



COLORS OF LIFE JOURNAL AND MEDITATIONSTORIES

Thrive in your inner world with
colors and emotions while JOURNALING

These 4 steps can be followed to inspire children and teens to start working with Colors of Life Journal and Meditationstory Book:

1

Start by printing one or more of the following pages from the Colors of Life Meditationstory pdf, or from our website, and place them as decoration in the classroom/at home visible for children/teens to see/read them several times a day:

1. tree with text (page 5 in pdf)
2. affirmations (page 21 in pdf)
3. poem (page 22 in pdf)
4. 7 yoga poses (page 23 in pdf)

2

Get moving and breathing before sitting still:

1. Choose a good moment during the day to do 3 to 5 rounds of Belly Breathing, following the description on page 75 in Color of Life Meditationstory book or page 66 in the journal, or
2. if the children are willing to do more exercises, move on to do the Vagus Nerve Snack on page 50 of the journal, or
3. make a few rounds of the Cat/Cow pose on page 56 in journal and shown as one of the 7 yoga poses on page 23 in the Meditationstory book.

3

A lovely way to get started with the whole project and for the children to tap into colors and their connection to emotions could be the following:

1. print the mandalas on page 24 and 25 in pdf/from website
2. hand out one sheet with mandalas and crayons in all 7 colors to each child/teenager.
3. read out loud the Colors of Life Story, BUT before you start reading,
4. inspire the children/teens to listen actively by inviting them to color the mandalas with the colors you mention in the story like this: every time you mention a color, they are meant use that color in that moment and change colors as you read.
5. after the story:
 - a. ask them: "which of these 7 colors do you like the most?" (leave time for them to answer),
 - b. then tell them: "All of you who like the red color the most, please raise your hand",
 - c. then say: for the color RED I invite you to think about this affirmation today: "I AM SAFE", (from the affirmations on page 21 in the Meditationstory book).
 - d. Continue like this with all 7 colors and invite them to say and think of the affirmation, corresponding to their color of choice.

4

Now you can start introducing the JOURNAL. Instead of making the journal from beginning to end, we suggest to start with the following pages together with the children/teens, before they continue on their own:

- Read or talk with them about page 3 and 4, and have them fill out page 5.
- Move on to page 18 since this page is all about "I AM", which will get the children into a writing process about themselves and who they are.
- Then to go page 27, the "word scramble" in the journal, since this could get them into the "emotions" part, unscrambling the letters to discover the feeling the words hide.

Now children/teens have been introduced to the material, and can keep on using it in their own pace.

