

# Sustrans School Programme

## Prism Pursuit

**Suitable for:** All ages

### You will need

- Camera or notebook & pen
- Art materials (optional)



**Activity:** use your daily outdoor exercise time for a local walk, scooter or cycle. On the way, look for colours in nature or in human-made objects.

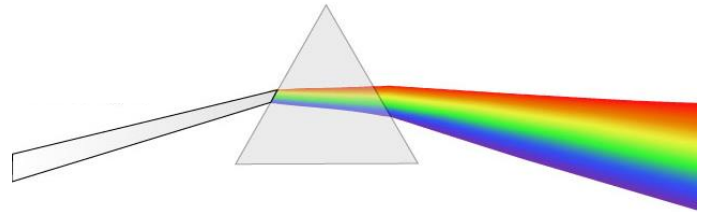
Using your camera, capture images of interesting colours you find. Alternatively, scribble down the things you spot and draw or paint them when you get home.

### Variations

- set yourself the challenge of finding all the colours of the rainbow - red, orange, yellow, green, blue, indigo and violet
- find as many shades of one colour as you can
- focus on human-made objects, or things in Nature, or a combination of the two
- Make a montage of all the images you collect
- Write a poem about the colours you found, or what you experienced during the activity
- think about how the activity made you feel – which bits made you feel good? Did anything capture your imagination or make you want to find out more?



# Prism Pursuit



Photograph one of each colour...



Or lots of one colour...



Or write a Haiku poem...

*(5 syllables, 7 syllables, 5 syllables)*

No letters for me  
Red post box hollow, empty  
And likewise my heart



Or do some doodles...



Anything goes!



# Prism Pursuit!

Think about how can you include the 5 Ways to Wellbeing into your Prism Pursuit...



BE ACTIVE



TAKE NOTICE

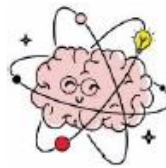


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

