

Colour at Play: Welcome Pack



Hello you, and welcome to Colour at Play. I'm so glad you're here!

This is your **Welcome Pack**, which contains all you need to get set up and ready to begin. Here you'll find:

- **Welcome Letter**
- **Course Progress Tracker + a Note on Scheduling**
- **Recipe for Maximum Colour Joy: Recording Your Progress + Full Materials List**

Let's begin!





Dear Colour Adventurer...



Welcome to Colour at Play!

My name is **Felicity Ford** - I prefer my nickname **Felix** - and I'm thrilled to be your tutor for this course. I'm an artist and I've been working with colour for as long as I can remember. For the past decade, I've mostly been designing my own stranded colourwork, inspired by everyday life. I've published several books speaking to this theme, and shared my methods through in-person and online classes. While teaching I've heard many versions of "I'm no good with colour" and "I have no colour sense". I'm interested in how these unhelpful ideas might be banished through the power of play: **that's why I made this course.**

I don't believe any one of us is inherently good or bad with colour; I don't think I'm especially good with colour. I am really interested in colour and experienced at working with it. The good news is that any of us can grow our colour interest and experience: **this course shows you how.**

About this course

Colour at Play has been designed to provide all the tools and structure you need to just get on and play. Each section comes with worksheets you can print out and download, and a gallery where you can upload and share your progress. The comments sections in the course are great for sharing ideas and encouraging one other. By the end, you'll have a lovely portfolio of colour memories, new habits on which to draw, and a big bag of ideas for future colour play!

It's not a knitting course; there is quite a bit of knit-related content because so much of my recent work involves knit - and there is one optional swatching exercise - but you don't need to be able to knit in order to enjoy **Colour at Play.**



Structure and Curriculum

The course features seven sections that you can work through at your own pace. Each section opens with a case study to set the scene, followed by tasks for you to try in the course of a normal week. All tasks come with downloadable instructions and printable worksheets. Right now we're in the Welcome Section where I'm just giving you an overview of the weeks ahead. This is followed by:

- **01.0 Looking at Everyday Colour** - exploring the colours that surround us in daily life and finding ways to look at them with fresh eyes.
- **02.0 Learning from Everyday Colour** - putting together palettes inspired by existing objects.
- **03.0 Befriending Colour Mistakes** - valuing those instances when colours aren't working well for us and getting past the unhelpful desire to Be Perfect With No Practice.
- **04.0 Making Space for Experiments** - allowing ourselves time to try different stuff out in low-stakes settings
- **05.0 Wear Colours Every Day** - exploring the possibilities of getting maximum pleasure from colours when we dress ourselves.
- **06.0 Making Time to Play Right Now** - a set of swift mini-exercises that you can revisit whenever you like for instant colour joy.
- **07.0 Reflections** - taking time to reflect on our colour adventures together and share some of what we learned.

Making Time to Play

We're all really busy, and I think sometimes we think we need a big stretch of time to really get into something like playing with colour; but, in my life and probably in yours, that big chunk of time never comes.

In my own work, I'm always looking for ways to play with colour that can be done every day, around all the other things. None of the videos in this course are longer than ten minutes, though I've tried to keep most of them around five minutes long. You can do most of the tasks shared here in the course of daily life, though you may need to set aside a bit of extra time - half an hour here or there (longer if you're taking on a knitting task) - to really get the most out of them; this is signposted, where applicable. To help you fit things in, I've provided a **Course Progress Tracker**, which you'll find in a few pages' time.

Remember: it's better to spend five minutes imperfectly playing than zero minutes because you were waiting for the clear half day that never came! I invite you, as full as your life is, to find spaces where you can squeeze in these morsels of mischief.

Preparing for this Course

- Read through your **Welcome Pack**.
- Schedule some time for doing course tasks and keep track of your progress using your **Course Progress Tracker**.
- Decide on a method for **Recording Your Course Progress**.
- Begin Collecting **Materials** with the help of your **Materials List**.

Questions?

