

Exploring the Elements: A Coloring and Reflection Book



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Welcome!

This book is your special guide to learning about the elements and how they connect to your feelings, your dreams, and your favorite activities. Let's explore Fire, Water, Air and Earth, & have fun together!



Color Prompt: "Earth is represented by green. Color the forest in shades of green—light green, dark green, or even emerald!"

Emotions: "Circle the emotions you feel with Earth: calm, safe, grounded, patient, strong."

Reflection Question: "What is something in your life that makes you feel calm and safe?"



Color Prompt: "Water is represented by blue. Use any shade of blue to color the river and ocean!"

Emotions: "Circle the emotions you feel with Water: peaceful, sad, refreshed, creative, relaxed."

Reflection Question: "What do you do to relax when you're feeling stressed?"



Air – Freedom and Imagination

Picture: A windy day with kites, clouds, and birds flying high.

Color Prompt: "Air is represented by yellow. Use soft or bright yellows to fill the sky!"

Emotions: "Circle the emotions you feel with Air: happy, free, curious, thoughtful, inspired."

Reflection Question: "What makes you feel free and happy?"



Color Prompt: "Fire is represented by red. Use shades of red like scarlet, crimson, or even orange to bring the fire to life!"

Emotions: "Circle the emotions you feel with Fire: excited, angry, bold, determined, warm."

Reflection Question: "What is something you're really passionate about?"



Combining the Elements

A magical scene showing all four elements working together here you have mountain with a waterfall, fireflies, and clouds above.

Activity: "Mix colors from the elements to create a beautiful world. Imagine how they all work together!"

The Elements & Our **EMOTIONS**



Discovering Your Emotions

Activity: "Think about the emotions below, which emotion describes how you feel today."



happy



scared



tired



surprised



angry



cry



shy



confused



sad



proud



excited



silly



disappointed



sick



loving



nervous



disgusted



jealous

Your Dreams and Goals

Question: "If you could buy one thing you really want, what would it be? Draw it here or use cut outs!

How does this thing make you feel?



Self-Care is Fun!

Question: "What is your favorite self-care activity? Is it bath time, nap time, hanging out with friends, or something else?"

Draw yourself engaging in your favorite self-care activity or use cut out?

Your Coping Skills Toolbox

Question: "What do you do to feel better during hard times? Write or draw your favorite way to cope or use cut outs."



