The Colour Quester’s Promise

With open eyes and an active brain, I pledge to see the world of colour all around me and explore it every day, for a life filled with all the colours of nature.

(I also promise to ask for help from a grown-up when I need it!)

Signed

Age
Welcome Colour Questers

We believe there’s nothing like a bit of natural colour to brighten up the day and get everyone in the mood for a bit of fun. That’s why we have created this Colour Quest activity journal for you and your family to enjoy together.

If you want to get started, it’s really simple. Make the colour spinner on the next page, give it a spin and see what colour comes up. Then, turn to that page in the journal and you’ll find heaps of fun activities. From making a grass trumpet on a green day to making jewellery on a yellow day, there’s always a way to fill your family life with colour.
Raring to go?
To get started just make this quick and easy colour spinner.

1. Print out this page.
2. Cut out the hexagon.
3. Carefully poke a pencil through the hole in the centre.
4. Push the hexagon down near the bottom of the pencil and keep it in place with a blob of sticky tack, modelling clay or play dough.
5. Give it a spin and whatever colour it lands on is your colour for today. Turn to the page and fill your day with colourful fun.

GET A GROWN-UP TO HELP
Bassetts Vitamins wishes you a...

HAPPY RED DAY
never a dull moment

SEEING RED?
Find all the red words listed below

1. TOMATO
2. APPLE
3. CHERRY
4. LOBSTER
5. HEART
6. LADYBIRD
EYE SPY see if you can find a red...

- ladybird
- tractor
- stop sign
- flower
- tomato
- fire engine

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Sluuuuuuuuurp!

Make a delicious red breakfast smoothie

1 banana
1 cup strawberries
1 cup milk
2 teaspoons honey
a pinch of cinnamon
1 cup ice

Blend together and top with more strawberries.

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GET A GROWN-UP TO HELP

YUM

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RACE A GROWN-UP! to the nearest postbox
All aboard!

Grab a big cardboard box and turn it into a super red bus. Use pens to draw a bus on the side, or just pretend! Make your whole family tickets and hop on for the ride.

Lovely ladybirds

For this brilliant excuse to get messy and painty you will need:

- 1 potato
- Red paint
- A little white & black paint
- Paper or card

Use half the potato to print red paint ovals onto paper. Use your fingers to add black dots and white eyes!

GET A GROWN-UP TO HELP
Can you think of other red things that live under the sea...
Bassetts Vitamins wishes you a...

HAPPY

ORANGE DAY

never a dull moment

Make an orange fruit kebab using mango, orange and melon

YUM

EYE SPY see if you can find an orange...

☐ leaf
☐ carrot
☐ car

☐ traffic cone
☐ cat
☐ fish
Kabooooom!

you will need:
2 disposable cups
Playdough
2-4 tablespoons of baking soda
4 tablespoons of white vinegar
2 drops of food colouring or water based paint to colour the lava

Make an exploding fizz volcano

1. Build up playdough around a cup to make a volcano shape (you could use gravel or mud to support the cup if doing it outside)
2. Add the baking soda into the cup inside the volcano
3. Pour vinegar into the other cup and add the colouring, give it a stir
4. Pour the vinegar into the top of the volcano and watch the lava explosion!
Easy Squeezy

Make your own fresh orange juice

4 oranges
1 lemon squeezer

Cut oranges in half and squeeze out the juice with a squeezer, pour into a glass and enjoy the yumminess. (If you don’t have a squeezer use your hands and a bowl to catch the juice!)

watch a sunset or sunrise

or freeze it and make a lolly
Feel like royaltree

Make a golden crown of leaves! See if you can find leaves that have turned orangey outside (easy when it’s autumn!). Or take any leaf, put it under a piece of paper then rub over it with an orange crayon and cut it out. When you’ve got enough, it’s time to make your crown. Take a thin strip of card and wrap it around your head to get the size right. Fix it together with tape or staples. Stick on the leaves. You’re ready to rule!

Fire fighter!

Draw flames on plastic cups, stack them up and use a water pistol to shoot them down.
Bassetts Vitamins wishes you a... HAPPY YELLOW DAY never a dull moment

EYE SPY see if you can find a yellow...

- busy bee
- flower
- car
- lemon
- digger
- sun ray
Sizzzzzzzzzzzling
sweetcorn fritters

1 can of sweetcorn, drained (approx. 200g)
1 egg
2 spring onions, chopped
30g plain flour
½ tsp baking powder
½ tsp salt
Little oil, for frying

Pop all the ingredients (apart from the oil) in a food processor and whizz until combined. Heat a frying pan over a medium heat, add the oil. Drop in teaspoon scoops of the mix and cook for 1-1½ mins until lovely and golden then flip over and cook the other side. Yum, they are ready!