If you have questions, please put them into the course comments section below this PDF so I can start building a useful FAQ page for everyone.

Thanks so much for being here, I can't wait to **Play with Colour with YOU!**

**Yours in Many Rainbows,
Felix**





Course Progress Tracker



Course Progress Tracker

In my popular **KNITSONIK Bullet Journaling** course, one of the tasks is laying out a **Course Progress Page**. This is a page on which users track their progress and can easily see where they are in the course. Many students have mentioned the usefulness of having a **Course Progress Page** along with their plans to use it for keeping their place in other online courses. Based on this feedback, I've adapted it for you here, regardless of whether or not you use a Bullet Journal.

The **Course Progress Tracker** overleaf lets you easily see, and keep track of, your place in the course. For maximum colour joy, I recommend printing it out and colouring in the squares as you complete each task within each section. But if it's easier to just tick them off then - of course - just do that.

Alternatively, if you keep a Bullet Journal, copy it into your Journal or use it as inspiration for a **Course Progress Tracker** of your own design: **whatever works for you**.

To keep everything on one handy page, an abbreviated **Materials List** is also provided here, though you can read more about all the materials in the next section of this **Welcome Pack**.

A Note on Scheduling

On the worksheet for each course task, you'll find information on how much time to allow. When you download the worksheets for each section, schedule time for the tasks, using whatever you use - calendar, phone-reminder, journal - so that you are continually carving out little pockets of time in which to **Play**. If you have scheduled it in, it's much more likely that you'll actually do it!



Colour at Play Course Progress Tracker

00.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
00.2	<input type="checkbox"/>	Schedule Time <input type="checkbox"/>	Gather Stuff <input type="checkbox"/>
00.3	<input type="checkbox"/>	Decide how to Record <input type="checkbox"/>	Share <input type="checkbox"/>
01.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
01.2	<input type="checkbox"/>	Take Everyday Colour Journey <input type="checkbox"/>	
01.3	<input type="checkbox"/>		Match Colours <input type="checkbox"/>
01.4	<input type="checkbox"/>	Record <input type="checkbox"/>	Share <input type="checkbox"/>
02.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
02.2	<input type="checkbox"/>		Make Palette(s) <input type="checkbox"/>
02.3	<input type="checkbox"/>		Make Toolkit <input type="checkbox"/>
02.4	<input type="checkbox"/>	Record <input type="checkbox"/>	Share <input type="checkbox"/>
03.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
03.2	<input type="checkbox"/>	Rework Listen Hat or Own Project <input type="checkbox"/>	
03.3	<input type="checkbox"/>	Rework Dining Room or Own Room <input type="checkbox"/>	
03.4	<input type="checkbox"/>	Record <input type="checkbox"/>	Share <input type="checkbox"/>
04.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
04.2	<input type="checkbox"/>		Make a Swatch (knit) <input type="checkbox"/>
04.3	<input type="checkbox"/>	Find other ways to Swatch (non-knit) <input type="checkbox"/>	
04.4	<input type="checkbox"/>	Record <input type="checkbox"/>	Share <input type="checkbox"/>
05.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
05.2	<input type="checkbox"/>	Style an item of clothing or handknit <input type="checkbox"/>	
05.3	<input type="checkbox"/>	Explore Tiny Colour Accents <input type="checkbox"/>	
05.4	<input type="checkbox"/>	Record <input type="checkbox"/>	Share <input type="checkbox"/>
06.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
06.2	<input type="checkbox"/>		Find Rainbows <input type="checkbox"/>
06.3	<input type="checkbox"/>		Arrange by Colour <input type="checkbox"/>
06.4	<input type="checkbox"/>		Play Paint Chip Bingo <input type="checkbox"/>
06.5	<input type="checkbox"/>	Make a Stationery Palette <input type="checkbox"/>	
06.6	<input type="checkbox"/>	Start a Colours Stash <input type="checkbox"/>	
06.7	<input type="checkbox"/>	Make your own Colour Names <input type="checkbox"/>	
06.8	<input type="checkbox"/>	Record <input type="checkbox"/>	Share <input type="checkbox"/>

