



Memories in
Colour & Song

*Summer
Companion
Experience
2026*

We begin with a moment.

*A creative wellbeing experience
through colour and song.*

*Open skies. Warm breezes. A season of
gentle noticing.*

YOUR SUMMER COMPANION EXPERIENCE

Welcome to Memories in Colour & Song.

Memories in Colour & Song creates shared moments of presence, expression and connection through colour and song.

The Summer Companion Experience is a digital creative wellbeing experience designed to help you notice, experience, express, remember and hold the season through colour, music, movement, reflection and creativity.

What You Have Access To

Your Summer Companion Experience includes:

Through the Window — seasonal moments of noticing.

Seasonal Soundsteps — gentle movement inspired by Summer.

Colour Echoes — responding to music through colour.

Moments in Colour — capturing Summer through memory and creativity.

A Moment to Keep — choosing one moment worth holding onto.

The Summer Playlist, seasonal videos, website resources and opportunities to share your own Summer moments.

How To Use Your Summer Companion Experience

Begin on the Summer Experience Page on the Memories in Colour and Song Website.

Together these elements create the Summer Companion Experience.

Through the Window invites you to notice the season.

Seasonal Soundsteps helps you step into it.

Colour Echoes helps you express it.

Moments in Colour helps you remember it.

A Moment to Keep helps you hold onto it.

Share One Moment helps you contribute your own Summer memory to the growing Summer 2026 Journal.

Together these shared moments create a living journal of the season.

Throughout the season you are invited to return, notice what has changed, and continue your own Summer story.

There you will find the Summer Playlist, Through the Window moments, seasonal videos and additional resources that accompany the experience.

This Companion Guide accompanies the experience and can be enjoyed on screen or printed page by page if preferred.

Move through the experience in your own way.

There is no right order, no rush and nothing to complete.

Simply begin with a moment.

WELCOME TO SUMMER

Welcome to Summer.

This is a guided creative wellbeing experience inspired by open skies, warm breezes, gentle movement and the simple pleasure of noticing the season around us.

Each page is designed to be used in real time. There is no rush and no right way to take part. Simply open the music, settle into the moment and allow Summer to unfold at its own pace.

Throughout this experience you will find colour, music, reflection, creativity and gentle sensory moments woven together to create a feeling of space, calm and connection.

Some pages may bring back memories. Others may encourage conversation, creativity or quiet reflection. You may choose to listen, colour, move gently, share, or simply enjoy being present in the moment.

Summer is often found in the smallest things — a warm breeze on your skin, the sound of distant birdsong, the scent of wildflowers, a pathway leading towards the sea, or a quiet moment beneath an open sky.

There is nothing to achieve here.

This is an invitation to slow down, breathe deeply and experience Summer with all your senses.

Together, these moments create a sense of ease, presence and connection — something to enjoy now and gently return to whenever you need it.

For the full Summer Companion Experience, begin with the Summer Playlist on the Summer Experience Page.

SUMMER IS A FEELING

Summer is not simply a season.

It is a feeling.

A feeling of open skies stretching into the distance.

Of warm breezes carrying the scent of wildflowers.

Of pathways inviting us to wander a little further.

Of sitting quietly outdoors and feeling the warmth of the day.

Summer often arrives gently.

In the movement of grasses.

In the changing light.

In the sound of leaves stirring overhead.

In moments that encourage us to pause and notice what is around us.

In a busy world, Summer offers something precious.

Space.

Space to breathe.

Space to notice.

Space to remember.

There is nowhere to rush to.

Nothing to achieve.

Only this moment.

Listen.

Notice.

Breathe.

And allow Summer to unfold one moment at a time.

THROUGH THE WINDOW

Summer does not arrive all at once.

It arrives in moments.

A patch of blue sky that catches your eye.

A warm breeze on an ordinary day.

A pathway that invites you a little further.

The movement of long grasses.

The sound of birds overhead.

A rabbit in a field.

A flower in bloom.

A moment that asks you to pause and look a little longer.

These moments are easy to miss.

Yet they are often the moments we remember.

Through the Window is an invitation.

An invitation to notice the season unfolding around us.

To slow down for a while.

To look a little closer.

To enjoy the small things that make each season unique.

As you move through this Summer Experience, there is no right way to take part.

Simply allow yourself to notice what catches your attention.

A colour. A sound. A memory. A feeling.

Through the Window continues beyond these pages.

