

The Benefits of doing **Balance With Colour** are that it:

- Gives us a positive purpose each day to balance our thinking and avoid our becoming depressed.
- Is free from Nature
- For all ages
- Simple to learn, taking only a few days to become a habit
- Takes very little time to set up each day
- Has no on-going costs
- For private personal development but can be shared with family, friends, and colleagues.
- Can be a fun game
- Provides an opportunity for positive communication
- Encourages the protection of our natural environment
- Promotes healthy exercise in natural settings
- Fits easily into our school curriculum at any age and in any subject
- Does not clash with any culture or creed, rather it compliments them.
- Enriches our English, or any other language, to build a vocabulary of positive words and a repertoire of positive actions for each day.