

Creativity Prompt

Colors: Spots, Dots, and Feelings

Description

Take a moment to experience the colors that appear when you squeeze your eyes closed and check in with feelings.

Time to complete

5 minutes.

Materials

Paper and pencil (optional)

Instructions

Sit down however you're most comfortable. Squeeze your eyes closed as tightly as possible until you start to see spots and dots. Notice the light and dark. Do you see any colors? If so, take note of them. Open your eyes again and jot them down on a piece of paper.

Close your eyes again, this time more gently. Trying "looking" behind your eyelids. What do you see? Is it a blur of color? Is there a pattern? Write down what you see on a piece of paper.

Close your eyes a third time. This time ask yourself how you're feeling. Try to be specific. Now ask yourself, "if that feeling was a color, what color would it be?" Write down the color and/or feeling that comes to your "mind's eye" on a piece of paper.

Now that you've identified a color look around you, wherever you are, and find something that is the same or similar color as your feeling or mood. Maybe it's the green of fresh grass, the red on the handle of your toothbrush, or the yellow of your legal pad. Once you've found the color ask yourself, what about that color matches the way you are feeling? What is beautiful about the color you're looking at? What is unique or different about this version of color than another? Is it dull or more vibrant? Is it shiny or matte? Does it have a pattern or texture?

Now take a final moment to experience the color in whatever way you so choose!

Optional

To discover more about the correlation between colors and feelings check the "Mood Meter"

[Yale's Mood Meter Overview](#)

[Full Mood Meter](#)

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