Throughout the season you may discover new photographs, reflections, videos and seasonal moments on the Summer Experience Page.

You are invited to return throughout Summer 2026, notice what has changed, and perhaps share a moment of your own for the Summer 2026 Journal.

Because every season begins with a moment.

And perhaps one of those moments is waiting for you here

SUMMER IS GROWING

Summer is made of moments, but it is also made of growth.

Blossom begins to give way to fruit.

Gardens fill with colour.

Wildflowers sway gently in the breeze.

Birds move busily through trees and hedgerows.

Seeds are planted.

Shoots appear.

Something small begins to grow.

The air feels warmer.

The days feel longer.

A jumper is set aside.

Windows open a little wider.

Outside begins to call us back.

Summer does not ask us to rush.

It invites us to notice what is growing around us.

A flower.

A plant.

A colour.

A feeling.

A moment.

Sometimes growth is easy to see.

Sometimes it happens quietly, little by little.

And perhaps, as the season grows around us, something gentle begins to grow
within us too.

Take a moment to pause.

Look around.

Notice what Summer is bringing into view.

Because every season unfolds one moment at a time.

And this moment is yours to enjoy.

THE SOUND OF SUMMER

Summer has its own soundtrack.

Not a performance.

Not a concert.

Simply the sounds that drift through an ordinary day.

Birdsong carried on the morning air.

Leaves moving gently overhead.

The distant hum of bees among wildflowers.

Waves meeting the shore.

Children laughing somewhere nearby.

A lawnmower in the distance.

A gate opening.

Footsteps on a pathway.

A dog shaking rain from its coat after a summer shower.

Some sounds arrive unexpectedly.

Others have been part of Summer for as long as we can remember.

Take a moment to listen.

What sounds can you hear today?

Which ones make you feel most like Summer?

Because every season has its own voice.

And Summer often speaks quietly.

Summer Companion Playlist



SUMMER BREEZES

Some moments cannot be held.
Only felt.

A breeze moving across your face.
Warm air drifting through an open window.
Curtains lifting gently.

The movement of long grasses.
Wildflowers nodding in the wind.
Clouds travelling slowly across an open sky.

Summer reminds us that not everything needs to stand still.
Sometimes calm is found in movement.

In the sway of branches.
In the dance of grasses.
In the feeling of fresh air against your skin.
Pause for a moment.

Close your eyes if you wish.
Notice the movement around you.
And allow yourself to move with it.

Visit the Summer Experience Page to watch this season's Moving Window moments.

SUMMER PATHWAYS

Some pathways lead somewhere.
Others invite us simply to wander.

A woodland trail.

A coastal path.

A quiet lane bordered by wildflowers.

A familiar route walked many times before.

Summer encourages us to look a little further ahead.

To wonder what may be around the next corner.

To follow curiosity.

To notice what we might otherwise miss.

You do not need a destination.

You only need the next step.

Because every journey begins somewhere.

And sometimes the smallest pathways lead to the most memorable moments.

**You are invited to share a Summer pathway, walk or moment
on the Summer Experience Page.**

SUMMER LIGHT

Summer changes the way the world looks.
Morning light stretching across the grass.
Sunlight sparkling on water.
Shadows beneath trees.
Golden evening skies.
The last glow of daylight lingering a little longer.
Light catches details we may not usually notice.

A petal.

A feather.

A pathway.

A face.

A memory.

Take a moment to look around.

What is catching the light today?

What is asking to be noticed?

Summer often reveals its beauty quietly.

One small detail at a time.

You are invited to share a photograph or Summer detail that catches your eye on the Summer Experience Page.

A MOMENT TO NOTICE

Before moving on, pause for a moment.

Look around you.

Listen.

Breathe.

Notice what has stayed with you so far.

Perhaps it is a sound.

A colour.

A scent.

A memory.

A feeling.

Perhaps it is something you have not thought about for many years.

Or perhaps it is simply the warmth of this moment.

There is no right answer.

Only your experience.

Summer unfolds differently for everyone.

What has Summer shown you today?

And which moment would you like to keep a little longer?

SUMMER COLOURS

Summer paints quietly.

Not with one colour.

But with many.

The green of long grasses.

The gold of evening sunlight.

The purple of wildflowers.

The blue of distant skies.

The silver sparkle of water.

The soft white of drifting clouds.

Some colours appear suddenly.

Others have been waiting all season to be noticed.

Take a moment to look around.

Which colours feel most like Summer today?