07.1	<input type="checkbox"/>	Watch Videos <input type="checkbox"/>	Download PDFs <input type="checkbox"/>
07.2	<input type="checkbox"/>		Share Something Learned <input type="checkbox"/>
07.3	<input type="checkbox"/>		Share Colour(s) Discovered <input type="checkbox"/>
07.4	<input type="checkbox"/>	Record <input type="checkbox"/>	Celebrate Journey <input type="checkbox"/>

Materials Checklist

00.0	Inspiration Source (for 02.2) <input type="checkbox"/>
	(optional) Yarn Shade Cards <input type="checkbox"/> Paint Chips <input type="checkbox"/>
	Choose and get or set aside
BuJo <input type="checkbox"/>	Notepad <input type="checkbox"/> Folder <input type="checkbox"/> Photo Album <input type="checkbox"/>
	Coloured Pencils <input type="checkbox"/> Sharpener <input type="checkbox"/>
	(optional) Pencil Extenders <input type="checkbox"/>
	(optional) Pencil Grips <input type="checkbox"/>
	Start Collecting (for 06.3)
Stamps <input type="checkbox"/>	Eggshells <input type="checkbox"/> Other colourful items (e.g. books) <input type="checkbox"/>
01.0	(optional) Yarn Balls / Oddments <input type="checkbox"/>
02.0	Inspiration Source(s) <input type="checkbox"/>
03.0	A scenario in which Colours aren't working for you <input type="checkbox"/>
	Craft Project <input type="checkbox"/> Room <input type="checkbox"/> Other <input type="checkbox"/>
04.0	(optional) Yarn <input type="checkbox"/> (optional) Knitting Needles <input type="checkbox"/>
05.0	Garments, accessories or knitwear to style <input type="checkbox"/>
	(optional) Budget for makeup / machine dye / accessories <input type="checkbox"/>
06.0	Items to arrange by colour (e.g. stamps, eggshells) <input type="checkbox"/>
	Scissors <input type="checkbox"/> Glue <input type="checkbox"/>
	(optional) Paper-Punch <input type="checkbox"/>
	(optional) Stationery Budget <input type="checkbox"/>

Physically Record your Progress

To have **Maximum Colour Joy**, you are going to want to **Physically Record your Progress**. Having your adventures with colours to hand as a physical resource you can touch and see is so much more useful than recording everything digitally. Don't worry that you need to produce a perfect work of art - that's not at all what this is about!

