

Creativity Prompt

Color Symphony

Description

Explore listening to music while imagining what colors or images come to mind. Have fun and allow your creative mind to relax and unfold.

Approximate duration

10 minutes

Materials

Access to YouTube

Colored pencils, markers, etc. (optional)

Instructions

Find a quiet place inside or outside. Close your eyes and listen to the first five minutes of Arthur Bliss's [A Colour Symphony](#) (1932).

As you listen, pay attention to any colors, shapes, or things that you imagine.

You might imagine a swirl of different colors that may change, or stay the same, as the music plays. You might imagine a specific scene, like a calm setting with blue skies and clouds going by.

For example, in listening to the first part I see a lilac flower that grows and blooms - keeping a lilac color at the base of the petals, but the tip of the petals grows into a warm, sunset red color. In the background I see hazel colored swirls moving around the flower as it blooms.

Whatever you imagine, embrace it and say yes to all creative thought. No need to rationalize any thoughts that arise. If an ice cream cone appears - embrace it (YUM)!

At the end of the piece, reflect on all the colors and various things you saw while listening to *A Colour Symphony*. You are invited to draw or write down anything that came to mind as you were listening.

Optional Add-ons

Listen to the entire Symphony and see what other colors come to your mind's eye. Then compare with Bliss's titles for each movement, each named for a specific color.

Sharing Suggestions

Send the link to a family member or friend to also enjoy the music! If you were inspired to create something inspired by this piece, share it with us! We would love to see it! Comment on this activity's Facebook post or tag @OperaOmaha in an Instagram Story with #hcofcreativityprompts.