



Hope at Hand

“Color Wheel”

Directions

1. Start: Read the “Guided Color Meditation Script” to participants. It is important to guide the participants through proper posture during meditation.
2. Read: “The Color of Silence” to participants and have them circle or underline anything that spoke to them in the poem. Invite participants to share what they underlined as time permits.
3. Read: “What is Orange” to participants and have them circle or underline anything that spoke to them in the poem. Invite participants to share what they underlined as time permits.
4. Write: Complete the Color Poem template.
5. Handout: give a copy of the color symbolism chart to each table or participant. They can use this chart to see if the color they chose in their poem matches the emotion.
6. Art: Emotion Color Wheel
 - Label each section: sad, excited, happy, joyful, scared, confident, angry, hopeful.
 - Color and decorate each section with imagery that represent each emotion.
 - Have participants write their poem around the color emotion wheel.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

Materials

Pencils, colored pencils, black permanent marker, crayons.

Guided Color Meditation

To begin, make yourself comfortable. Adjust your clothing as needed and assume a comfortable position. First, before the calming color relaxation begins, notice how your body feels in this moment. Passively pay attention to the state of your body right now. Do not try to change anything, simply notice how your body and mind feel.

Feel your body begin to relax slightly, as your shoulders drop a little lower... your jaw loosens so your teeth are not touching... and your eyelids start to feel heavy. Take a deep breath in... hold it... and slowly breathe out...

Now just notice your breathing. Your body knows how much air you need. Notice with interest how your breath goes in and out. Feel the pause after you inhale and before you exhale... and the pause before drawing another breath.

Allow your body to relax and your mind to focus on the calming color relaxation. Allow the relaxation to occur naturally... allow and observe... Create a picture in your mind of the color red. Imagine red of all shades... You might picture red objects, a red landscape, or just a solid color... Imagine all of the different tones of red... roses... bricks... apples... sunsets... Enjoy the color red.

Now allow the color you are imagining change to orange. Picture the color orange... infinite shades of orange... flowers... pumpkins... carrots... Fill the entire visual field of your mind's eye with the color orange. Enjoy the color orange.

Visualize the color yellow. See in your imagination all the various shades of yellow. Allow yellow to fill your vision... lemons... flowers... fall leaves... Imagine the endless tones of the color yellow. Imagine yourself surrounded with the calming color yellow... immerse yourself... Enjoy the color yellow.

Let the color you are imagining become green. Fill your imagination with the color green. Endless shades and tones of green... plants... leaves... grass... Imagine being surrounded by beautiful green... all shades from the lightest to the darkest, bright green... subdued green... Enjoy green.

Now see in your mind the color blue. Surround yourself with beautiful blue... unending shades of blue... water... sky... Imagine blue filling your vision... Enjoy the color blue.

Allow the color in your imagination to become purple... Focus on the multitude of purples around you... flowers... eggplant... sunrise... Immerse yourself in the color purple... Enjoy purple.

Now allow your attention to return to your breathing... notice how calm and regular your breathing is now... Meditate on the calming color relaxation once more... Imagine the colors again one at a time... starting with red... orange... yellow... green... blue... purple...

The Color Of Silence

by Susan Glickman

If you could paint a picture of silence
What color would it be?
Would you use the brush of fog to hush all sound
A shade of gray, with touch of brown,
where eaves are dripping to the ground
and windows weep their quiet tears
Where solitude obscures the view
In a slate of lonely winterlude?

Or would it be a shade of green
A forest deep, of muted breeze
No sound to scatter birds from trees
No broken branches, swaying grasses
Missteps that crackle the fallen leaves
Untouched by clatter, harsh and rude?

Would silence be as black as night
A cave too deep for shards of light
A void within a famished core
A well of dark and empty shores?

Or would silence be of many hues?
A rainbow shade of morning dew
A soft pastel of sun declining?
No bedlam, blast, or blare of noise
Could break the spell, a silent voice
As if the soul could slip away....

A hush, immense.....so sweet and keen,
Like ghosts unseen, or angels soft as air...
A silent sea,where mountains lend an ear...
As clouds pile high,and wait to hear...
Only for this: such peace....such bliss
A sound so small, ... as welcome as a sigh

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What is Orange

by Mary O'Neil

Orange is a tiger lily,
A carrot,
A feather from
A parrot,
A flame
the wildest color
You can name
Orange is a happy day
Saying goodbye
In a sunset that
Shocks the sky.
Orange is brave
Orange is bold
It's bittersweet
And marigold.
Orange is zip
Orange is dash
The brightest stripe
In a Roman sash
Also a mango
Orange is music
Of the tango
Orange is the fur
Of the fiery fox,
The brightest crayon
In the box.
When leaves are turning
Orange is the smell
Of a bonfire burning...

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Color Poem Directions

Line 1: Name the emotion and the *color*

Line 2: Tell what the emotion *sounds* like

Line 3: Tell what the emotion *smells* like

Line 4: Tell what the emotion *tastes* like

Line 5: Tell what the emotion *looks* like

Line 6: Tell what the emotion *feels* like

Example:

Jubilant is yellow

It sounds like the pitter-pattering feet of happy children

It smells like a lemon cake fresh from the oven

It tastes like sweet lemonade with a hint of sour

It looks like a rainbow shining in a dim sky

Jubilant feels like sunshine warming my face.