Be a busy bee

Help with some jobs today. A good one is helping to sort the washing and matching the socks. How many yellow ones can you find?
Yummmmmmy sunny smoothie

½ cup frozen mango
½ cup fresh pineapple
1 small banana
½ cup vanilla yogurt
½ cup milk
2 teaspoons honey
½ teaspoon vanilla extract (if you have some!)
½ cup ice

Blend together and enjoy!

Shadow shape fun

Make different shapes with cardboard (or just using your hands). Keep your back to the sun and hold the shapes up in the air. Look at the shadows they make on the ground. You can also try this inside with a light instead of the sun – ask a grown-up to help.
Bling-guini!
Make jewellery from pasta

You will need:
Uncooked hollow pasta (penne or macaroni)
String, ribbon or wool
Sticky tape

1. Thread the string through the hole of each piece of pasta
2. Keep going until you reach the length you need (is it for your neck or your wrist?)

3. Tie the two ends together with a simple knot and you are ready to show off your stylish pasta jewellery!
4. For extra sparkle you can stir the pasta in a pot with paint and glitter. Let it dry before you wear it though!

Pieces of eight
Make gold coins out of yellow or gold card, hide them around the house and in the garden, then get your family to hunt for them and see who finds the most treasure!
Bassetts Vitamins wishes you a... 

HAPPY GREEN DAY

never a dull moment

GET SORTED!

You will need:
Boxes
Green pens or crayons

Things to recycle:
Plastic, cardboard, paper, tins (ask a grown-up!)

Decorate your boxes with signs to say what should go in them: plastic, card, paper, tins. Then find different things to recycle and put them in the right box. Ask mum or dad where you can take them to be recycled. It could be a fun trip out!
GET A GROWN-UP TO HELP

EYE SPY see if you can find a green...
- caterpillar
- car
- go sign
- frog
- pear
- leaf

Yummy baked apples

6 apples
2 tbsp light brown sugar
1 tsp cinnamon
30g of butter
2 tsp demerara sugar
Handful of sultanas

1. Preheat the oven to 200ºC
2. Core the apples with an apple corer or a knife
3. Mix the sultanas, light brown sugar and cinnamon, then pop a little bit of the mix into each apple
4. Put in a baking tray and blob a bit of butter on each and sprinkle with the sugar
5. Bake for about 20 mins

Enjoy the sticky yumminess!
# Courgetti spaghetti

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 courgette</td>
<td>Knob of butter</td>
</tr>
<tr>
<td>70g dry spaghetti per person</td>
<td>1 garlic clove, crushed</td>
</tr>
<tr>
<td>(40g for little people)</td>
<td>Pinch of dried chillies (optional)</td>
</tr>
<tr>
<td>30g grated Parmesan cheese</td>
<td>300g prawns or cooked chicken (optional)</td>
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<tr>
<td>(or any cheese you have)</td>
<td></td>
</tr>
</tbody>
</table>

1. Cook the spaghetti.
2. While the spaghetti is cooking, spiralize the courgette (if you don’t have one, then use a vegetable peeler and cut into thin strands) fry quickly in a little butter for 5 mins.
3. Add the garlic and cook for a few mins then add the cooked spaghetti (you could add dried chillies, chicken or prawns at this stage).
4. Add some of the pasta water and serve topped with the grated cheese.
5. Slurp it up and enjoy!

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Roll down a hill!
Happy hideouts

Build a den using anything you can find! If you’re outside, try branches and twigs. You could lean them against trees or tie them together with string. Or if you’re inside, try draping bed sheets, towels and blankets over tables and chairs. Hide inside and make up a secret password. It’s time to defend your den from intruders!

Make a grass trumpet

Find a long blade of grass and put it between your thumbs. Hold it tight, with your hands held flat together (as if you are clapping or praying). Take a big breath and blow into the little gap between your thumbs. It will take a few goes, but soon you’ll make a squeaky trumpet sound. Paaaarp!
Bassetts Vitamins wishes you a...

**HAPPY BLUE DAY**
never a dull moment

GO INTO THE BLUE
with this super space rocket

**You will need:**
- Cardboard tubes
- Coloured paper
- Silver foil
- Glue or tape
- Scissors

1. Grab some cardboard tubes, cut the coloured paper to the same length and wrap around the tube, stick in place.

2. Draw a circle on paper (about twice the size of the end of the tube), cut it out and make a cone. Stick to the end of the tube.

3. Cut some windows out of the foil and stick to the side of the tube.

4. Cut or tear strips of paper and stick them to the end of the tube to make the flames and your rocket is ready to launch!
### Get spaced out

Become a space explorer for the day! Make a rocket (like the one on this page) or all jump in the family car and pretend it’s a spaceship. Countdown before you all begin your journey. When you get home, write down your own space adventure story.