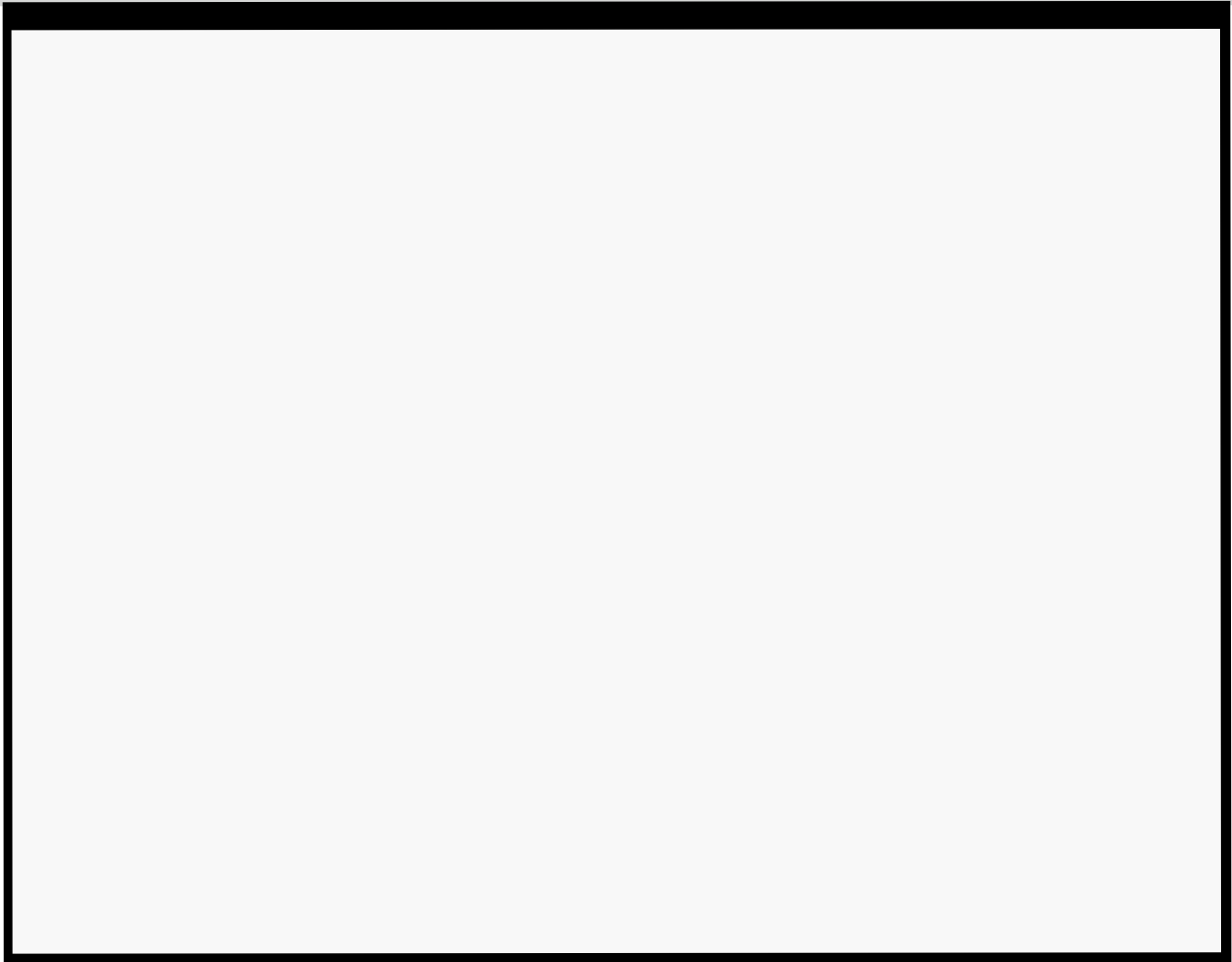
Explore and Learn!

Challenge: "Look at the emotions you didn't circle. Can you learn what they mean? Ask someone or search for the answers together."