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Color Poem

Title _____

Author _____

Line 1 (emotion + color): _____

Line 2 (sound): _____

Line 3 (smell): _____

Line 4 (taste): _____

Line 5 (look): _____

Line 6 (repeat emotion + feel): _____

Color Poem

Title _____

Author _____

Line 1 (emotion + color): _____

Line 2 (sound): _____

Line 3 (smell): _____

Line 4 (taste): _____

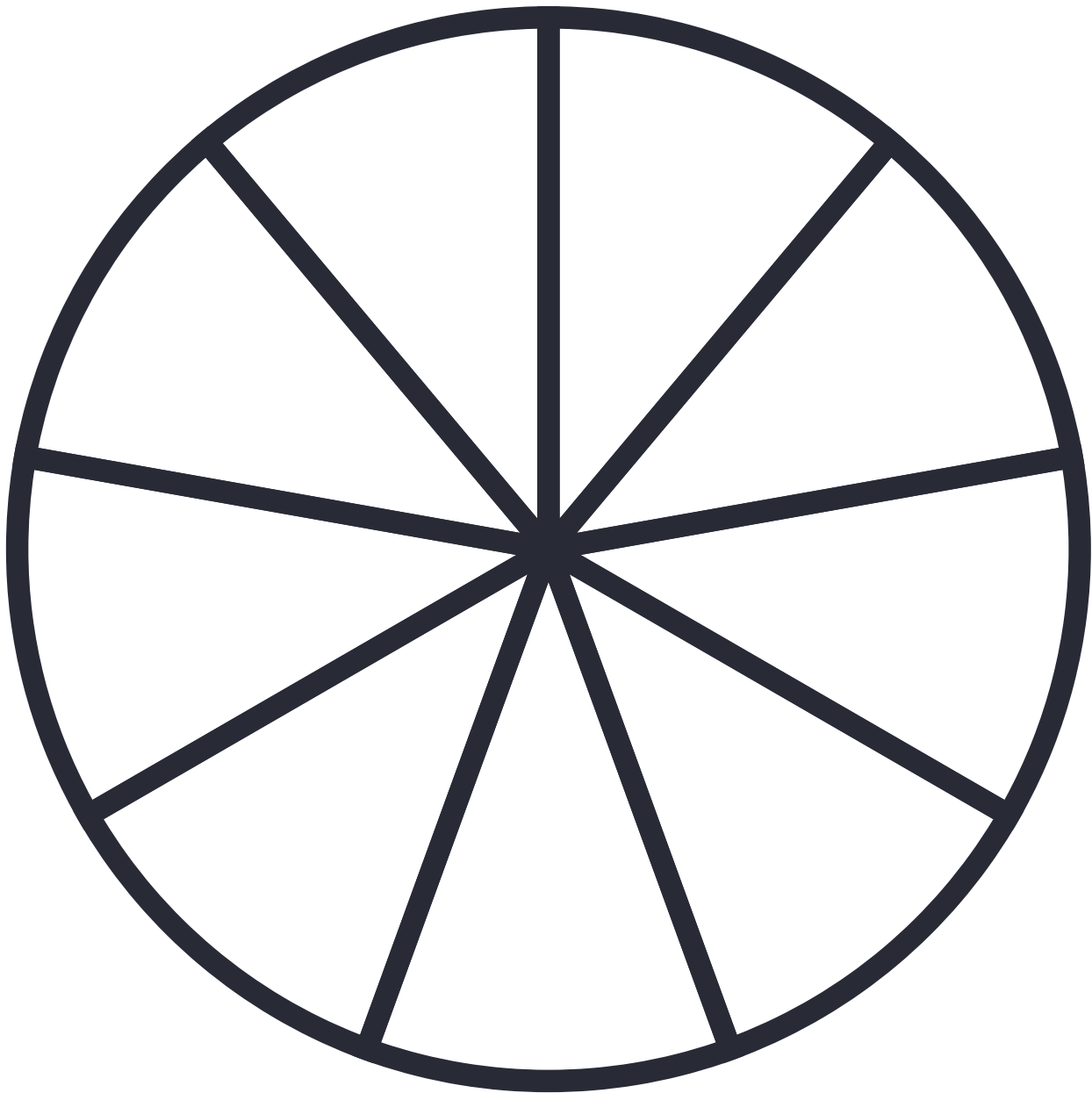
Line 5 (look): _____

Line 6 (repeat emotion + feel): _____

Red	Passion, Courage, Anger, Energy, Love, Urgency, Excitement
Yellow	Joy, Curiosity, Clarity, Hope, Cheerfulness, Alertness
Blue	Peace, Trust, Sadness, Serenity Reflection, Honesty, Security
Orange	Creativity, Enthusiasm, Warmth, Confidence, Balance, Attention
Green	Growth, Healthy, Renewal, Calm, Reassurance, Connection, Lucky
Purple	Imagination, Wisdom, Spirituality, Royalty, Mystery
Brown	Nature, Intelligence, Stability, Groundedness, Reliability
Black	Elegance, Power, Depth, Grief, Protection, anonymity

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My Color Wheel



My Color Wheel