### Blueberry mmmmmuffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>110g butter</td>
<td></td>
</tr>
<tr>
<td>250g plain flour</td>
<td></td>
</tr>
<tr>
<td>250g caster sugar</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>125ml milk</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons baking powder</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>225g fresh blueberries</td>
<td></td>
</tr>
</tbody>
</table>

1. Preheat oven to 180°C
2. In a separate bowl, whisk the butter and sugar to a light, fluffy texture
3. Beat in the eggs and add the milk
4. Through a sieve, add the flour, baking powder and salt, then beat until combined, stir in blueberries
5. Put the mix into a greased muffin tin - filling to two thirds
6. Bake for 30 minutes
EYE SPY see if you can find a blue...
- raindrop
- pair of eyes
- car
- blueberry
- sky
- stream or river

Move and sound like a huge blue whale
Waaaoaaaaaaaaaaaaaaaaoaooo!

**Floaty fun**

1. Grab a big plastic tub or washing up bowl (a big storage tub is perfect)
2. Gather up some plastic bottles and cups, jugs, spoons, pans, play tea pots, anything to pour/splash/soak
3. Collect some objects to see what floats and what sinks, things like cork, sponge, bark, stones
4. Fill with water and get splashing! (best done outdoors but put some towels under the tub if indoors)
**Bubble wanderful**

**Build yourself a giant bubble wand**

You will need:
- 2 sticks/chop sticks (any size)
- String
- Bucket or bowl
- Bubble mixture

1. Cut one length of string and cut the next length about 20cm longer.
2. Tie the shorter piece of string to one end of both sticks.
3. Now, to make a loop, tie the long piece of string to the short string (about 5cm in from where it is tied to the stick). Do the same on both sides.
4. Fill a bowl or bucket full of bubble mixture (you can make your own by mixing 1 cup washing up liquid, 2-4 tbsp glycerine, and 1 ltr hot water).
5. Dip in your string and pull out, separate the sticks to open the string and create gigantic bubbletastic bubbles!

Dress top to toe in blue today (or as many blue clothes as you can!)

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GET A GROWN-UP TO HELP
Bassetts Vitamins wishes you a...

HAPPY

PURPLE DAY

never a dull moment

Magical moments
Make a wizard’s hat

You will need:
- Paper plate
- Paper
- Purple paint
- Yellow paper

Scissors
- Tape
- String or elastic
- Sequins/glitter/stickers (optional for decorating)

1. Roll your paper into a cone then tape it shut. This is the top of your hat.

2. Cut fringes into the base of the hat and fan out.

3. Cut out the inner circle of the plate making the brim of the hat.

4. Tape the cone and brim together. Now the shape of the hat should be finished – time to paint it purple!

5. Cut out star and moon shapes from the yellow paper to decorate, the hat is ready to launch!
Munchy cruuuuunchy!

beetroot crisps

2 beetroot
2 tbsp oil
Salt to taste
Pepper (optional)

1. Preheat the oven to 200°C
2. Wash the beetroot
3. Slice the beetroot as fine as you can with a sharp knife
4. Pat the slices dry with kitchen roll
5. Cover the slices in oil
6. Sprinkle on the salt and pepper if you like
7. Spread out the slices on a lightly oiled baking sheet
8. Bake for about 10 or 15 minutes
9. Flip them over and bake until crispy (about 5 minutes)

Take a great big pot, throw in some ingredients and write down your best spell here...

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Sniffy-not-whiffy

Create your own lovely smelling lavender bags

You will need:
2 squares of fabric  Scissors
Dried lavender  Needle and thread

1. Place the two fabric pieces together and sew around the edge leaving a little opening
2. Fill the pouch with lavender
3. Finish by sewing up the opening

All done! Mmmm, smells good!
Spectacular tentacular

Create a dingly dangly octopus to hang from the ceiling

You will need:
Purple paper
White paper
Coloured pens
(to decorate)
Scissors
Glue

1. Take the purple paper and outline an octopus head. Don’t draw the tentacles though!
2. Add some eyes (cut circles from the white paper, draw black dots and stick)
3. For the tentacles, cut the purple paper into thin strips, glue together at the ends to make a ring. Thread the next strip through and glue it too
4. Keep going until the tentacle is the length you want
5. Repeat until you have all eight. Then glue or staple them to the bottom of your octopus body

EYE SPY
see if you can find a purple...

☐ flower
☐ butterfly
☐ lavender
☐ plum
☐ grapes
☐ jewel
We hope you enjoyed this book. If you’ve finished all the activities, why not try creating your very own things to do on a colour day. Remember, life’s more fun when you fill it with colour.
And there's more...

We hope this book helps fill your days with colour. Remember, there are lots more ideas for family fun on our website.

bassettsvitamins.co.uk