EMOTIONS AS COLORS

COLORS CAN SHOW FEELINGS, TOO!

Here are some tips for encouraging your little ones to explore and express their emotions with colors!

As we move into the summertime, you and your kiddos will naturally be seeing more colors outside as plants bloom and more animals come out of their cozy homes.

The changing of seasons can also bring up new opportunities and challenges, as well as new emotions. A great way to be creative and encourage emotional intelligence is to express emotions with colors!

EMOTION COLOR WHEEL!
Expressing Emotion with Creative Art

Kids of any age can do this activity, too, with guided help where needed! This is an arts and crafts activity that will help your kids develop a new and healthy way of expressing their emotions.

ALL YOU NEED IS:

• A paper plate, or a piece of paper cut in a circle
• Markers, crayons, or colored pencils
• A ruler
• A black marker
DIRECTIONS:

• Help your kiddo divide the circle into six sections by drawing straight lines across with your ruler and marker, like a pizza pie!
• Then, color in each section with different colors: red, orange, yellow, green, blue, and purple.
• Finally, ask your child to think about what each color makes them feel. Is yellow going to be happy, or hungry, maybe?
• Let them choose - you might be surprised at their choices!
• Once they make their choices, have them draw themselves feeling those emotions in the same section.

You get to do a fun art project, and you’ll have a tool to pull out when your child is having trouble expressing what they’re feeling! Win-win!

Be sure to tag us in your creations at home! @Port Discovery

We hope our at-home play ideas have been helpful to you! If you are able, please support Port Discovery Children’s Museum by renewing your membership, purchasing a gift membership for someone, or making a contribution of financial support.