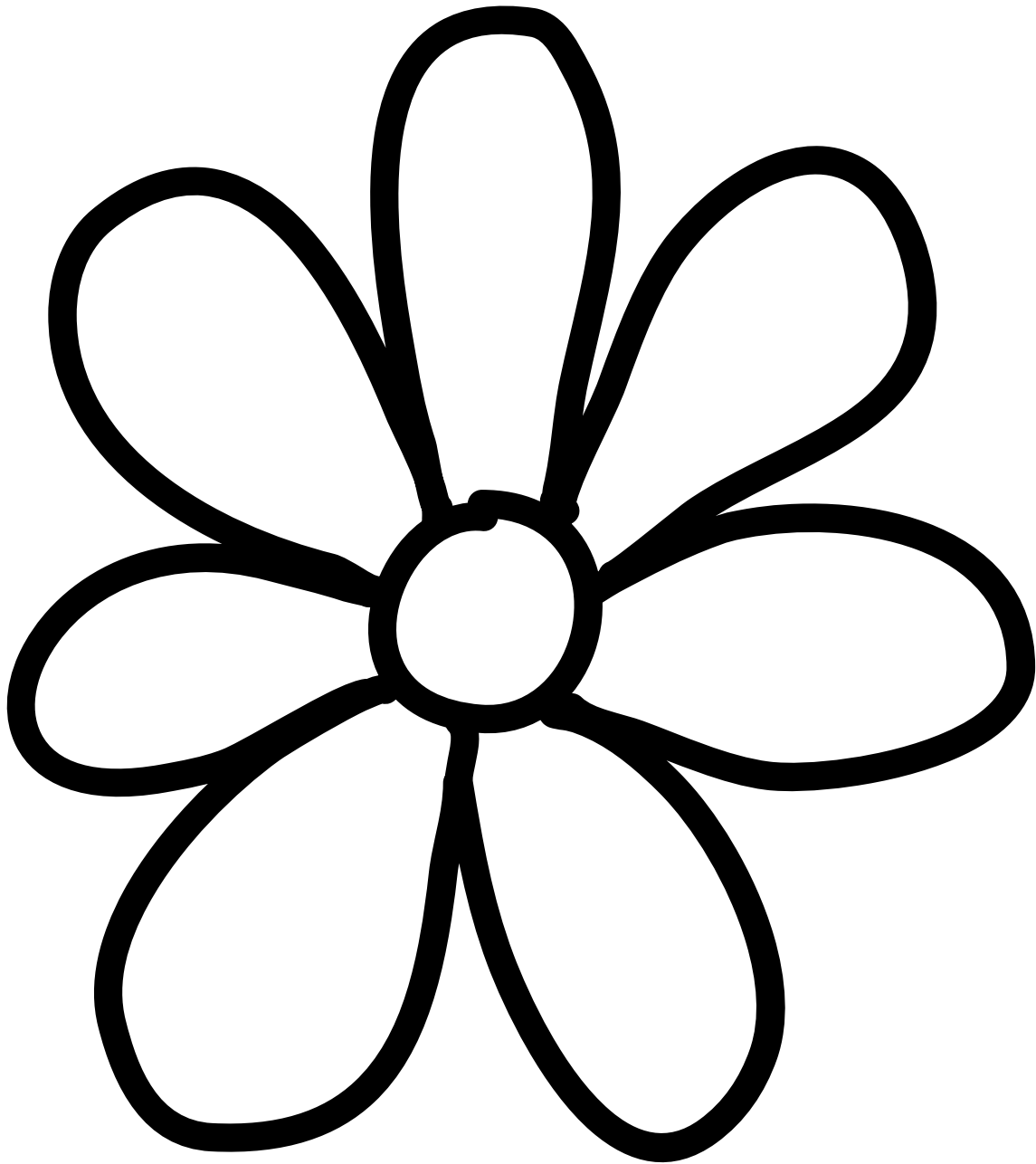
My Special Place

Activity: "Draw your favorite place in the world. Is it a park, your home, or somewhere you dream of going? Ask