




# Colour and Light




**Pathway:** Pre-formal Engagement

## Zen Den Medium term planning for Spring 2a 2026


Cognition, Learning and Engagement	Communication and Interaction	Personal and Social Development
<ul style="list-style-type: none"> <li>Finding colours and colour names (using a choice of two)</li> <li>Sorting two or more colours.</li> <li>Copying an order of colour stacking – e.g., Duplo or blocks.</li> </ul>	<ul style="list-style-type: none"> <li>Colour sensory pack - children can change colours and explore independently.</li> <li>Requesting “more” with coloured lights.</li> <li>Choosing colours.</li> <li>Show me/Give me “colour.”</li> </ul>	<ul style="list-style-type: none"> <li>Matching colour with basic emotions “happy” “sad”</li> <li>Shared reading with texts linked to colours</li> <li>Zones of Regulation daily check-ins.</li> </ul>
<p><b>My World Around Me</b></p>		<p><b>My Physical World PE/Gross and Fine Motor</b></p>
<ul style="list-style-type: none"> <li>Sensory light table</li> <li>Structured colour environmental walk</li> <li>Observe colour change (rain cloud in a jar)</li> <li>Looking through different coloured materials/scarf</li> </ul>		<ul style="list-style-type: none"> <li>Colour ribbons – gross motor movements</li> <li>Parachute games</li> <li>Posting games with colours</li> <li>Tweezers and pom poms</li> <li>Dough Disco – different colours of playdough</li> </ul>
<p><b>My Independence Self-help/Life Skills</b></p>	<p><b>My Creativity Music/Art/Drama</b></p>	<p><b>Enhanced Curriculum Trips/Visits/Experiences</b></p>
<ul style="list-style-type: none"> <li>Making coloured playdough</li> <li>Using utensils</li> <li>Mixing ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Rainbow song</li> <li>Colour mixing</li> <li>Messy play with different colours and texture</li> <li>Different coloured playdough/rice/spaghetti</li> <li>Make colourful sensory bottle</li> <li>Art in the style of Paul Klee &amp; Jackson Pollock</li> </ul>	<ul style="list-style-type: none"> <li>Dress in your favourite colour day (date to be confirmed)</li> <li>Mental Health Week</li> <li>Safer Internet Day 06.02.26</li> </ul>

**Pathway: Semi-formal Explorer**

**Zen Den Medium term planning for Spring 2a 2026**

Cognition and Learning Early Development	Communication and Interaction	Personal and Social Development
<ul style="list-style-type: none"> <li>Sort items according to colour</li> <li>Have a colour preference and use different colours in a variety of ways</li> <li>Explore the concepts of light and dark</li> <li>Create phrases or simple sentences using Colourful Semantics</li> </ul>	<ul style="list-style-type: none"> <li>Using core vocabulary board to describe an item by colour or express colour preferences for resources</li> <li>Follow simple instructions involving colour e.g. 'Red ball, please'</li> </ul>	<ul style="list-style-type: none"> <li>Early emotions and Zones of Regulation</li> <li>My favourite colour and choices involving colour in art or for toys and resources</li> <li>Display favourite colours with photos- think about others' colour preferences</li> </ul>
My World Around Me		My Physical World PE/Gross and Fine Motor
<ul style="list-style-type: none"> <li>Explore toys that light up</li> <li>Exploring circuits that can light a bulb</li> <li>Exploring shadows</li> <li>Experimenting with different sources of light</li> </ul>	<ul style="list-style-type: none"> <li>Choosing your favourite colour dance scarf or pompom to wave, throw and catch</li> <li>Rainbow ribbons</li> <li>Fine motor - colouring within a line, trace the rainbow</li> </ul>	
My Independence Self-help/Life Skills	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
<ul style="list-style-type: none"> <li>Making coloured playdough</li> <li>Using utensils</li> <li>Mixing ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Colour coded instruments e.g. xylophone, keyboard with stickers, Hasbro Simon Says.</li> <li>Art in the style of Paul Klee</li> <li>Colour mixing</li> </ul>	<ul style="list-style-type: none"> <li>Dress in your favourite colour day (date to be confirmed)</li> <li>Mental Health Week</li> <li>Safer Internet Day 06.02.26</li> </ul>

*Zen Den Medium term planning for Spring 2a 2026*

English	Maths	Personal and Social Development
<ul style="list-style-type: none"> <li>Describe items using adjectives linked to a wider range of colours such as turquoise or shades such as dark and light</li> <li>Follow instructions with 3 or more steps</li> <li>Using Colourful semantics to create sentences linked to our key texts</li> <li>Create a set of instructions</li> </ul>	<ul style="list-style-type: none"> <li>We will be learning about time including reading different types of clocks</li> <li>We will be looking at calculations within 50</li> <li>Place value</li> <li>Doubles and near doubles</li> </ul>	<ul style="list-style-type: none"> <li>Using Zones of Regulation baskets to support self-regulation.</li> <li>Discussing favourite colours and learning new vocabulary for colour names.</li> <li>Display favourite colours with photos- think about others' colour preferences.</li> <li>Playing turn taking games with our class buddies</li> </ul>
My World Around Me Science and Humanities		My Physical World PE/Gross and Fine Motor
<ul style="list-style-type: none"> <li>Creating circuits that can light a bulb</li> <li>Exploring how shadows change</li> <li>Exploring how light travels through different surfaces</li> <li>Different sources of light including natural and man-made</li> <li>Famous historical figures who influenced how we use light and colour in history and today</li> </ul>	<ul style="list-style-type: none"> <li>Colour tag - draw coloured circles on the ground and move around until the person calls out a colour, last one into the circle is 'it'</li> <li>Careful colouring in, using requesting boards to colour for a purpose.</li> <li>Threading using colour.</li> </ul>	
My Independence Self-help/Life Skills	My Creativity Music/Art/Drama	Enhanced Curriculum Trips/Visits/Experiences
<ul style="list-style-type: none"> <li>Making coloured playdough</li> <li>Using utensils</li> <li>Mixing ingredients.</li> <li>Playing with buddies</li> <li>Taking part in Safer Internet Day</li> </ul>	<ul style="list-style-type: none"> <li>Soundscapes to music – how the children use colour and shape to show their reactions to the music</li> <li>Learn a simple tune using colour cues e.g xylophone/ stickers on a keyboard to learn twinkle twinkle</li> <li>We will be exploring colour wheels and art work in the style of Eileen Agar &amp; Paul Klee</li> </ul>	<ul style="list-style-type: none"> <li>Dress in your favourite colour day (date to be confirmed)</li> <li>Mental Health Week</li> <li>Safer Internet Day 06.02.26</li> </ul>