

# COLOUR ME HAPPY



DIFFERENT COLOURS ARE ASSOCIATED WITH DIFFERENT FEELINGS.  
THIS MEANS THAT EACH COLOUR CAN INFLUENCE YOU TO FEEL A CERTAIN SELECTION OF  
EMOTIONS WHEN YOU SEE THEM.

BRIGHT COLOURS TEND TO MAKE YOU FEEL MORE POSITIVE.

YELLOW



BLUE



RED



THINK ABOUT EACH OF THE COLOURS SHOWN ABOVE.

WHAT DO THEY MAKE YOU FEEL?

WRITE DOWN A LIST OF WORDS THAT YOU CAN THINK OF RELATING TO EMOTIONS