

Colors are everywhere. Our state of mind and our senses are affected by colors in all waking hours and even while asleep. When we sleep we experience colors in our dreams.

Colors have an impact on our energy that we can use to our advantage, to shift and transform our energy in our daily lives to suit us best.

Read more about WRAPPED IN COLORS and our mission and find Meditationstory kits as pdf or as books here:

www.wrappedincolors.com
Instagram: wrapped_in_colors

WRAPPED IN COLORS APP
is coming soon in app store

COLORS OF LIFE JOURNAL

Created for children to support general well-being by connecting EMOTIONS with COLORS



Funded by
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COLORS OF LIFE JOURNAL

The journal is based on supporting children to thrive in their inner world with guided tasks and tips about body and mind, movement, creative activities and inspiration to work with EMOTIONS and COLORS. The meditation stories for children are guided visualizations based on colors that invite you to awareness and acceptance of emotions and by connecting them to colors, could lead to regulation of our different emotions.

WHY JOURNALING?

Writing a journal requires concentration, focus and can help the child to remain present in the moment while maintaining perspective. Journaling allows for emotional development and can be a tool to regulate emotions.

Journaling can bring a greater sense of confidence and self-identity. It can benefit general emotional health and affect the mood positively, as inner needs, wishes and feelings can be more easily expressed and set free when they are written down without anyone other than yourself, and perhaps the adults around you, reading it.

EMOTIONAL INTELLIGENS

On a daily basis, we come across challenges in our interactions with other people, where situations can trigger different emotions which can be difficult to regulate. Knowledge of how emotions could be regulated, can enable children to achieve balance and be resilient within themselves and towards other children. This, at the same time supports the learning process and general development in a class or group.

Our material can help children accept and balance both comfortable and uncomfortable emotions. Our material can be used to teach children that emotions are not static but constantly changing and that we are not our emotions.

Emotions can teach us so much about ourselves, and therefore, they are of such great value.

The Journal and Meditationstory Kits are based on the following 4 elements:

MEDITATIONSTORY

ACTIVITY

FOOD

NATURE

in this kit are meant to give children a comprehensive experience of colors using their different senses.

VISUALIZE and **FEEL** the color through the meditation story,

INTEGRATE and **USE** the color through activity

PLAY with and **TASTE** the color through cooking,

WATCH and **LISTEN TO** the color in nature via photos and videos.

With the WRAPPED IN COLORS material, we wish to raise awareness about the strong impact of colors and how they can be used to be aware of, accept and regulate emotion and moods.

We wish that these activities to bring harmony, joy and useful experiences between children and adults.

Other elements of our emotional awareness and support materials:

POSITIVE AFFIRMATIONS

Affirmations are considered to be useful for emotional support and encouragement.

An affirmation is, in principle, everything you say and think about yourself and the situation you find yourself in.

Expressing positive affirmations out loud is like little friendly messages of love to yourself. This creates self-compassion and belief in oneself, and it is a tool that can support us throughout life.

BREATHING EXERCISES

Breathing exercises are a great tool and our breath is a gift that we all carry with us at all times. We wish to show children how short daily conscious breathing exercises can help the body and mind to create calm, clarity, concentration, relaxation or energy. We want to create a basic knowledge and awareness about breathing consciously, as a tool for life.

YOGA ACTIVITIES

Movement of the body is always useful and important. We inspire you to regularly perform light and fun yoga exercises.

FOOD RECIPES

With colorful food recipes, we inspire to bring children into the kitchen; play with and taste all the fantastic colors found in healthy foods.

SNACKS FOR BODY AND MIND

Positive short exercises and actions for body, mind and mind that children can easily do daily.