Confident Colour

THE WORKBOOK

The Truth About Colour Selection

The Key Principles

- Exact colour matching is less important than you think

- Art is about interpretation, not perfect replication

- Relationships between colours matter more than precise matches

- Your unique vision and interpretation make your art special

True Or False?

Which of the following statements about colour selection are true or false?

| This is... | You need hundreds of pencils |

| This is... | You must match colours exactly |

| This is... | You can create beautiful artwork with a limited palette |

| This is... | Apps can't account for your artistic vision or colour perception |

| This is... | Art is about interpretation and feeling, not exact replication |

| This is... | Colour picking apps are the answer |

The Reality of Colour in Art

- Colours appear different under varying lighting conditions

- Your reference photo may not show true colours

- Personal interpretation adds character to your work

- Confidence comes from understanding relationships, not memorising exact matches

Bonny's Colour Selection Method

The Simple Approach for Beginners

What are Bonny's three simple steps for selecting your colours?

STEP 1.

STEP 2.

STEP 3.

Building Your Palette

Put these key steps to building your palette in chronological order.

This is step...	Add complementary colours for shadows
This is step...	Start with your three main colours
This is step...	Include neutral options for transitions
This is step...	Consider temperature variations

Understanding Your Brain and Colour

What does RAS stand for?

How the RAS Affects Artists

Initial Stage

Basic colour recognition, simple relationships, limited palette awareness.

Developing Stage

Begins to notice undertones, temperature variations, and recognises subtle shifts.

Advanced Stage

Complex colour relationships, intuitive understanding, natural colour mixing.
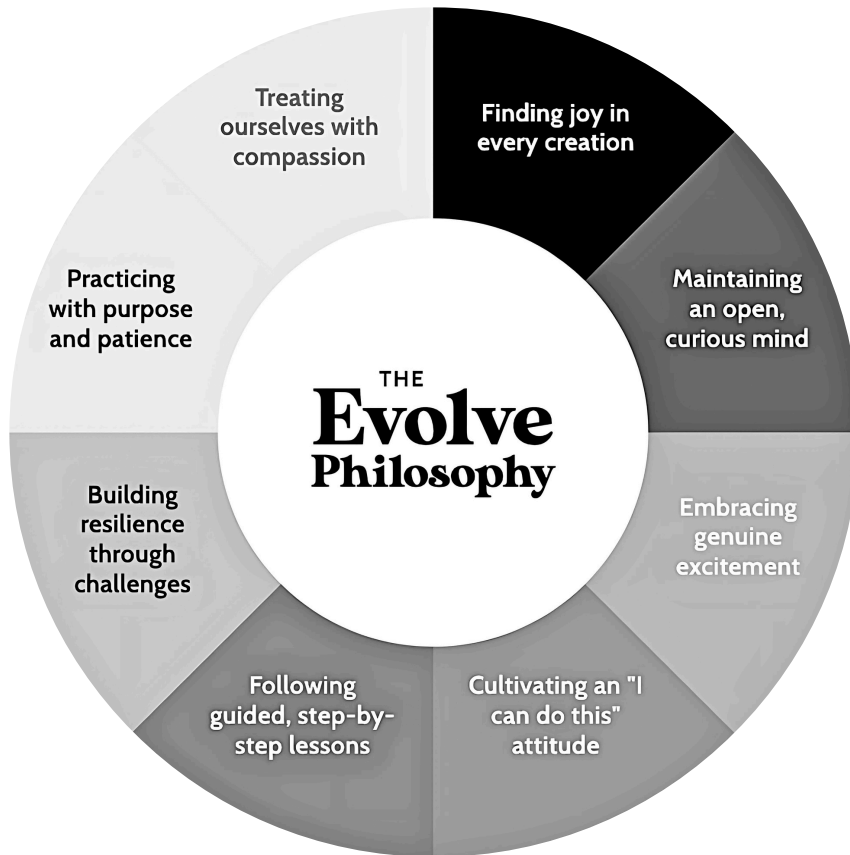
Training Your Eye

What are Bonny's three ways to develop your colour vision?

1.

2.

3.

Building Colour Confidence

Treating ourselves with compassion

Finding joy in every creation

Maintaining an open, curious mind

Practicing with purpose and patience

THE **Evolve Philosophy**

Embracing genuine excitement

Building resilience through challenges

Following guided, step-by-step lessons

Cultivating an "I can do this" attitude

Practical Confidence Builders
What are Bonny's five ways to build your confidence in colour selection?