yourself, how does this place make me feel?"



Gratitude Garden

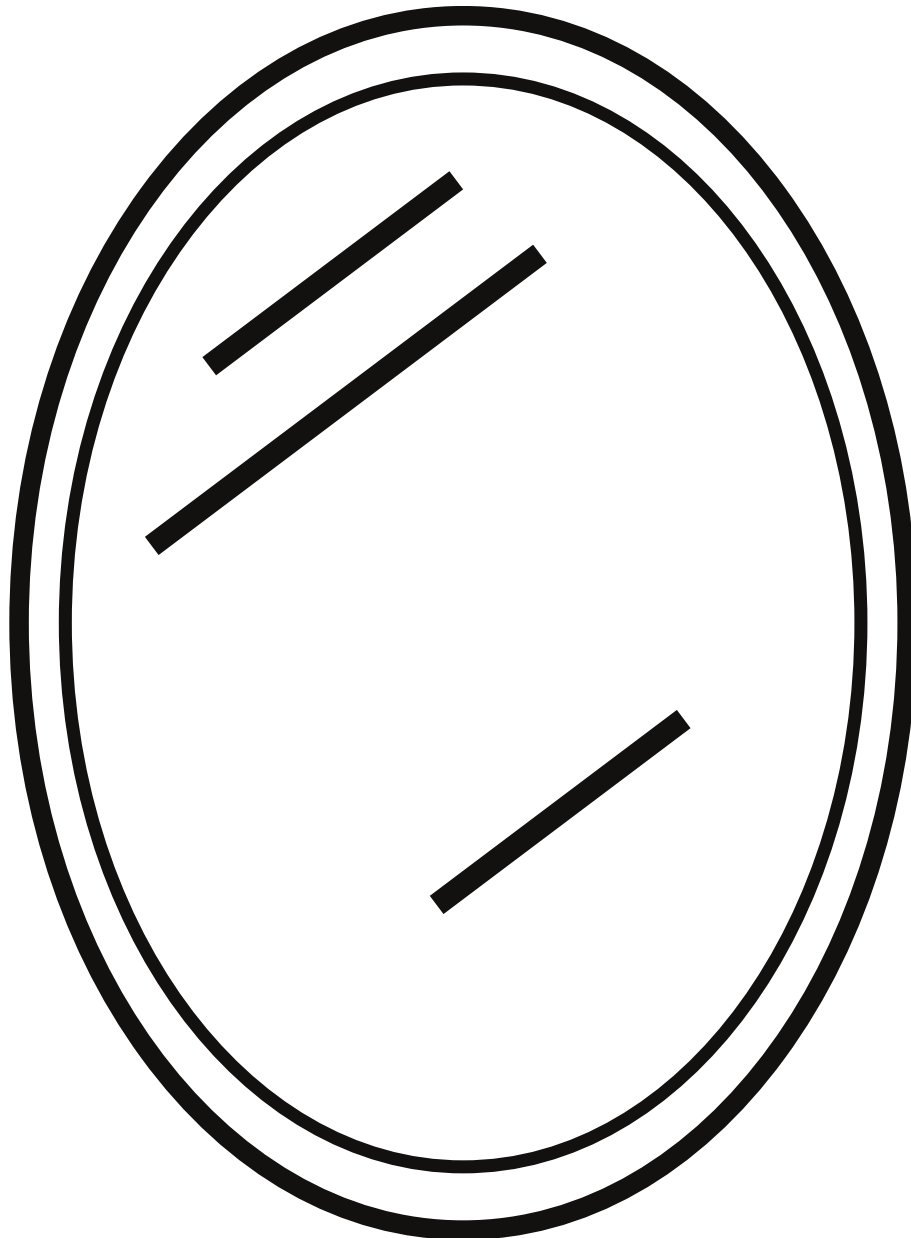
Activity: "Write or draw something you're grateful for on each petal."