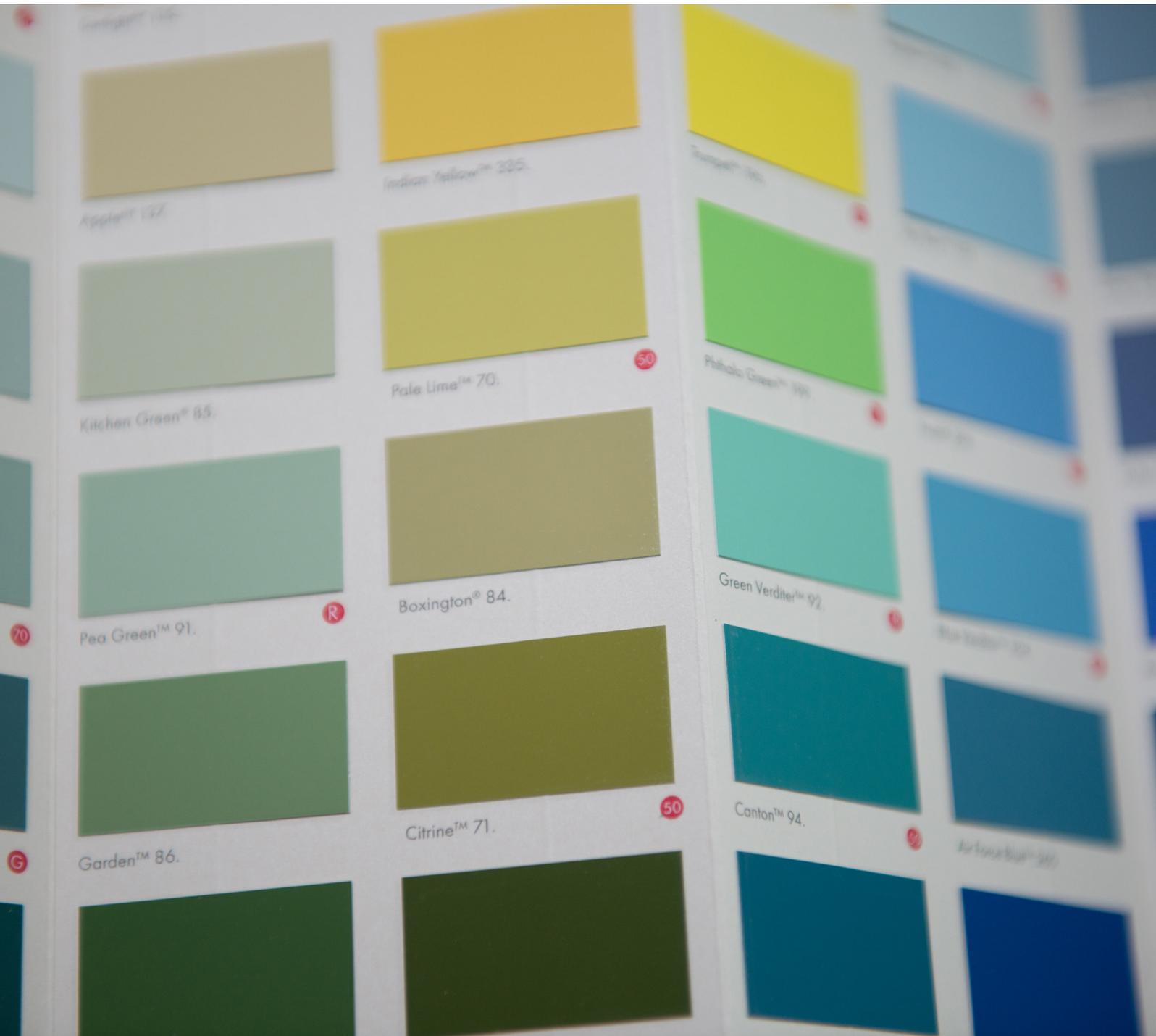
Keeping a Physical Record is about creating useful and supportive colour resources and references for you and building a personal portfolio of colour ideas.

Creating a Useful Resource

A **Physical Record** of what you do in this course = an amazingly colourful and personal resource that can be raided, taken out, pinned on the wall, brought with you to the yarn or decorating shop and used in a million other lovely and helpful ways. Choose from the following methods to Physically Record your Progress on this course: **pick the method(s) you'll stick to; with which you're most familiar; and that you'll find easiest and most inviting to use.**

- **Bullet Journal or other preferred Notebook.**
- **Folder or Binder and print-outs of all the included Worksheets filled out by you and including your drawn, glued-on, self-created additions!**
- **Photo Album and photos but GET THE PHOTOS PRINTED and add labels so you can remember the context for the images in the future.**





Materials List and Links



Full Materials List of things to gather and/or buy

MATERIALS FOR RECORDING COURSE PROGRESS: PICK THE METHOD(S) YOU LIKE BEST.

JOURNAL OR NOTEBOOK

Use your preferred notebook or your Bullet Journal, if that's something you do. For all the activities in this course, I recommend a dot-grid A5 journal. The dot-grid is not as intrusive as ruled lines, yet provides a helpful guide for writing and drawing out swatches, squares or knitting grids. If you have a preferred other style of notebook, use that. Familiarity and ease are key! The dot-grid Leuchtturm1917 is my favourite notebook for everything.