1.

2.

3.

4.

5.

Problem-Solving Common Challenges

Avoiding Muddy Colours

What are three simple solutions for avoiding muddy colours?

STEP 1.

STEP 2.

STEP 3.

Working With Shadows

What colour options can you use for the following types of shadows? (Hint: It's not grey or black!)

For cool shadows use the colour...

For warm shadows use the colour...

For shadows in yellow subjects use the colour...

For shadows in orange subjects use the colour...

Dealing with White Subjects

What are four colours you can use to create depth and realism in white subjects?
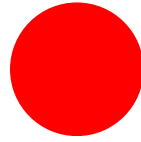
Colour Theory Basics

Primary Colours

Red

Yellow

Blue

Warm Colours
Reds, oranges, yellows

Cool Colours
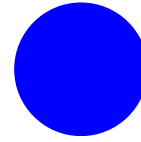Blues, greens, purples
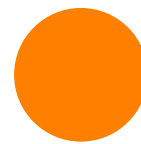
Neutral Colours
Can vary based on context
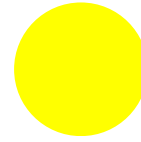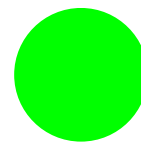
Secondary Colours

Purple
Red + Blue

Orange
Yellow + Red

Green
Yellow + Blue

Colour Relationships

Complementary
Maximum contrast, great for
shadows, create visual interest

Triadic
Balanced and vibrant, equal spacing
on wheel, dynamic compositions

Split Complementary
Softer than complementary, more harmonious,
excellent for shadows

Using The
Colour Wheel

- Complementary colours
  are opposite each other

- Split complementaries are
  one step away

- Triadic colours are
  adjacent

- Use for shadow and
  highlight choices

Advanced Techniques & Tips

Creating Depth

Layering Strategies

- Start light
- Build gradually
- Maintain pressure
- Preserve highlights

Working With White

- Use paper white strategically
- Layer cool and warm tones
- Create subtle variations
- Maintain brightness

Adding Texture

- Vary pressure
- Change stroke direction
- Use different pencil points
- Layer effectively

Maintaining Consistency *What are four simple ways to stay consistent?*

1.

2.

3.

4.

Time Management *What are four simple ways to manage your time?*

1.

2.

3.

4.

Quality Control *What are four simple ways to create your best work?*

1.

2.

3.

4.

Colour Journal

How To Make A Colour Journal

Setting Up Your Journal

Choose a small, portable sketchbook. Date each entry. Include reference photos when possible and use good quality paper

Essential Elements to Include

Colour Combinations

- Swatches
- Layering tests
- Pressure variations
- Blending results

Technical Notes

- Paper used
- Pencil brands
- Techniques tried
- Special effects

Observations

- What worked well
- Challenges faced
- Solutions found
- Ideas for next time

How To Format An Entry

1. Key Info   *Add in the date, subject and description print out of reference photo*

2. Colours Used   *Separate into dark, mid, light and additional.*

3. Technique Notes   *Layering order, pressure used, special effects and time taken.*

4. Results   *What worked here? What to improve? Any new discoveries?*

5. Next Steps   *Any ideas to try? What modifications are needed?*

Practical Exercises

Exercise 1 - Creating Your First Colour Recipe

Materials Needed
3 coloured pencils (dark, mid, light), sketch paper, your colour journal, reference photo

Steps To Create Your First Colour Recipe
What is Bonny's five step strategy for this exercise?

1.

2.

3.

4.

5.

Exercise 2 - Shadow Exploration

Materials Needed
Main colour pencil. complementary colour, sketch paper, colour wheel

Steps For Your Shadow Exploration
What is Bonny's five step strategy for this exercise?

1.

2.

3.

4.

5.

Exercise 3 - Temperature Study

Materials Needed
Warm and cool versions of one colour, sketch paper, reference photo

Steps For Your Temperature Study
What is Bonny's four step strategy for this exercise?

1.

2.

3.

4.

Exercise 4 - Layering Practice

Materials Needed
Selection of compatible pencils, smooth paper, colour journal

Steps For Your Layering Practice
What is Bonny's four step strategy for this exercise?

1.

2.

3.

4.