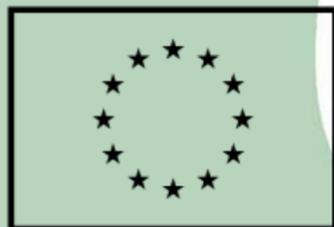


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Module 6

THE LANGUAGE OF COLOUR



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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**

WHY WE DO THIS ACTIVITY

Colour can influence **mood, stress levels, attention.**

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 means to **communicate emotions, memories, identity, and needs.** Colour is a powerful design tool that can support wellbeing.

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

Balance is important.

**WHAT THE
'LANGUAGE OF
COLOUR'
ACTIVITY IS**

2. Connecting **Colour** and **Sensations**

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**.

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

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.**

By doing this exercise, you begin to recognise:

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

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**



COLOUR, IDENTITY, AND BELONGING

In renovation projects, colour choice 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 GAIN HERE?

This means:

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

CONSCIOUS
COLOUR USE

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WHAT IS THE MOST IMPORTANT SKILL YOU GAIN HERE?

In practice, this helps you:

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

Colour becomes a way to care for people through space.

CONSCIOUS
COLOUR USE

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LET'S USE THE 'LANGUAGE OF COLOUR' TOOL

Now 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**

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



QUIZ ANSWERS

1) B

2) A

3) A

4) A

5) A

6) C

7) B



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