Which colour catches your attention first?

Perhaps it is not the brightest colour that stays with us.

Sometimes it is the gentlest.

A single colour.

A single moment.

A single memory.

SUMMER SCENTS

Some memories arrive through scent.

A warm garden after rain.

Freshly cut grass.

Wildflowers carried on a breeze.

The scent of sun-warmed earth.

Sea air drifting inland.

A favourite summer drink.

A familiar place visited many times before.

Often we notice a scent before we notice anything else.

And sometimes a single scent can bring back an entire memory.

Take a moment to pause.

What scents remind you of Summer?

What memories do they carry?

Summer often lingers in places we cannot see.

Only feel.

SUMMER SKIES

Summer often asks us to look up.

To notice the space above us.

Clouds drifting slowly across the sky.

Birds gliding on warm air.

Evening light stretching a little longer.

The changing colours of sunset.

The first stars appearing.

The sky is never quite the same twice.

Yet it is always there.

Waiting.

Take a moment to imagine a favourite Summer sky.

Where were you?

Who were you with?

Or perhaps you were simply enjoying a quiet moment alone.

Some of our most peaceful memories begin by looking up.

SUMMER WATER

Summer and water often belong together.

The sparkle of sunlight on a stream.

Gentle waves meeting the shore.

Rain tapping softly against a window.

A puddle reflecting the sky.

The coolness of water on warm hands.

The sound of a distant fountain.

Water encourages us to slow down.

To watch.

To listen.

To be still for a while.

Take a moment to remember a place near water.

What do you notice first?

The sound?

The light?

The feeling?

Perhaps the memory is still there, waiting quietly.

SUMMER STILLNESS

Not every Summer moment is busy.

Some are wonderfully quiet.

A bench beneath a tree.

A garden in the evening light.

A pathway with no one else around.

The gentle movement of leaves overhead.

A moment with nowhere else to be.

Summer reminds us that stillness is not empty.

It is full of noticing.

Full of listening.

Full of being present.

Before moving on, take one quiet moment for yourself.

Breathe.

Pause.

Notice.

Allow the season to settle around you.

Because sometimes the most meaningful Summer moments are the quietest ones of all.

SUMMER REFLECTIONS

By now, Summer may be beginning to feel familiar.

Not because you have rushed through it.

But because you have spent time noticing it.

The sounds.

The colours.

The scents.

The pathways.

The moments of stillness.

Each one tells a small part of the season's story.

Take a moment to think about what has stayed with you most.

Which page felt most familiar?

Which moment made you pause?

Which memory returned unexpectedly?

There is no right answer.

Only your experience.

Because Summer unfolds differently for everyone.

A PLACE TO PAUSE

Summer is often associated with movement.

Journeys.

Days out.

Gardens to tend.

Places to visit.

Yet some of the most meaningful moments happen when we stop.

A quiet chair in the sunshine.

A favourite bench.

A view you never tire of seeing.

A cup of tea enjoyed outdoors.

A few peaceful minutes with nowhere else to be.

These moments may seem ordinary.

Yet they often become the moments we remember most.

Take a moment to think of a place where you feel calm.

What makes it special to you?

What keeps drawing you back?

SUMMER MEMORIES

Every Summer leaves something behind.

A photograph.

A conversation.

A favourite place.

A familiar song.

A scent carried on warm air.

A moment shared with someone special.

Sometimes these memories stay with us for years.

Sometimes they return unexpectedly when we least expect them.

Take a moment to think about a Summer memory that makes you smile.

What do you remember most clearly?

The people?

The place?

The feeling?

Perhaps that memory still has something to share with you today.

SUMMER GRATITUDE

Summer gives generously.

Light.

Colour.

Warmth.

Growth.

Opportunities to spend time outdoors.

Moments shared with others.

Moments enjoyed alone.

Not every day is perfect.

Yet even on difficult days, there is often something worth noticing.

A bird singing.

A flower opening.

A kind word.

A peaceful view.

Take a moment to think about one thing you are grateful for today.

It does not need to be something big.

Often the smallest things stay with us the longest.

PREPARING TO CREATE

We have listened.

We have noticed.

We have reflected.

We have allowed Summer to unfold around us.

Now it is time to respond.

Not with perfect words.

Not with artistic skill.

Simply with curiosity.

A colour.

A shape.

A memory.

A feeling.

The pages that follow are an invitation to express what Summer means to you.

There is no right way to take part.

Only your way.

