

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.

WHAT COLOURS DO YOU THINK MATCH THE FEELINGS?
YOU CAN CHOOSE MULTIPLE COLOURS TO COLOUR IN EACH BOX.

ENERGETIC AND MOTIVATED

POSITIVE AND OPTIMISTIC

CALM AND RELAXED

HAPPY AND CONTENT

SAD AND A LOW MOOD

UPSET AND ANGRY

WHAT COLOURS REFLECT
HOW YOU FEEL TODAY?