

Welcome to our second adult activity pack. This pack will challenge you in all different ways and it's all about colour. Colour helps to express feelings, train the brain and can increase personal happiness in life. This pack includes numerous activities to keep you thinking and learning about colour.

## ONLINE ACTIVITIES AND APPS

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### Jigsaw Puzzle

This puzzle is based on our very own Geelong Library & Heritage Centre building. This building reflects beautiful light and even rainbows due to its staggered glass effect. Enjoy matching the pieces of colour, glass and reflected light while admiring the architecture.

- [Do the Jigsaw](#)

### Crossword

Challenge yourself and your knowledge of colour theory with this colour themed crossword puzzle. See if you can identify and remember the colour themed answers to finish this crossword.

- [Complete the Crossword](#)

### Memory Game

Test your memory with this engaging colour themed memory game. See if you can remember the name of colours without the actual colour being shown.

- [Click here for memory game](#)

### Online Colouring Sheets

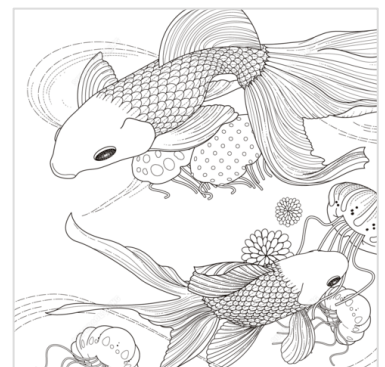
Why not try these fun online colouring sheets? They can be printed or coloured in electronically using your device. Images range from simple to intricate and are suitable for all colouring in levels of motivation.

- [Explore the Colouring Sheets](#)

### Colour Theory Video

Want to learn about colour theory, primary and secondary colours? Watch this video and find out all the sections of the colour wheel. Whether it's to paint draw or even home improvement, this video will help you to understand the colours and shades to improve your colour skills.

- [Click here to watch the colour theory video](#)



## Paint by Number

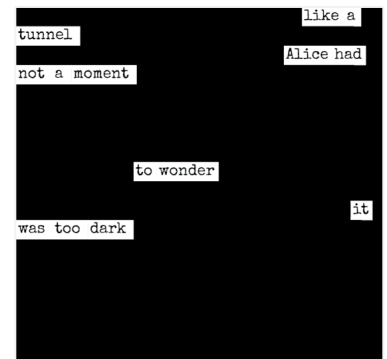
Paint by Number is a relaxing app available on Apple or android devices. Pick from many free colouring pages. Find your areas of colour and relax while filling out your own beautiful page you can save and share at the end. If you have a laptop or PC device, you can enjoy using an online version.

- [Click here for the Paint by Number Apple app](#)
- [Click here for the Paint by Number Android version](#)
- [Click here to paint by numbers in your web browser](#)

## Blackout Poetry

Blackout poetry is the process of creating a unique poem out of an existing text using black market to block out unwanted text, leaving behind start and beautiful imagery. If the thought of permanently altering a book gives you chills, you can craft and download your own poems using the online Blackout Poetry Generator. Use the out of copyright sample works such as Alice In Wonderland, Pride and Prejudice or Heart of Darkness, or upload your own text.

- [Write a Blackout Poem](#)



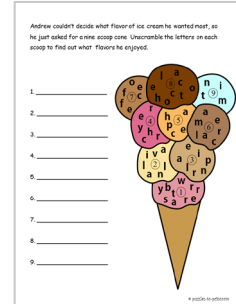
## PRINTABLES

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### Word Scramble

Challenge yourself to see if you can unscramble the letters in this wonderful word scramble and find all the scrambled icecream flavours.