<https://www.leuchtturm1917.co.uk/notebook-classic.html>

FOLDER AND PRINTOUTS

Use document wallets or a ring-binder, and print out the course worksheets at home or at a printing shop. Different examples are linked below.

<https://www.whsmith.co.uk/stationery/filing-and-folders/files-folios-and-wallets/sta00218/>

PHOTO ALBUM

Use any shape, size or brand that works for you, and your preferred printing service. I like Freeprints and Jessops.

<https://www.freeprintsnow.com/>

<https://photo.jessops.com/product/photo-prints/>



COLOURED PENCILS

For some tasks in this course, you'll need a basic set of twelve good quality coloured pencils. I recommend Polychromos by Faber Castell if you're in the UK or Prismacolor if you're in the US. These are both great coloured pencil brands with lots of pigment, so you get nice vibrant colours. You can layer the pencils to get just the right colour - a process that, in itself, is really useful for helping us to understand and explore colours every day.

<https://artdiscount.co.uk/products/faber-castell-polychromos-artists-pencil-set-of-12>

https://www.primacolor.com/colored-pencils/premier-soft-core-colored-pencil-sets/SAP_3596THT.html

PENCIL GRIPS + EXTENDERS (OPTIONAL)

For making coloured pencils easier to grip, get ergonomic pencil grips. To ensure you can use every last bit of your pencils, get pencil extenders.

<https://cultpens.com/products/kum-pencil-grip>

<https://www.jacksonsart.com/jas-wooden-jackson-s-pencil-extender>

SHARPENER

You'll also need a good sharpener; if you don't have one, my favourite is the NJK sharpener, made in Japan.

<https://www.niwaki.com/pencil-sharpener/>

<https://ombrato.com/products/njk-pencil-sharpener-no-516>

PAINT CHIPS / SHADE CARDS

Paint chips and/or shade-cards. There are several tasks in this course in which we're using either paint-chips or a shade card for colour-matching fun. You can normally order paint-chips for free from paint manufacturers, but you'll need to pay for shade-cards from yarn manufacturers.

This is what I'm using in the course, but find whatever's local to you.

<https://www.farrow-ball.com/paint/colour-cards>

<https://earthbornpaints.co.uk/free-colour-card/>

<https://mylands.com/products/colours-of-london-colour-card>

<https://www.littlegreene.com/colour-card>

<https://www.shetlandwoolbrokers.co.uk/shade-card-jumper-weight-c2x10505354>

<https://www.knitrennie.com/products/supersoft-unique-shetland-shadecard>

<https://www.jamiesonsofshetland.co.uk/shadecards-39-c.asp>

EVERYDAY INSPIRATION SOURCE

Start thinking about objects in your life that you can use as an **Everyday Inspiration Source**. This could be a favourite fabric print, preferred biscuit tins, cherished skein of variegated yarn, treasured stoneware - anything that contains a combination of colours you love. You don't need to buy this, it should be something you already own, but it's worth thinking about it from now.

KNITTING SUPPLIES (OPTIONAL)

To join in with the optional knitting task (swatching) featured in this course, you'll need knitting needles with which to knit fingering-weight yarn in a small-circumference project, and yarn in a variety of colours (to be determined in a prior task.) Budget for yarn purchasing, or dig some fingering-weight oddments out of stash. Get knitting needles for working a small circumference project in the round. The type you use for socks is ideal. I use 2.5mm double-pointed needles as I'm a loose knitter, but if you tend towards working tightly, go up a few needle sizes. It's just a swatch, so don't worry too much about it - I just wanted to give you a heads up that this is coming later on in the course.



TIP: If you want to swatch from stash, look at the colours you have and start searching for an **Everyday Inspiration Source** that features some of the shades you already own - this will help you with combining the colours.

My favourite yarn with which to knit is Jamieson & Smith 2ply Jumper Weight Yarn.