Because every experience begins with a moment.

And every creation begins with noticing.

COLOUR ECHOES — SUMMER EDITION

Summer has many colours.

The soft green of new growth.

The gold of evening sunlight.

The blue of open skies.

The bright colours of flowers in bloom.

As you listen to a piece of music, notice how it makes you feel.

There is no right colour.

There is no wrong colour.

Simply choose the colour that feels most connected to the sound.

Allow your hand to move freely across the page.

Let the music guide the colour.

Let the colour respond to the music.

This is your Summer Colour Echo.

A moment captured in colour.

WHY THIS HELPS

Music and colour often speak to us in different ways.

Sometimes a piece of music reminds us of a memory.

Sometimes a colour captures a feeling we cannot easily describe.

Colour Echoes invites us to slow down and respond without pressure.

There is no need to create a perfect picture.

The experience is not about artistic skill.

It is about noticing how music, colour and feeling connect.

Often the most meaningful creations are the simplest.

LEADER'S QUICK GUIDE

Leader's Line

“Let's listen to the music and choose colours that feel connected to the sounds we hear.”

How to Use

Access the Summer Playlist via the QR code and Summer Experience Page before beginning.

Play a gentle Summer music track.

Invite participants to choose colours that match the feeling of the music.
Encourage free brushstrokes, colouring or simple marks.

Why This Helps

Combining colour and music creates an opportunity to notice feelings, memories and moments in a different way.

Try This Variation

Ask participants to choose just one colour and notice how the music changes the way they use it.

MY SUMMER COLOUR ECHO

This page is intentionally left spacious.

Create your own Summer Colour Echo here.

Use colours, marks, shapes or brushstrokes inspired by the music and the season.

There is no right way.

Only your way.

If you would like to, you may share your Summer Colour Echo as part of the Summer 2026 Journal.

A brushstroke.

A colour.

A feeling.

A moment.

Every Colour Echo tells a different Summer story.

A MOMENT TO KEEP

As you look at your finished Colour Echo, take a moment to notice what stands out.

A colour.

A shape.

A memory.

A feeling.

What would you like to remember from this moment?

What part of Summer would you like to keep a little longer?

Sometimes a single colour can hold an entire memory.

And sometimes a simple moment becomes a lasting keepsake.

Perhaps this is a moment you would like to carry into your Summer 2026 Journal. A colour. A memory. A feeling worth returning to.

THE SUMMER PATHWAY

Imagine a pathway opening ahead.
Wildflowers lean gently towards the light.

The breeze carries the scent of summer around you.
Birdsong drifts from somewhere unseen.

Take a slow step forward.

Pause.

Notice what catches your attention

Perhaps it is a colour.
Perhaps it is a sound.
Perhaps it is simply a feeling.

Continue a little further.

The pathway bends.
The season unfolds.

There is nowhere you need to be.

Only this moment.
Only this step.
Only this season.

WALK WITH SUMMER

Scan the code below to open the Summer Seasonal Soundsteps walk.
A gentle walking experience through the season.

Watch.
Listen.
Breathe.
Notice.

You may choose to sit quietly and watch.
Or move gently with the pathway.

Allow the season to guide the pace.
Because Summer often reveals its most beautiful moments when we
slow down enough to see them.

Perhaps this is a moment you would like to carry into your Summer
2026 Journal. A colour. A memory. A feeling worth returning to.

SUMMER SOUNDSTEPS PLAYLIST



WHAT SUMMER SHOWED ME

As you walked through the season, what stayed with you?

A pathway?

A flower?

A sound?

A colour?

A memory?

A feeling?

Sometimes the smallest moments become the strongest memories.

Take a moment to notice what Summer placed in your path today.

Not what you expected to find.

But what found you.

Because every season speaks differently to each of us.

MOMENTS IN COLOUR — SUMMER EDITION

Every season leaves traces behind.

A conversation.

A pathway.

A favourite place.

A warm evening.

A song carried on an open window.

A quiet moment that seemed ordinary at the time.

Yet stayed with us.

Moments in Colour is an invitation to return to one of those memories.

Not perfectly.

Simply honestly.

Because memories often return through colours, feelings and small details.

A SUMMER MEMORY

Think of a Summer moment that returns to you often.

Perhaps from this year.

Perhaps from many years ago.

A beach.

A garden.

A holiday.

A walk.

A family gathering.

A quiet moment alone.

What arrives first?

The place?

The people?

The colours?

