



# Colour Your Emotions

1. Ground yourself with a few breaths.
2. Close your eyes and recollect your day with a single line.
3. Write one poetic line about your day.
4. Refer to the wheel and write down the feelings (outer ring) all the way into the emotions (inner ring) you experienced.
5. Add 1 -2 colours that represent your emotions.
6. Write one final poetic line as close.