



Colour Education Kit & Engagement Program

Our **Education Kits & Engagement Programs** exist with variation to promote participation in Viewing art at Art Spaces and art galleries, with recognition for visitors in public and student relationships. Sienna Art Space is an Independent Art School and Holistic Arts provider that recognises Wellness and shared dialogues through Community Engagement. We are an At-profit, Independent Education Service with Professional initiatives and with Arts Education being a core focus.

The 2026 Exhibition

This Education Kit aims to recognise the Conscious Parent and Conscious Teens as part of a number of Exhibition Engagement Activities. Our Engagement Program is for Every One, reflecting the inclusive nature of Sienna Art Space overall through positive, cultural experiences. The Exhibition 'Colour Exuberance' showcases Fine Art with a range of pictorial representations and themes. Work may be fully experienced in person, with museum devices providing additional information on-site for visitors.



Conscious Families

The Everyday Family exist in Art participation and attend Art Galleries, where there are 'community-led' not just community-inspired circumstance for enrichment. Families with an interest in conscious ideas, philosophy and lifestyle will naturally connect to content in various ways as all people are different. Sienna Art Space respects there may be some key features to Conscious families that make them unique, particularly Young People exploring their sacred self through art. We exist in a climate of inclusive pragmatic programming and also with an appreciation for wide diversity. We aim to encourage dialogues. Our Space is thus attractive to anyone. Anyone with an interest in studio and other services that participate can benefit.

Conscious Parents:

- Are on a Spiritual Journey themselves and may be utilising process and 'expressive forms', or are engaged in cultural practices as part of their Spiritual lifestyle.
- They share dialogues with their family (partner and children) about 'conscious ideas', energy, their adopted faith and exploration of perceived ideas. We recognise that those dialogues extend to personal forums of trust, appreciation, and connection.

Conscious Teens :

- Are discovering their personal energy as developing young people.
- They Explore through Enrichment activities, as well as Exhibition-led response connections on site and via Studio creativity.
- They navigate and discuss their personal spirituality, thus forming and navigating their individual Identity expression.



Introduction to the Education Kit

Aims

- Teens have fundamental discussions with their parents, guardians and family about conscious ideas and their experiences.
- Teens reflect on 'systematic thoughts' and develop their explorations in what they experience.
- Parents encourage teens to explore their own recognitions for 'conscious' labels and how these may be related to them personally.
- Teens express themselves consciously using fundamental processes: visualization, colour, diagrams, written word, and speech.

Each of the four sections have been structured to identify focused learning areas of content.

Every section includes:

A Title Orientation

Keywords

Introductory paragraph

Tiered questions

An activity (Expression mode)



Disclaimer:

All participants and consumers should be aware that none of the activities herein are Healing Activities for Mental Health Care Situations. The activities and content correspond with Educational aims. The dialogues ultimately are driven by individual perspectives and will be formulated through exhibition participation.

Those wishing to participate in Healing situation by speaking to a Registered Counsellor, may formally book a session through Sienna Art Space as available.

The nature of content and activities specified allows for personally developed responses that encourage greater insight for Colour as an investigation. The aims have been listed to correlate with all activities and questions. All anticipated dialogues reflect age-appropriate territory for participants aged 12+ to 18 years.

Introduction to Colour

Colour is an element.

Colour deserves attention.

The elements of our world that are fundamental, exist for fundamental concerns.

Some of these may surface as part of poignant dialogue throughout activities and in the gallery experience.

How often do we interact with things, and yet overlook the intrinsic qualities of them?

How often do we value 'pure stories'?



Spectrum-conscious Navigation

The structure of this Education Kit reflects some of the key areas explored in *Colour Exuberance, a compendium* that accompanies the 2026 exhibition.

Colour activity reflects 'spectrum-conscious navigation', thus the kit areas look at content relevant for: *Colour Energy, Colour Integration, the Colour Conscious, and Colour Wellbeing.*

Area 1 - COLOUR ENERGY

Keywords

Invoke

Stream

Life-force

Colour Energy refers to states of energy that we experience throughout our encounters with colour. By focusing on symbols and diagrams we cultivate appreciation for Coded Realities and systems.

Our individual personality and soul vibration voyages through these codes as part of the environment. We are in a climate of codes and also 'associative emphasis'.



What colours do you enjoy?

What colour do you favour or gravitate to?

Why do these colours resonate with you most?

Setting an intention or desiring to know more about something begins with simple transactions. We sit in a space (at a table or otherwise) and we invoke energy. It is a great starting point when working with colour to consider the full spectrum that is placed out as a colour wheel or full box of coloured pencils. It is a significant setting to work with a base of white or black before invoking ‘colour stream’. It is similar to working in a clean environment verse a cluttered one free from ‘consuming’ context that impacts settings for creativity and given task orientations.