The feeling?

Allow the memory to settle gently around you.

MEMORY COLOURS

Every memory carries colours.

The blue of a Summer sky.

The green of a familiar pathway.

The gold of evening sunlight.

The bright colours of flowers.

The silver sparkle of water.

Take a moment to notice which colours belong to your memory.

There is no right answer.

Only the colours that feel true to you.

MY MOMENT IN COLOUR

Choose one Summer memory.

One feeling.

One moment.

Use colour, shapes, brushstrokes, words or simple marks to represent it.

It does not need to look like the memory.

It only needs to feel connected to it.

This page is your space.

Your memory.

Your colours.

HOLDING THE MEMORY

Look at what you have created.

Notice what stands out.

A colour.

A shape.

A feeling.

A detail you had forgotten.

Sometimes memories change when we spend time with them.

Sometimes they reveal something new.

And sometimes they simply remind us of something worth keeping.

SUMMER STAYS WITH ME

Throughout this experience, Summer has offered many moments.

Colours.

Pathways.

Sounds.

Memories.

Feelings.

Now comes a simple question.

Which moment would you like to carry forward?

A view.

A sound.

A feeling.

A memory.

A moment of peace.

A moment of connection.

Hold it gently.

There is no need to write it down.

Simply allow it to remain with you.

ONE SMALL THING

Sometimes it is not the biggest moment we remember.

Sometimes it is:

A bird singing.

The warmth of sunlight.

The scent of flowers.

The movement of leaves.

The sound of distant laughter.

A breeze through an open window.

Small moments often stay with us the longest.

Take a quiet moment to notice which small part of Summer
remains with you.

A SUMMER WORTH KEEPING

Summer is not a single day.

It is not a photograph.

It is not even a season.

It is a collection of moments.

A birdsong heard unexpectedly.

A quiet bench.

A warm evening.

A conversation.

A pathway.

A glimpse of light.

Together these moments create the season we remember.

THE SEASON CONTINUES

Summer may continue beyond these pages.

The pathways remain.

The skies remain.

The birds continue to sing.

The season continues to unfold.

And new moments continue to arrive.

Perhaps tomorrow.

Perhaps later today.

The invitation is simply to notice them.

WE BEGIN WITH A MOMENT

Every season begins with a moment.

A moment noticed.

A moment experienced.

A moment expressed.

A moment remembered.

A moment kept.

This has always been the heart of Memories in Colour & Song.

We begin with a moment.

UNTIL NEXT TIME

Thank you for spending time with Summer.

For noticing.

For creating.

For remembering.

For holding a moment a little longer.

May the colours, sounds and feelings of the season remain with you.

And may the next season arrive one moment at a time.

Until then,

Keep noticing.

Because every season begins with a moment.

SHARE ONE MOMENT

As Summer continues, new moments will keep appearing.

A birdsong heard on a morning walk.

A patch of sunlight through a window.

A favourite song that suddenly feels like Summer.

The colours of a garden, a field, a coastline, or a quiet corner of home.

These small moments are easy to miss.

Yet they are often the moments we remember.

If you would like to continue the journey, we invite you to share one
Summer moment of your own.

It might be a photograph, a colour, a memory, a favourite Summer sound,
a place that made you pause, or simply a moment that stayed with you.

Every shared moment becomes part of the growing seasonal story.

Because Summer does not arrive all at once.

It arrives in moments.

And perhaps one of those moments belongs to you.

Throughout Summer 2026, Through the Window will continue to share
seasonal photographs, reflections and moments as the season unfolds.

You are warmly invited to return from time to time.

Notice what has changed.

Notice what has appeared.

Notice what catches your attention.

Perhaps you will discover a new moment to keep.

Or perhaps you will decide to share one of your own.

The season is still unfolding.

Every shared moment helps create a growing record of the seasons as they
are experienced, remembered and noticed. Together, these moments
become part of a living archive of colour, song and seasonal memories.

And you are invited to return.

CONTINUE THE SEASON

The end of these pages is not the end of Summer.

Beyond this Companion Guide, the season continues to unfold through new sights, sounds, colours and moments of noticing. You are warmly invited to continue exploring Summer through:

Through the Window

Seasonal photographs, reflections and observations gathered one moment at a time.

Seasonal Soundsteps

Gentle movement, music and moments inspired by the rhythm of the season.

Summer Moments

Short clips, seasonal inspiration and reflections that help bring the season to life.

