



FOLLOW FLEURS FOREVER

GROW SOMETHING BEAUTIFUL

A GENTLE GUIDE TO CREATING WITH COLOUR

Thoughtful colour. Gentle creativity.
A little space to bloom.

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Welcome to Create With Colour

Colour is more than decoration. It can shape how a space, activity or moment feels - especially when it is paired with gentle, hands-on creativity.

This guide is not about strict colour theory or choosing the 'correct' combination. It is an invitation to notice colour, trust your response and use it intentionally in small creative moments.

Come as you are. Pick your colours. Create something bloomin' lovely.

Start with the feeling

Before choosing materials, ask yourself: How would I like this moment to feel? You might want energy, calm, comfort, joy or a sense of balance. There is no wrong answer.

A gentle colour starting point

- Yellows and oranges: cheerful, warm and energising.
- Pinks and soft blush tones: gentle, comforting and caring.
- Greens: natural, grounding and balanced.
- Blues and lilacs: quiet, spacious and calming.
- Whites and neutrals: simple, restful and uncluttered.
- Bright mixed colour: playful, expressive and full of personality.

These are prompts, not rules. Your memories, culture and personal experiences may give colours completely different meanings - and those meanings matter most.

A simple colour practice

Set aside ten quiet minutes and gather three to five colours from flowers, paper, fabric, ribbon, paint samples or objects already around you.

1. Notice

Look at each colour without judging it. Which one catches your eye first? Which feels comfortable? Which feels too loud or too quiet today?

2. Choose

Select one main colour and one or two supporting colours. You do not need to explain your choice.

3. Make

Arrange your colours into a tiny posy, collage, mood board, table display or simple decorative grouping.

4. Reflect

Finish the sentence: Today, these colours make me feel...

Your colour notes

The colour I noticed first: _____

The feeling I would like more of: _____

My chosen combination: _____

Bloom in your own time. Small creative moments still count.

Continue your creative journey

Explore beginner-friendly DIY floral kits, seasonal workshops and online creative experiences at follow-fleurs-forever.com, or join the Fleurs Circle for news, gentle inspiration and future resources.

A gentle note

This guide shares general creative well-being ideas. It is not medical advice and is not a substitute for professional care. If you are worried about your physical or mental health, please speak to a qualified healthcare professional or visit the Support Resources page on our website.