

COLOR WHEEL

OUR FEELINGS IN COLOR ACTIVITY

COMPILED BY JESSICA JUDGE
IDEAS ADAPTED FROM NOBEL COACHING



MATERIALS

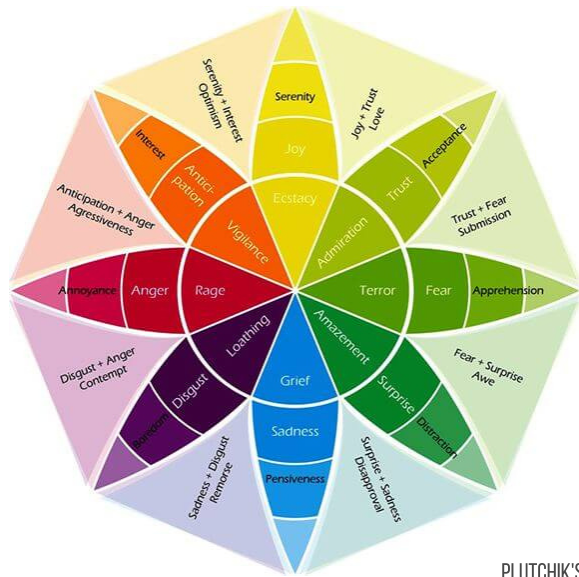
- PENCILS/PENS
- CRAYONS/MARKERS
- WHITE PAPER OR WHITE,
CIRCULAR PAPER PLATE

DIRECTIONS

1. DRAW A LARGE CIRCLE ON A WHITE PIECE OF PAPER OR USE A PAPER PLATE
2. DIVIDE YOUR CIRCLE OR PAPER PLATE INTO SIX EVEN PIECES/SLICES
3. THINK OF THE EMOTIONS YOU ARE CURRENTLY FEELING
4. FOR EACH EMOTION, COLOR IN/DESIGN A PIECE OF YOUR CIRCLE WITH COLORS YOU THINK MATCHES THAT EMOTION
 - A. EX. I AM FEELING ANGRY SO I WILL COLOR A PIECE OF MY CIRCLE RED AND DRAW ANGRY FACES ON IT
5. YOU CAN LABEL PARTS OF YOUR CIRCLE BY WRITING THE EMOTIONS ABOVE EACH PIECE
6. AFTER COLORING IN/DESIGNING ALL PARTS OF YOUR CIRCLE, SHARE IT WITH YOUR FRIENDS & FAMILY
 - A. TIP: MAKE SURE TO TELL THEM WHY YOU CHOSE CERTAIN COLORS AND DESIGNS



COLORS & FEELINGS



PLUTCHIK'S WHEEL OF EMOTION

EXAMPLE