<https://www.shetlandwoolbrokers.co.uk/2ply-jumper-weight-c102x1766622>

MAKEUP/MACHINE DYE/ACCESSORIES

In **Wear Colour Everyday** we will explore ways to play with colour when getting dressed each day. You may want to budget for a few fun purchases during this section of the course. Clothing and adornment are intensely personal and what works for me might not work for you, but I'll share what I use and what I do, and hopefully that will give you ideas you can use.

I'll talk about using makeup, accessories and machine-dye to transform existing outfits for everyday colour play. If you want to start thinking about that right now, pick out a piece of clothing or - if you knit or crochet - a recently completed project, and display it somewhere where you can think about its colours and contemplate ways of styling it. My favourite makeup palettes come from Juvia's Place, though I've also really enjoyed buying single eyeshadow pans and using them with a magnetic palette to make my own palettes. For overdyeing clothes, I use machine dyes from Dylon for cotton and cellulose-based textiles, and stovetop dyes from Rit for synthetic or unknown textile blends. For colourful additions and repairs to garments, I thoroughly recommend Visible Creative Mending for Knitwear by Flora Collingwood-Norris.

<https://www.juviasplace.com/collections/eyeshadow-palettes>

<https://www.beautybay.com/p/jeffree-star-cosmetics/artistry-singles/>

<https://www.beautybay.com/p/sample-beauty/single-eyeshadow/>

<https://www.dylon.co.uk/products/machine-dye.html>

<https://ritdye.store>

<https://www.collingwoodnorrisdesign.com/visible-mending/book-visible-creative-mending-for-knitwear>

THINGS TO ARRANGE BY COLOUR

In **Making Time to Play Right Now (MTTPRN)**, we will arrange things by colour. For the demonstrations, I will use egg shells and stamps. I save up egg shells whenever we have eggs; I wash them, then dry on the kitchen sill. Later I crush them down and feed them to our hens or put them in the compost. Unless you have chickens, you probably don't do this! But, if you eat eggs, their shells are a lovely source of colour inspiration. Start saving them up to have something to arrange when we get to **MTTPRN**. I also collect stamps and love the simple machin series featuring QE2 in a massive range of different colours - they are inexpensive to buy in the UK and don't take up much space to store or play with. You may wish to start collecting stamps as a source of colour play, so you have something to arrange by colour: however, you can also have great fun arranging your spice cupboard or your bookshelves if you prefer.

<https://www.etsy.com/uk/listing/809791972/stamp-art-queen-elizabeth-ii-machin>

<https://www.etsy.com/uk/listing/287278745/400-x-used-rainbow-british-machin>

STATIONERY

I'm hoping that by the time we get to **MTTPRN**, you'll have ideas for palettes you're enjoying or have found in your everyday environment. One exercise I'm going to share includes putting together a stationery palette, as a low-stakes way of playing with colour. So you may want to budget for some stationery purchases for this - things like felt-tip pens, washi tape, inks and stickers.



If you have loads of stationery already, use this task to organise palettes from your stash. Here are some of my favourite stationery stockists.

<https://www.jacksonsart.com>

<https://cultpens.com/>

COLOURS STASH + GLUE + SCISSORS

Get an old shoebox, an empty cardboard box (roughly A4 (UK) or letter-size (US)), a cardboard wallet or a nice box file and begin collecting colours. When you open your mail, save any envelopes with interesting or colourful interiors. Save bits of wrapping paper with colours you like. Cards that friends send you with colour combinations you appreciate. Anything that speaks to your sense of colour joy goes into this stash. Get a glue stick and some scissors, and you have yourself a wonderful collection of found swatches for any time you want to put together a palette from found sources.

PAPER PUNCH (OPTIONAL)

To save yourself cutting out swatches when using your colours stash, consider getting a paper punch, which cuts out a swatch-shaped piece of paper for you. I like this one from Vaessen.

<https://www.vaessen-creative.com/en/p/vaessen-creative-craft-punch-rectangle-25x44mm-21437-055>

I hope that's helpful - if you have favourite materials for playing with colour, please feel free to share them in the comments underneath the Materials section in the course, so that we can keep building a collective and useful resource for joyous colour play.