



Color & Connect: Community Art Night

Facilitation Guide

Welcome & Set the Tone (5 minutes)

Suggested Script:

“Welcome, everyone. Tonight is about slowing down, coloring, and connecting. There’s no right or wrong way to participate. Feel free to color, chat, sit quietly, or simply enjoy the space.”

Activity Overview (2 minutes)

Explain what to expect:

- Choose a coloring sheet and supplies
- Color at your own pace
- Conversation is optional and unstructured

Encourage participants to focus on the process, not the finished product.

Coloring & Connection Time (25–35 minutes)

Participants color independently or alongside others.

Optional Conversation Starters:

- *“What helps you relax lately?”*
- *“What color are you drawn to today?”*
- *“What’s something small that’s been bringing you comfort?”*

The facilitator gently supports the space by restocking supplies, making introductions, and keeping the environment calm and welcoming.

Optional Reflection (5 minutes)

Invite light reflection (sharing is optional).

Prompts:

- *“How did it feel to slow down and create?”*
- *“If you didn’t finish, how did that make you feel?”*
- *“Did anything surprise you about this experience?”*

Reinforce that quiet participation is just as valuable as conversation.

Closing & Takeaway (3 minutes)

Suggested Script:

“Thank you for being part of this space tonight. We hope this simple act of creating offered a moment of calm and connection you can carry with you.”

Invite participants to take their finished artwork home.