The Summer Experience

A living collection of colour, music, movement, creativity and connection that continues to grow throughout the season.

Wherever Summer finds you, we hope these moments encourage you to pause, notice, and enjoy the season in your own way.

Because every season begins with a moment.

And the season is still unfolding.

THANK YOU FOR SHARING SUMMER

Thank you for spending time with us.

We hope this Summer Companion Guide has brought moments of colour, music, creativity, reflection and connection into your season.

Perhaps you discovered a new colour.

Perhaps a song brought back a memory.

Perhaps a walk, a photograph, a creative moment, or a quiet pause helped you notice something you might otherwise have missed.

Whatever your experience, we are grateful that you chose to spend part of your Summer with Memories in Colour & Song.

As the season continues, we invite you to keep noticing the moments around you.

The birdsong.

The warm breeze.

The changing skies.

The colours of gardens,
pathways and coastlines.

Summer 2026 marks the first Seasonal Companion Experience created by Memories in Colour & Song.

Like the season itself, this experience is part of an ongoing journey. As the year continues, new seasonal companion experiences will follow, each inviting us to notice, explore, create and remember the changing world around us.

The moments shared during Summer 2026 become part of the story that continues into Autumn, Winter and beyond — one season, one moment, and one memory at a time.

The small moments that quietly become part of our memories.

Because Summer does not arrive all at once.

It arrives in moments.

And every moment has a story.

Until next time,

Memories in Colour & Song

We begin with a moment.

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Wellbeing Note

Memories in Colour & Song is designed to encourage moments of presence, creativity, reflection, connection and seasonal noticing through colour, music and shared experiences.

The activities and reflections within this guide are intended for enjoyment and personal expression. They are not a substitute for medical, therapeutic or professional advice.

Please adapt all activities to suit individual needs, abilities and preferences, and take part only in ways that feel comfortable and appropriate.

Thank you for respecting and supporting original creative work.

Memories in Colour & Song

We begin with a moment.

ABOUT MEMORIES IN COLOUR & SONG

Memories in Colour & Song creates shared moments of presence, expression and connection through colour and song.

We create seasonal companion experiences that encourage people to slow down, notice the world around them, express themselves creatively and reconnect with the moments that matter.

Our work brings together colour, music, movement, reflection, creativity and the changing seasons to create experiences that feel calm, welcoming and meaningful.

At the heart of everything we do is a simple belief:

Every season begins with a moment.

A moment noticed.

A moment experienced.

A moment expressed.

A moment remembered.

A moment kept.

Through the Window, Colour Echoes, Seasonal Soundsteps, Moments in Colour, A Moment to Keep and Share One Moment are all part of the Memories in Colour & Song ecosystem, designed to help people notice what is often easy to miss and keep the moments that matter. We believe the moments we remember are often the moments we almost missed.

Whether used by an individual, family, community group, care setting or organisation, each Companion Experience is designed to support creativity, reflection, conversation, connection and seasonal wellbeing in a gentle and accessible way.

We believe that the smallest moments are often the ones we remember. And that every season has its own colours, its own sounds and its own stories waiting to be noticed.

We believe the moments we remember are often the moments we almost missed.

Memories in Colour & Song

We begin with a moment.

Summer 2026 is Companion Experience No. 1 in the Memories in Colour & Song Seasonal Companion Collection and the first published Seasonal Companion Experience created by Memories in Colour & Song.

Each companion experience is designed to accompany a season as it unfolds, encouraging moments of noticing, creativity, reflection and connection through colour, song and the changing world around us.

Future companion experiences will continue this growing seasonal collection.

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- Through the Window
 - Colour Echoes
- Seasonal Soundsteps
- Moments in Colour
- A Moment to Keep
- Share One Moment
- The Seasonal Companion Experience model
- Companion Guide structure and experience design
- Original reflections, prompts and seasonal writings
 - Seasonal experience pathways
- Associated creative frameworks and delivery methods.

The Core Four ecosystem structure:

Through the Window → Colour Echoes → Seasonal Soundsteps → Moments in Colour → A Moment to Keep → Share One Moment

The Seasonal Companion Collection and its sequential seasonal structure, including Summer 2026 as the first published Seasonal Companion Experience and subsequent seasonal editions.

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Memories in Colour & Song continues to develop and expand its collection of seasonal experiences, reflections, techniques and creative frameworks.

Thank you for respecting and supporting original creative work.

Memories in Colour & Song

We begin with a moment.