

IMAGERY RAINBOW

When we feel big emotions, it can feel like our mind is racing! Imagery is a coping strategy that can help slow our thoughts and relax our body by focusing on our senses. Practice using imagery using the Imagery Rainbow activity!

1. Talk about the five senses.
2. Then, think about a place you love. This might be the beach, your bedroom, or your backyard.
3. Draw the place you love using a black marker.
4. Then, use the color key at the bottom of the page to fill in the picture.
 - a. Color the things you see with **red**
 - b. Color the things you hear with **orange**
 - c. Color the things you feel with **green**
 - d. Color the things you smell with **blue**
 - e. Color the things you taste with **purple**
5. Finally, write out your imagery story!



5 THINGS YOU SEE



4 THINGS YOU HEAR



3 THINGS YOU FEEL

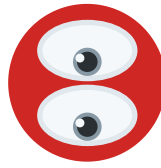


2 THINGS YOU SMELL



1 THING YOU TASTE

DRAW A PLACE YOU LOVE



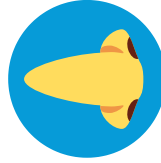
THINGS
I SEE



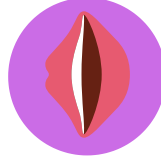
THINGS
I HEAR



THINGS
I FEEL



THINGS
I SMELL



THINGS
I TASTE

A place I love is _____

When I am here, I look around and see

1. _____
2. _____
3. _____
4. _____
5. _____

When I close my eyes, I can hear

1. _____
2. _____
3. _____
4. _____

When I focus on my hands, feet, & body I feel

1. _____
2. _____
3. _____

I take a big breath in and smell

1. _____
2. _____

When I wiggle my tongue and lick my lips I can taste

1. _____

I feel so much joy when I am here.

A PLACE I LOVE IS...



5 THINGS I SEE

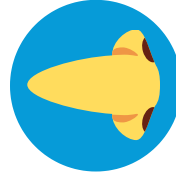


4 THINGS I HEAR

3 THINGS I FEEL



2 THINGS I SMELL



1 THING I TASTE

