



My Colour Palette: Exploring Feelings

Wellbeing Activity
from The Art Room

My Colour Palette: Exploring Feelings



Introduction

The world is full of colour! This activity supports primary-aged children to develop their emotional literacy. We may connect different colours with our thoughts, feelings and sensations. Children can be helped to develop self-awareness by using colours to make sense of their feelings and experiences. Doing this activity alongside others offers an opportunity to think together about how we express our feelings, and how we may do so in similar or different ways.

Activity Aims

- To give children a language to understand and express feelings and experiences through colour
- To understand how feelings might vary in intensity and mix together
- To help children accept their own and others' ways of expressing feelings

Overview

We recommend allowing 45 minutes for this project.

- Activity – create a colour palette and scribbly squiggle
- Booklist – recommended story books exploring colour and feelings for primary school aged children
- Reflection – suggested questions to help children reflect on the activity

Materials

- Paper
- Coloured pens or pencils

Optional

- Tablet with drawing app
- Collage papers, glue/tape and scissors



Activity video

This project includes a video by Place2Be Ambassador Ricky Martin, also known as CBBC's Art Ninja. [Watch our accompanying video before heading into the creative activity so Ricky can guide you through the project!](#) [🔗](#)

Music

As further inspiration, you might like to listen to some of the music in our [My Colour Palette: Exploring Feelings Playlist](#) [🔗](#) on Spotify.

Fun Fact

A palette is a rigid, flat surface on which a painter arranges and mixes paints. The most commonly known type of painter's palette is made of a thin wood board designed to be held in the artist's hand and rest on the artist's arm. The word 'palette' comes from from Old French 'palete' meaning small shovel or blade.

Creative Activity



Imagine

 Watch this fun video [from](#) CBBC's Art Ninja and Place2Be ambassador Ricky Martin. Ricky will guide children through the warm-up and creative steps, providing inspiration with some examples!

Create

You will need

- Paper
- Coloured pens or pencils

Optional

- Tablet with drawing app
- Collage papers, glue/tape and scissors

Creative Activity

Warm up (3 mins)

1. Pick a colour from your pens or pencils. It can be the first one you see.
2. Now ask yourself "how does this colour make me feel?"
3. You can choose to think about this to yourself or share your thoughts with others.

Part one: Create your Colour Palette (10 minutes)

1. Draw the outline of a colour palette on a piece of paper.
 - It can be any shape, or you could even use your blank page as a pallet itself without drawing one!
 - You can also use the template on the final page of this project pack.
2. Choose what colours and feelings to put on your colour palette.
 - You can choose as many or as few colours as you like.
 - You may think of a colour and connect it to a feeling, or start by thinking of a feeling first and then the colour. Don't worry if it is a struggle to think of one or the other.
3. Now name each of the colours with a feeling or sensation.
 - You could choose 'neutral' colours found in nature, such as browns, greys, greens and yellows. Remember that even black and white count!



If you are doing this as a group have a look at how different or similar your palette is to the others in the group.



Creative Activity



Place
2Be

Imagine

 Watch this fun video [from CBBC's Art Ninja and Place2Be ambassador Ricky Martin](#). Ricky will guide children through the warm-up and creative steps, providing inspiration with some examples!

Create

You will need

- Paper
- Coloured pens or pencils

Optional

- Tablet with drawing app
- Collage papers, glue/tape and scissors

Creative Activity

Part 2: Create your scribbly squiggle (10-15 minutes):

1. On a different piece of paper, make a big scribbly squiggle all over your page.
 2. Colour it in with the colours from your palette to show your feelings. You may want to mix some colours to show new or mixed-up feelings.
- A. You might want to think about how you're feeling in general, or
- B. you could choose something specific to focus on like an activity, day of the week, something that happened today, yesterday or a plan you have tomorrow.

