





WAYS TO USE THESE CARDS

- Sometimes how we are feeling is beyond words. Using colour as a prompt can be a great starting point to reflect on how your feeling. Choose a colour that you resonate with at the moment. Make a piece of art or write a poem in response.
 - Choose a colour that could represent how you are feeling now. Choose a colour you would like to feel. Make a creative response on how you can get there.
 - Choose a colour that brings you comfort. Spend time exploring the colour on a page.
- ~Use line, movement and shapes.
- Get creative! What are some other ways you can use these colour cards?