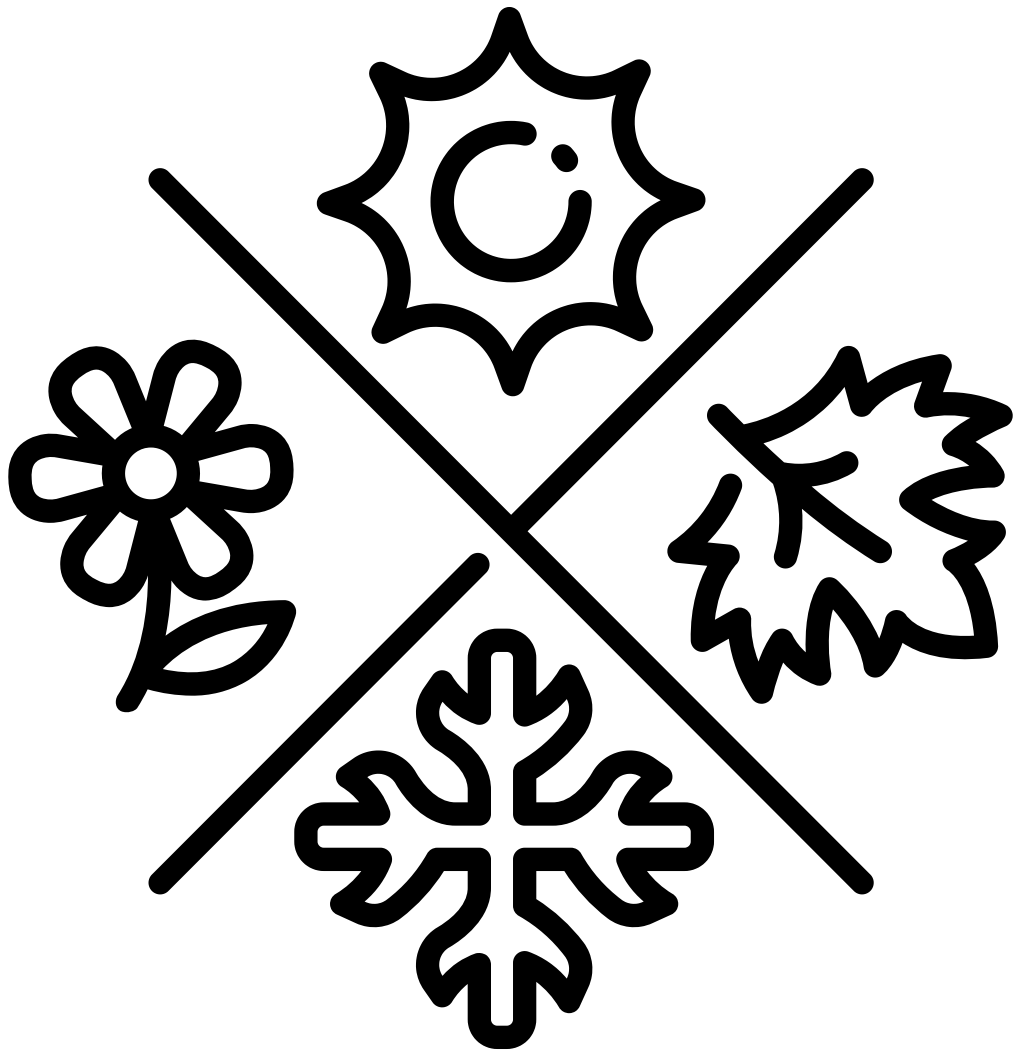
Reflection Time

Question: "What's one new thing you learned about yourself from this ?"

Continue to Review and Reassess