How are you feeling today?

There is a saying that the world looks better through ‘rose tinted spectacles’.

Decorate your rainbow scratch art glasses and see what colours you find....

Put on your glasses and think about what you can see around you...

How do you feel when you look around?

What would make things look better than they do today?

What would make things feel better?

There are colour associations with other feelings too...

In the pink: feeling bright and happy...

Feeling blue: sad, fed up...

Green: envy, jealousy...

Seeing red: anger...

A sunny disposition (yellow): positive and looking up...

When do you feel ‘pink’, ‘blue’, ‘green’, ‘yellow’ or ‘red’?

How else could you use your glasses? You might find that when you put them on it makes other people smile!

Make another pair of glasses to give to someone else... How would you like them to see you?