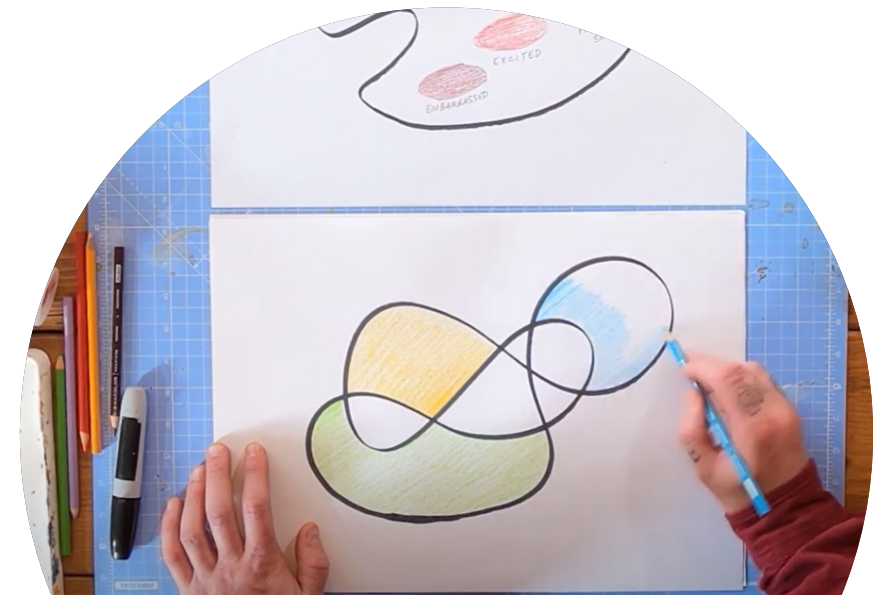


Have a look to see if you can spot anything recognisable in your squiggle like an animal or object.

End of project reflection

(5 minutes):

1. Think about what you have made. Which part did you find fun or helpful?
2. What other activities can you do to help you notice and think about your feelings?
3. How might you use your colour palette at school or at home?



BOOKLIST

Stories to help children explore their feelings

There are many wonderful picture books which can help children think about their feelings by connecting them to colours. Here is a collection of stories which you and your child or children might find supportive.

The Colour Monster by Anna Llenas (ages 4-8)

A story that gently helps children understand their core emotions and how they might mix together.
(Published by Templar Publishing)

The Mixed-Up Chameleon by Eric Carle (ages 4-7)

A story about a changing chameleon who wants to be a little bit of everything, it explores how we might link colours to thoughts, feelings and identity.
(Published by Puffin)

More from The Art Room

Looking for more creative projects? Visit our website for more [Activities from The Art Room](#) for families and teachers, including projects like [Calm: Soothing Worries](#), [Tuning In: Mindful Listening](#), [Weather: Noticing Feelings](#), or [The Creative Gardener: Nurturing Self-Belief](#). They are free to download and can be done at home or in the classroom!

My Many Colored Days by Dr Seuss (ages 4+)

This rhyming story describes each day in terms of a particular color which is in turn associated with a specific feeling, emotion or sensation.
(Published by Red Fox)

Happy by Mies van Hout (ages 3-6)

This colourfully illustrated book shows all sorts of feelings a child might encounter. Each fish displays a particular feelings with its name in lettering that expresses the same feeling.
(Published by Lemniscaat)

More from Ricky Martin (Art Ninja)

Presenter, Animator, Director and Place2Be Ambassador, Ricky, also features in the Art Room projects [Calm: Soothing Worries](#) and [Portals: Exploring Changes](#). You can watch more art videos and tips from Ricky on CBBC, or here on [YouTube](#).

The Boy with Big Big Feelings by Britney Winn Lee (ages 4-8)

In this story, a whole spectrum of feelings are illustrated with splashes of colour and children are encouraged to accept and express their feelings no matter how complex or big they may be.
(published by Beaming Books)

Share your creations

We'd love to see your artwork!
Share photos of your creations with us on social media:



