

Colour by Number

Arts | Drawing



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Color by Number is meaningful and impactful because it blends creativity with structure, making it a perfect activity for building focus and confidence. By following a guided process, individuals learn how individual elements come together to create a complete picture, which enhances their understanding of patterns and sequences. It also strengthens fine motor skills and attention to detail while allowing for a satisfying sense of accomplishment when the final image is revealed. This activity is accessible to all skill levels, encouraging self-expression and providing a fun way to engage with art.

TIME

15+ Minutes

MATERIALS

- A Color by Number sheet
- OR a device with a colour by number App
- Pencils, markers, or other drawing tools (\$2+)



Colour by Number

INSTRUCTIONS

1. Start by getting your special Color by Number sheet. This is a picture made up of different sections, each with a number inside.
2. Look at the key on your sheet. It shows which color matches each number. For example, 1 might be red, 2 might be blue, and so on.
3. Get your crayons, colored pencils, or digital tools ready. Make sure you have the colors that match the numbers on your sheet.
4. Find all the sections that have the number 1 inside them. Color these sections using the color that matches number 1 from the key. Take your time and stay within the lines—unless you want to get creative!
5. Once you've colored all the number 1 sections, move on to number 2. Find all the number 2 sections and color them with the matching color from the key.
6. Keep doing this for each number on your sheet. You'll start to see the picture come to life with each new color!
7. Continue coloring each section according to its number until the entire picture is filled in. Watch as the colors blend together to create a beautiful, complete image.
8. Once you've finished coloring all the sections, step back and admire your work. You've just completed a Color by Number masterpiece!

RESOURCES

- Giving encouragement and praise: [Praise, encouragement and rewards](#)
- Drawing and its developmental benefits: [What are the benefits of drawing? | Artist Strong](#)
- Colour by Number prints: [Free Color By Number Printables for Kids](#)

*All prices are quoted from listings on *Amazon.ca*

Colour by Number

SUPPORTS NEEDED

Some individuals may need a bit of encouragement! Be sure to prioritize creativity and independence in this activity.

OTHER THINGS TO NOTE

If you want to add a personal touch, feel free to mix up the colors or add your own details. There's no right or wrong way to do it—just have fun!