your Elements throughout the seasons.

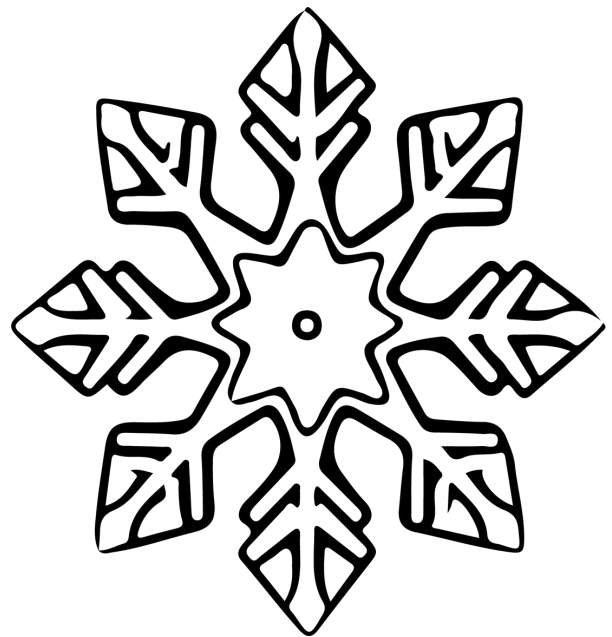
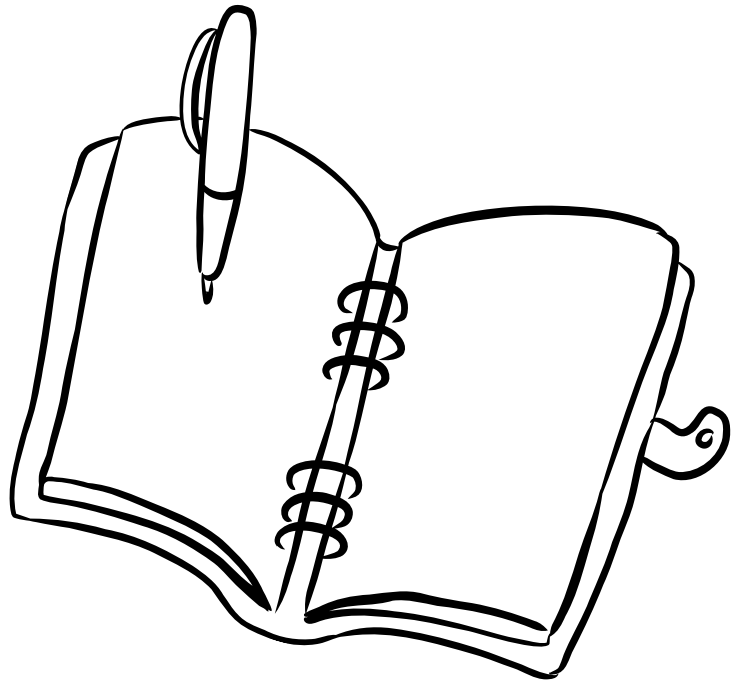
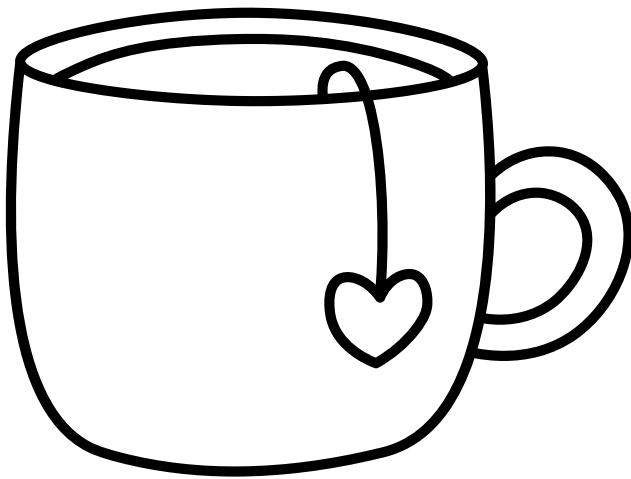


