

My
Many-Colored Feelings
Book

By

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When I feel **blue**, my body looks like . . .

When I feel **black**, my tummy feels like . . .

When I feel **red**, I feel hot here in my body . . .

When I feel **yellow**, I feel it in this part of my body . . .

When I feel **orange**, my body reacts this way . . .

When I feel **pink**, my heart looks like this . . .

When I feel **green** , my head feels this way.... . .

My head looks like this when I feel white . . .

When things happen and my emotions get **all mixed up**, this is how I look . . .

My *worry* color is _____, and this is what a situation I worry about looks like...

My **HAPPY** color is _____, and this is what a situation that makes me happy looks like...

My **afraid** color is _____, and this is what a situation that frightens me looks like...

My *loving* color is _____, and this is what a situation when I feel loved looks like...

My shy color is _____, and a situation where I feel shy looks like...

My **MAD** color is _____, and this is what a situation that makes me feel angry looks like

My EXCITED color is _____, and a situation that makes me excited looks like...

My **BRAVE** color is _____, and a situation in which I feel brave looks like...

My ashamed color is _____, and a situation that makes me feel ashamed looks like this...

My HOPE color is _____, and a situation that makes me feel hopeful looks like this...

Sometimes my colors all mix together, but all of them make me special. **I am SPECIAL, and this is me . . .**