

## Emotions

It can be challenging to think straight when you are in a high emotional state. As a result, you often can't see a solution or a way through the situation. But using colours can help.

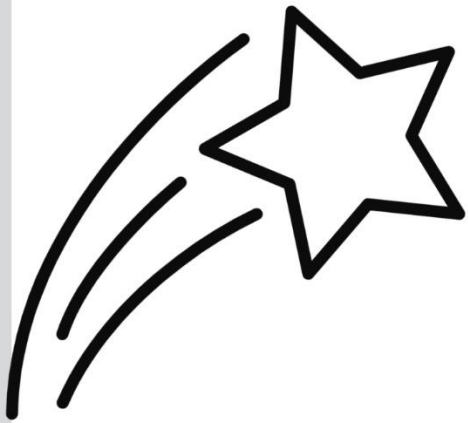
In chapter 23 Amy uses the colours of the rainbow as a grounding technique, to focus her mind and control her emotions.

Amy uses an acronym to remember the colours of the rainbow. Then finds an object of each colour within her surroundings.

Reach	RED
over	ORANGE
your	YELLOW
goals,	GREEN
believe	BLUE
in	INDIGO
victory.	VIOLET

To help you remember the acronym, colour the next page.

# The Rainbow



**Reach**



**OVER**

**YOUR**



goals



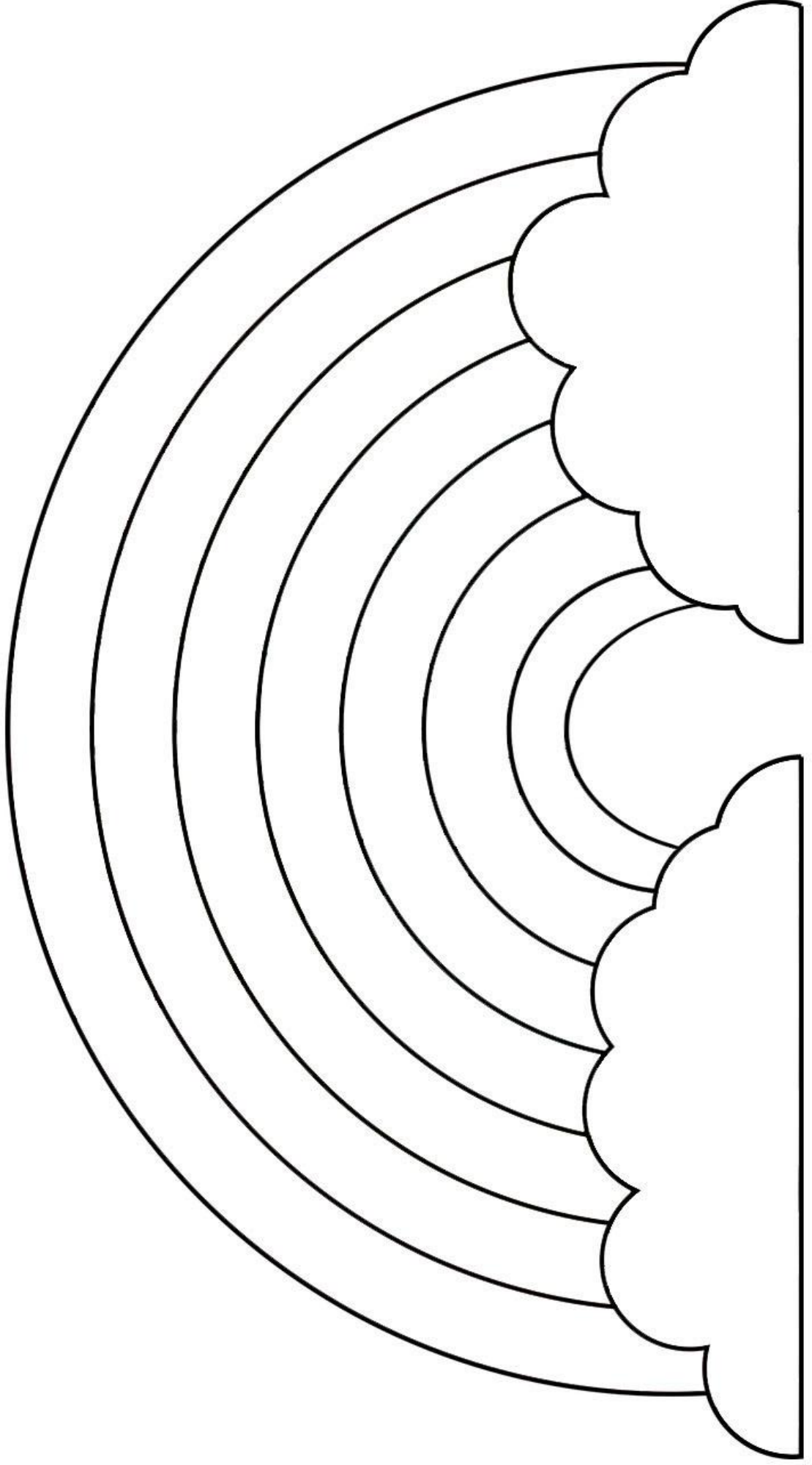
**BELIEVE**

in

victory



Use your surroundings and try to complete the rainbow with objects of each colour.



# Finger Colours

*It can be difficult to find objects of seven difficult colours. And some of of the rainbow the colours are very similar.*

Instead using five colours, one for each finger, can be easier.

Simply look around you and find five objects, each of different colour, and put a finger down each time.

Look at my example.



# Finger Colours

**Use five colours, one for each finger.**

**Simply look around you and find five objects, each of different colour, and put a finger down each time.**

