.

EVALUATION

1. Why is colour important in a space?

- a) Because it follows fashion trends
- b) Because it influences mood, perception, and wellbeing
- c) Because empty walls need paint

2. What is the role of the dominant colour?

- a) To define the main atmosphere of the space
- b) To decorate small details only
- c) To replace all other colours

3. Why is balance between dominant, subdominant, and accent colours important?

- a) To avoid overstimulation or visual confusion
- b) To make the design more expensive
- c) To follow a strict artistic rule

4. What does connecting colours to sensations help you understand?

- a) That colour is linked to emotions and the body
- b) That colours have only one fixed meaning
- c) That colour is only decorative

5. Why do you explore your own colour preferences first?

- a) To understand your own reactions and needs
- b) To copy other people
- c) To find the “correct” combination

6. How can colour support the wellbeing of people?

- a) By following strict design trends
- b) By increasing visual stimulation
- c) By creating environments that feel safe, balanced, and comfortable

7. How does this activity help in real renovation work?

- a) It replaces construction work
- b) It helps make thoughtful, human-centred design decisions
- c) It is only an artistic exercise



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