*Review The 4 Elements
Throughout The*
SEASONS



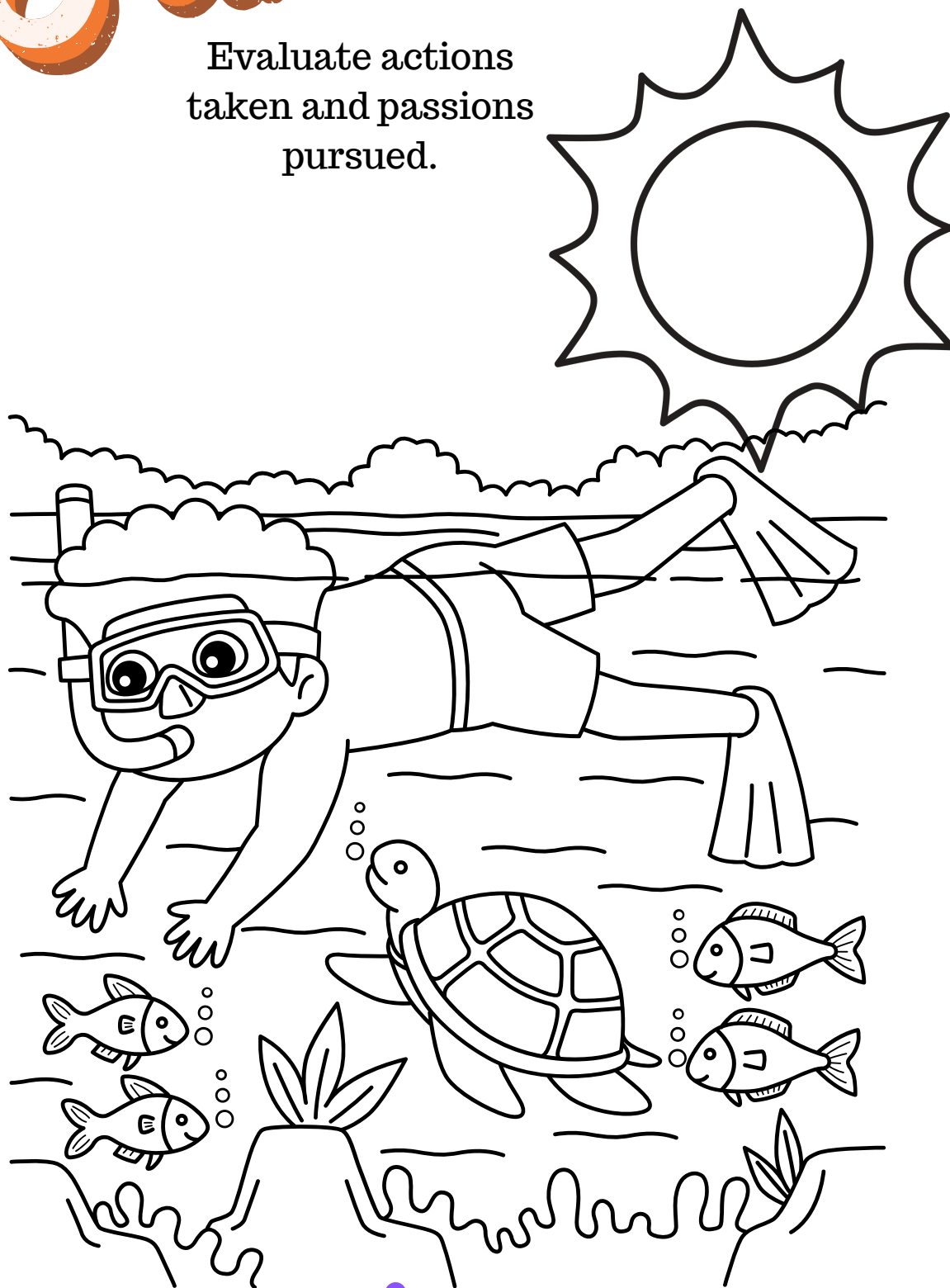
WINTER

Winter (Water): Review emotional health and adaptability.



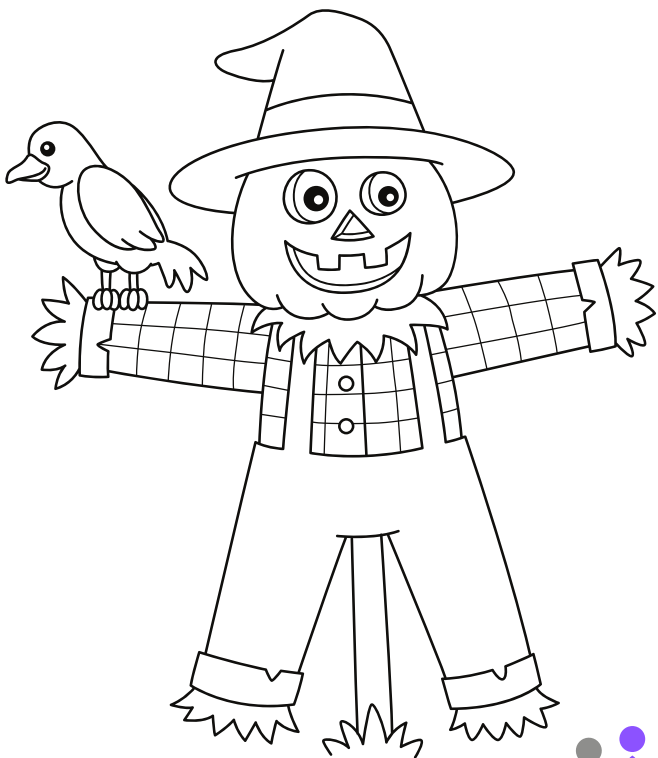
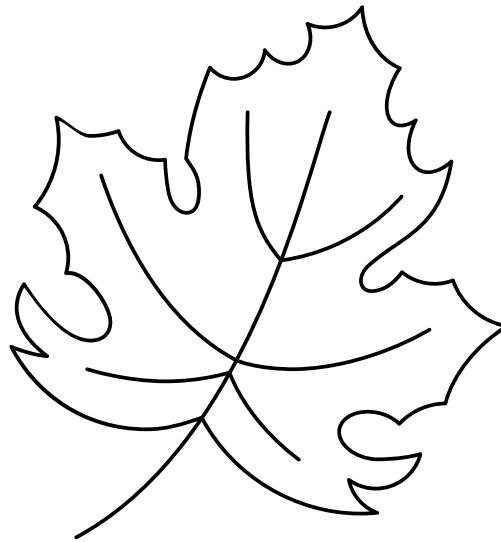
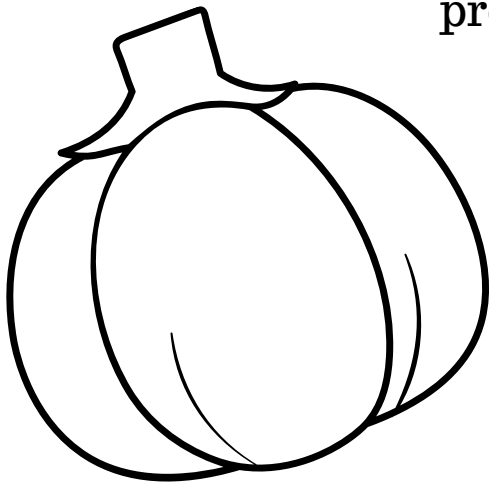
Summer

Evaluate actions
taken and passions
pursued.

