

Colourful Feelings

Emotions are a beautiful part of how we are fearfully and wonderfully made! Not only do they help us work out what is happening in the world around us, they also help us to engage with that world - to interact and be part of it!

Helping our children to notice their feelings and have the vocabulary they need to be able to talk about them is vital for healthy emotional development. When we aren't able to articulate how we feel and begin to process and understand our emotions, scientists have discovered that feelings can become 'stuck' in our bodies, which can have a detrimental affect on our physical health and well-being.

Talking through what different feelings look like or feel like can be a really helpful way of enabling children to begin to recognise and name their emotions -

What does happy feel like in your body?
If sad was a colour, what colour would it be and why?



King David is an expert at this! Check out Psalm 39:3 when he says that in his anguish, his heart grew hot within him. What a great description of anguish - that your heart feels hot!

The Colourful Feelings activity is a great way to begin to bring some curiosity to our feelings and emotions - and it makes a great 'getting to know you' activity too!

What colour comes to mind when you think of each feeling?
Spend some time colouring in each bubble with the colour you think matches it - then chat about the why?!
Why do you think 'calm' made you think of green?

If you are supporting a child who struggles to regulate their emotions - you can revisit this activity as a check-in tool!
What colour are you feeling today?

Colours, like features, follow the
changes of the emotions

Pablo Picasso

wonderfulme.org.uk



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If 'Happy' was a colour, what colour would it be?

What colour do you think of when you think of each of these feelings?

Colour each feeling cloud in the colour that is in your mind!

