

# One Loose Thread

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## Colour Theory



### Understanding the Colour Wheel

The colour wheel is the foundation of colour theory, consisting of primary, secondary, and tertiary colours;

- Primary colours; Red, Blue and Yellow - these colours cannot be created by mixing others.
- Secondary colours: Green, Orange, and Purple - created by mixing two primary colours.
- Tertiary colours: The blends of primary and secondary colours, such as red-orange or blue-green.

### Colour Harmonies in Quilting

Using the colour wheel, quilters can create different harmonies to achieve various effects in their work.

- Complementary Colours: Colours opposite each other on the wheel (for example: blue and orange) create high contrast and vibrant energy.
- Analogous Colours: Colours next to each other on the wheel create a soothing and cohesive palette.
- Monochromatic : Different shades, tints, and tones of a single colour for a subtle, elegant look.
- Triadic: Three evenly spaced colours on the wheel (for example red, yellow and blue) create a dynamic and balanced composition.
- Split-Complementary: Consists of a base colour and the two colours adjacent to its complementary colour on the colour wheel. This approach provides a balanced contrast that is visually appealing without being overly intense
- Tetradic: Consists of four colours arranged into two complementary pairs on the colour wheel. This approach creates a balanced and dynamic palette, offering variety and contrast in design.

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## Value and Contrast

Value refers to the lightness or darkness of a colour. A well balanced quilt often includes a range of values to create depth and dimension. Using a high contrast between light and dark fabrics can help make patterns more visible, while lower contrast can create a softer, blended effect.

## Warm vs. Cool Colours

Warm colours (reds, oranges and yellows) tend to advance visually, creating a sense of warmth and energy.

Cool colours (blues, greens and purples) recede, offering a calm and tranquil feel.

Mixing warm and cool colours strategically can help create a sense of balance in your quilt.

## Adding Neutrals

The neutral colours (Black, White and Grey) play a crucial role by providing balance and allowing other colours to stand out. They can be used as background fabric or to create negative space, enhancing the overall design and sophistication of a quilt



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## Choosing Fabrics for your quilt

- Start with a Focus Fabric: Choose one multicoloured fabric you love, then pull coordination colours from it.
- Use a Fabric Colour Card: Many fabric brands offer colour cards to help match shades accurately.
- Test your Palette: Lay fabrics together and view them in different lighting conditions to ensure they work together - Audition your fabrics!
- Use a Design Wall: Pin fabric swatches to a wall and step back to assess balance, contrast and harmony.

**ALSO** remember to go with what you love, it is your quilt

