

Creativity Prompt

Color Your Mood!

A reflective evening coloring activity

Description

Create space for creativity and an invitation for self-reflection and mindfulness while you reflect on your day by completing this short and relaxing coloring activity.

Time to complete

5-15 minutes

Materials

Piece of paper, crayons, colored pencils, or markers

Instructions

Divide your paper into five sections any way you like! You can choose some music to listen to while you complete this reflective activity.

Think about how you felt this morning when you woke up. What color(s) do you think would represent that feeling? What pattern? Color one section of your paper with that color or colors, integrating a pattern if you like.

Think about how you felt this afternoon. What color(s) do you think would represent that feeling? What pattern? Color another section of your paper with that color or colors, integrating a pattern if you like.

Think about how you felt this evening. What color(s) do you think would represent that feeling? What pattern? Color another section of your paper with that color or colors, integrating a pattern if you like.

Focus on something that brings you joy. This could be a song, a book, a family member, anything! Think about, listen to, or read what you've selected for a few minutes. How are you feeling now? What color(s) do you think would represent that feeling? What pattern? Color another section of your paper with that color or colors, integrating a pattern if you like.

Think about tomorrow. What color do you hope to feel? What pattern would represent that? Color another section of your paper with that color or colors, integrating a pattern if you like.

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Reflection Suggestions

Take a look at your completed drawing. What color are you most drawn to? What color are you least drawn to?

If you are with others, show each other your work! How are your designs similar? How are they different?

Try doing this activity multiple days in a row. How do they compare with each other?

Sharing Suggestions

Video call a friend to share your work! Send the activity to a friend. Share the music you selected to listen to during the activity on social media along with the reason you chose it.

Share on social media by commenting on the Facebook post or tagging @OperaOmaha in your Instagram story.