\* {

  box-sizing: border-box;

  margin: 0;

}

body {

  font-family: Arial, Helvetica, sans-serif;

}

div {

  width: 100px;

  height: 100px;

  background-color: red;

  position: absolute;

  left: 50%;

  top: 50%;

  display: flex;

  justify-content: center;

  align-items: center;

  color: white;

  transform: translate(-50%, -50%);

  animation-name: sako;

u place the keyframe name here whatever it is

  animation-duration: 3s;

the time that the animation takes changing colors u chose

}

@keyframes sako {

The key to make the animation work and u can place whatever name u want

  from {

u can do from and to when u have just two colors to a just

    background-color: red;

  }

  to {

    background-color: blue;

  }

}

Or if u want to add multi things u can use the % or just use 0% to 100% too instead of from and to

@keyframes sako {

  0% {

    background-color: red;

  }

  25% {

    background-color: blue;

  }

  50% {

    background-color: pink;

  }

  75% {

    background-color: green;

  }

  100% {

    background-color: orange;

  }