

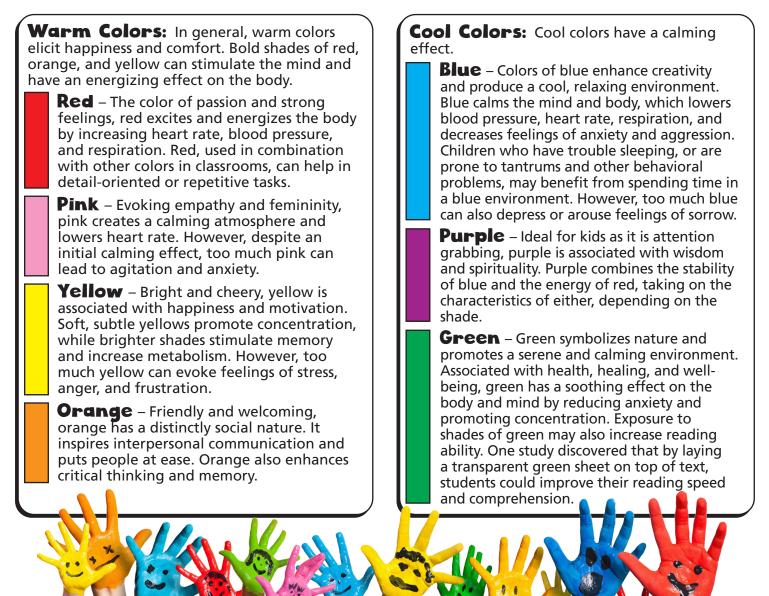


Free informational handouts for educators, parents, and students

Impact of Colors

by Kevin Stuckey, M.Ed., CCC-SLP

Children, like adults, are very aware of color. Psychological studies suggest that color can influence mood and behavior, stimulate the brain and body, and even affect children's health. Likewise, scientific studies have also determined that exposure to certain colors can improve sleep habits, increase memory power, and enhance academic performance. Color psychologists have linked color to brain development, decreased absenteeism, enhanced productivity, and the transition from childhood to adulthood.



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Free informational handouts for educators, parents, and students (cont.)

Colors in the Learning Environment

We usually think of using certain colors only to make a room appear larger or smaller. Since classrooms are places of active learning, adding color to a classroom can create an environment that stimulates learning, maximizes information retention, and prevents anxiety. Research confirms that color affects learning, communication, productivity, and emotions too. Color also has both positive and negative impacts on children. Color selection can cause children to become excitable and hyperactive or bored and uninterested. Research shows that lighter colors, such as yellow and blue, elicit positive feelings while darker colors such as deep blue, black, or gray create negative emotions. In addition, the color red may increase anxiety in some children.

Large amounts of bright colors, especially reds and oranges, can cause overstimulation of students. Brain research shows that using more than six colors in a classroom can distract learners and may even have a negative impact on a learner's cognitive ability. One exception to this is with younger children who thrive in an environment filled with brightly colored walls, decorations, and furniture. Colors also help define specific learning areas of a room for particular activities. For example, blue chairs in corner may define an area for reading and relaxation, while a red table may identify a free-play space. Research also concludes that older students work better in rooms painted with lighter shades of blue and green, which reduce stress and are less distracting than bold, primary colors.



Resources:

"Nursery Color Psychology: Let Science Decide!" by Kitty Lascurain (2017) Retrieved 5-25-17 from https://www.thespruce.com/color-psychology-for-kids-2504750

"Colors in the Classroom Learning Environment – Color Your World" by SmithSystem (2017) Retrieved 5-25-17 from https://smithsystem.com/resource-library/article-library/color-world/

"Colours for the Classroom" by Karen Walstra (2014) Retrieved 5-25-17 from http://www.karenwalstraconsulting.com/home/index.php?ipkArticleID=43

"The Top Color Schemes for a School Classroom" by Dianna Mendez (2016) Retrieved 5-25-17 from https://owlcation.com/academia/The-Top-Color-Schemes-for-a-School-Classroom

"Color Psychology: Child Behavior And Learning Through Colors" by Jacob Olesen (2017) Retrieved 5-25-17 from http://www.color-meanings.com/color-psychology-child-behavior-and-learning-through-colors/

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