

Children's Connection Curriculum

Session Topic: Self-Esteem (Colors of Your Life)

Developmental Level: Upper Elementary, Middle School

Purpose: To identify feelings associated with life

Materials: Copy of "Colors of Your Life Wheel", A large sheet of plain white paper for each group member and any type of coloring instruments (paint, crayons, chalk, pencils); available colors include yellow, green, blue, black, red, purple, brown, and gray

Description of Session:

1. Ask the client to pair an emotion or feeling with a color. If the client seems to be having trouble, the counselor may offer a prompt, such as, "What feeling might go with the color red?"
2. Have the client continue to pair emotions with color. The most common associations are red/anger, purple/rage, blue/sad, black/very sad, green/jealous, brown/bored, gray/lonesome, and yellow/happy. Or the child might pair orange with excitement, pink with femininity, and blue-green with masculinity. Combinations are limited only by the client's knowledge of feelings and colors, imagination, and ingenuity. Usually, however, the counselor should limit the associations to eight or nine pairs.
3. Once the pairs are established, give the client a sheet of white paper. Ask him or her to fill the paper with colors to show the feelings he or she has had during his or her life. The counselor might ask, "How much of your life has been happy? Color that much of your paper yellow."
4. Explain that the client is to color the paper in whatever designs he or she wishes until it is completely covered in colors. Encourage the client to verbalize thoughts and feelings during the activity.

Discussion Questions:

1. How does your paper compare to the papers of your other group members?
2. Moving forward, what changes would you like to make (more happy, less anger)?

Reference: Vernon, A. (2004). *Counseling Children and Adolescents*. Denver, CO: Love Publishing Company