Stem Words	Colour – Word Life-force
Colour Energy	Symbols, diagrams, archetypes, ideograms, states of energy, senses, spiritual clairs, voyage, energy body, sacral chakra, heart chakra, throat chakra, coded realities & systems, soul vibration, I see, visualization, representation, existence, colour codes, palette, colour wheel, pantones, swatches, spectrum, light, faith, religion, colour therapy, wellness, art therapy, soul-based art therapy, process, meditation, art journalisation, associations, trans states, elevated sensing, sacred soul, mood, emotion, navigation.
Colour Integration	
Colour Conscious	
Colour Wellbeing	



Invoking colour may be painting an imprint of word associations.

Area 2 - COLOUR INTEGRATION

Keywords

wealth

health

correspondence

Colour Integration involves our capacity to engage colour with purpose. It includes superficial, incidental as well as simple relationships. It involves intended arrangements as well as mind acceptance for optical reality (' I see ' , therefore).

Representation plays a large role in 'coding relational energy' as imprints of systems and ideas. Some of these are emblems. When we come into contact with these devices we explore our cultural existence visually and it's only with depth learning that we build our knowledge for how objects, interfaces and colour convey meaning.

Look at colours in various environments, as colour schemas and objects.

What colour codes are emphasised in your personal world?



Colour exposures form a large imprint in our world.

Disbelief is a term used in the news and media pertaining to any subject difficult to comprehend, due to its challenging content, crisis-formation and treachery. *Disbelief* is a term that is used to comment on the human landscape. *Disenchantment* features, whereby economics and desires are looked at head on in prioritization with the pandemic.

Let's consider colour as a tool for representation and correspondence.

Let's consider Colour as an emotional changemaker that offers joy.

Colour has the attributions of being a recognition or storyteller in Belief.

It is correspondent with healthy alignments and affords enchantment.

Colour is wealthy.

Why is the sky blue?

Why is grass green?

Why are trees brown and green?

Visualisation is a developmental process for Integration.



Activity

Visualise a 'felt' landscape filled with colours that are used to substitute your immediate reality. If an eye dropper could confirm - another palette selection and surface another hue for grass or the sky, even a tree trunk, our world would be a different *energy experience*.

Visit the gallery space to view featured artworks that correspond.

Read about systematic thoughts and explore the meditation experience.

Area 3 - The COLOUR CONSCIOUS

Keywords

Chakra

Aware

Noticing

Colour Conscious

A person who builds awareness for his / her energy develops migration territory in using colour or responding to Colour in their world.

Our vibration and energy body is a foundation to exploring our wellness.



We will consider the throat chakra and expression.

The 'aware self' is available to observing, musing and recognising features of this world.

Journalling is 'correspondent activity'.

In this section, parents and guardians are encouraged to have a discussion about writing dialogues and separately a conversation about 'sacred chat'.

Writing generally involves focus and memory. A journal is thus a connection that can be used for personal writing, the kind that is kept to oneself and allows for discussion that is private and sacred.

Writing could be fitted into the following categories:

- Brainstorm Journal
- A Little Book of Revelations
- Category Organiser
- Think-Tank Concept Book

All of these support 'development of energy resources' and offer a structure for systemizing their thoughts, views, and discoveries about their spiritual exposures. Teens benefit from organizing philosophical ideas and observations through identification.



Activity:

Teens can use a small boxset of colour paints or pencils to develop a Colour Journal that shows their enquiry into our colourful existence.

Teens benefit from reflecting and discussing aspects of what they discover, and noticing how their journal influences their 'aware self'.

Area 4 - COLOUR WELLBEING

Keywords

projection

ideograms

parasympathetic

Colour Wellbeing refers to our enrichment through interaction with colour.

We digest colour experiences by viewing art on the wall and in a gallery setting.

Accessing certain colours for a particular purpose is developed through our relationship exposure to archetypes and structured art scapes.

Colour Wellbeing looks at mind travelling, as well as colour therapy tools.



Core beliefs

A personal truth is a significant feature that all individuals can recognize. A personal truth is a feature of spiritual life.

Projection involves 'preoccupied focusing' on objects and in spaces of discovery.

What is an Ideogram?

What archetypes do you identify in the exhibition?

Why are you drawn to particular symbols and colours in the exhibition?

Read about spiritual ideograms, explore archetypes and familiarize yourself with energy frameworks in the exhibition.

Activity

Complete a Colour Composition Charter. This activity can be done in the exhibition space using coloured pencils and by responding to the meditation in gallery. You will focus on 'Invocation' as a simple everyday process involving Colour 'activity'.

Credits:

This Education Kit has been produced for the 2026 exhibition *Colour Exuberance*.

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Content for this Education Kit has been made available by the Director of Sienna Art Space.

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