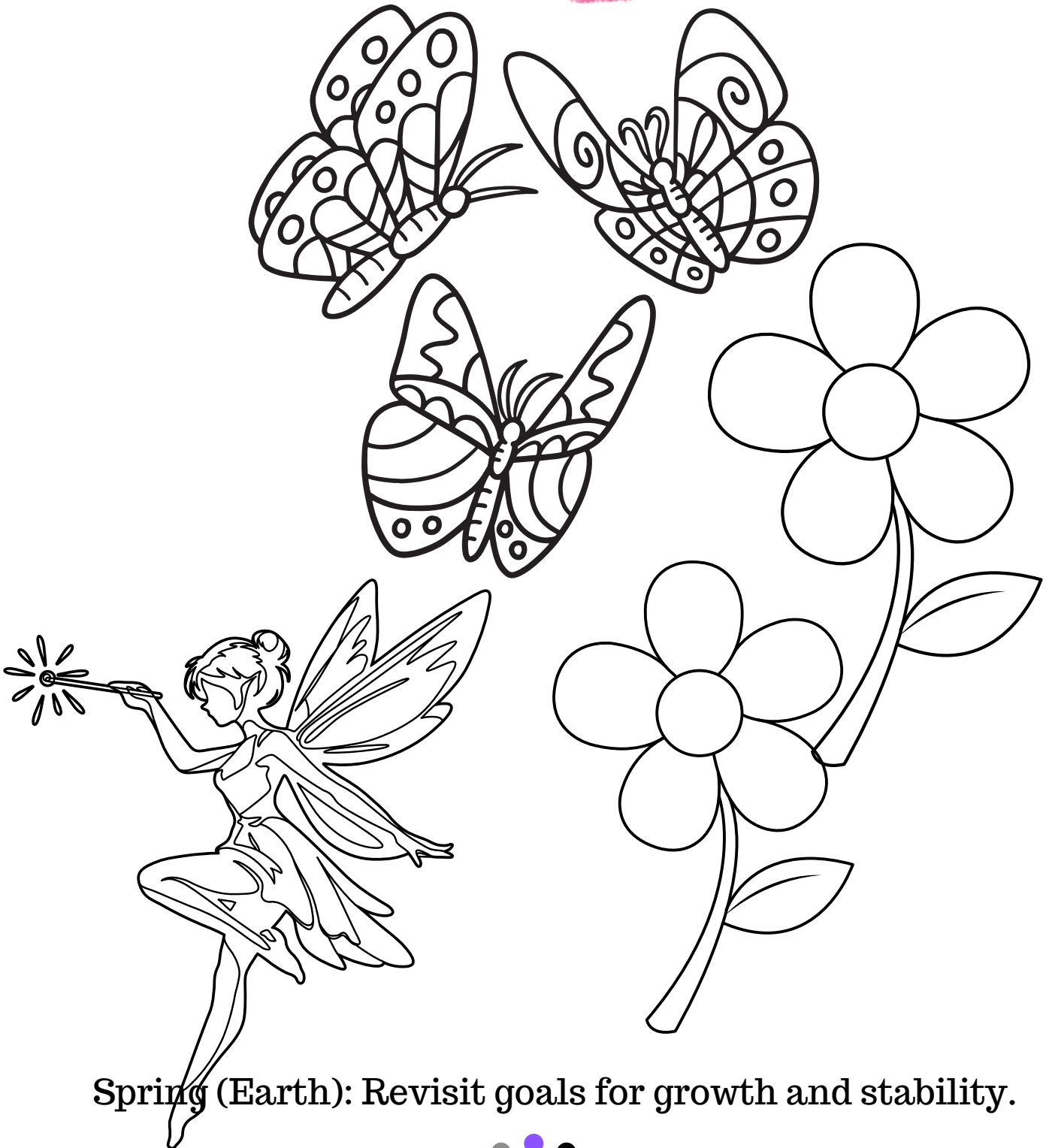




Fall (Air): Reflect on mental clarity and communication progress.



SPRING



Spring (Earth): Revisit goals for growth and stability.

Thank you for exploring with
us! Keep learning, dreaming,
and caring for yourself and
others."

Wellistics