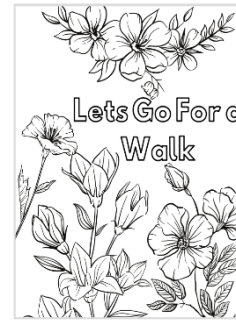
- [Download the word scramble](#)



### Adult Colouring

This colouring in page will be relaxing while reminding you of the beauty of blooming flowers. Enjoy this page while playing some music or reflecting on your day. Enjoy looking forward to your daily walk or finding peace while colouring these pages.

- [Download the colouring sheet](#)



### Word Search

Try this famous author word search it will keep your mind engaged while thinking about future authors for your own reading list.

- [Click Here for the word search](#)



## CREATIVITY

### Stress Ball


Manage your stress levels by making these cute and colourful (and simple) stress balls! They are easy to create, customisable and fulfill all your fidgeting needs.

- [Make the Stress Ball](#)
- [Inspired by Red Ted Art's Video](#)

### DIY COLOURFUL STRESS BALLS


**YOU WILL NEED**

- 1/2 CUP OF FLOUR
- BALLOONS
- EMPTY DRY WATER BOTTLE
- SCISSORS
- SKEWER/CHOPSTICK
- FUNNEL (CAN BE MADE WITH PAPER AND STICKY TAPE)




**STEP ONE**

- USING YOUR MAKESHIFT FUNNEL, CAREFULLY FILL THE EMPTY WATER BOTTLE WITH 1/2 CUP PLAIN FLOUR (CAN SUBSTITUTE WITH SAND).
- THIS STEP CAN BE VERY MESSY SO YOU SHOULD DO IT OUTSIDE OR IN THE KITCHEN.
- IF THE FLOUR GETS STUCK GENTLY POKE WITH A SKEWER TO EASE IT DOWN THE NECK OF THE BOTTLE.



**STEP TWO**

- LIGHTLY INFLATE A BALLOON TO ABOUT THE SIZE OF A GRAPEFRUIT. THIS STRETCHES THE BALLOON AND GETS IT READY TO BE FILLED. SEAL THE MOUTH PIECE OF THE BALLOON OVER THE WATER BOTTLE STEM AND GENTLY COMPRESS THE SIDES TO PUSH FLOUR FROM THE BOTTLE TO THE BALLOON. IT IS EASIER TO SUPPORT THE BALLOON ON THE BENCH OR IN YOUR HAND AND USE YOUR OTHER HAND TO COMPRESS THE BOTTLE.



### Stained Glass

Create your own multicoloured stained-glass art pieces by following this fun tutorial. Feel free to use the template provided or create your own. Get inspired to create dramatic stained-glass decorations using acrylic glue and paint.

[Follow the Tutorial](#)

[Download the Template](#)


[Inspired by Elmer's](#)

### DIY Stained-Glass

CREATE COLOURFUL STAINED GLASS ARTWORKS AND EMBELLISHMENTS

**YOU WILL NEED**

- PVA/Elmer's Glue
- Acrylic paints
- Glass (can be from an old photo frame or jar but starting with a flat surface is much easier)
- Water
- Brush



**1.) MIX YOUR PAINT**

To get a stained glass effect using acrylics you need two applications methods.

1.) Raised border: to mimic the lead portion of the stained glass the glue bottle will become the tool you use to pipe the borders of your design. You can either mix the colour directly into the bottle (you will need to set aside some glue to 'colour in' the flat sections later) OR using a 80% glue to 20% paint ration mix the glue and paint together and pour into another squeeze bottle container. Mix thoroughly with a brush or skewer.

2.) Coloured glass: a mix of glue and brightly coloured paints (80% to 20% ratio) applied with a paintbrush.




**2.) TRACE YOUR DESIGN**

Select a design to draw on your glass. The simpler the better!

You can use the template provided or another colouring sheet.

Place your glass over the design and trace the outline using your glue bottle. You want to have a little bit of distance between the nozzle and the surface and 'lay' the lines down to get a smooth, piped finish.



**TIP: THIN LINES SPREAD LESS THAN THICK OR MESSY LINES SO AIM FOR**