

Rainbow of Emotions



Written and Illustrated by:

Barkha Dhanju



A rainbow is full of beautiful colours for us to see.

Each colour has an emotion just like you and me.

**Let's take a look and see if it's true.
Which emotion and colour best fits you?**



**First we have RED which represents
fear and anger.**

But it also represents strength and love.

A graphic of a rainbow with orange and white bands. The rainbow is composed of several thick, curved bands of orange and white, creating a stylized, hand-painted appearance. The bands are arranged in a series of concentric arches, with the outermost band being a vibrant orange and the inner bands alternating between white and lighter shades of orange. The overall effect is a bright, energetic, and somewhat abstract representation of a rainbow.

**Then we have ORANGE which represents
impatient and anxious.**

**But it also represents courage and
confidence.**



**Next is YELLOW which represents
confusion and shame.**

But it also represents happiness and joy.

A vibrant, multi-colored rainbow arches across the top half of the image. The colors from top to bottom are red, orange, yellow, green, blue, and purple. At the base of the rainbow, a small, light pink heart is visible. The background is white.

**As you can see emotions have many
different meanings.**

**Let's continue to see how you're
now feeling.**

A graphic of a rainbow with green bands, symbolizing growth and positivity. The rainbow is composed of several curved bands of varying shades of green, from dark forest green to bright lime green, set against a white background. The bands are thick and have a slightly textured, brush-stroke appearance.

**GREEN is a colour which represents
envy and guilt.**

**But it also represents positivity and
growth.**



**Next is BLUE which represents sadness
and doubt.**

**But it also represents relaxation
and calmness .**



**Last is PURPLE which represents
confusion and rage.**

**But it also represents bravery and
kindness.**



**Rainbows are full of many emotions, you
don't have to just pick one.**

**Each colour feels something different, but
we're not quite done!**

Now that you know each emotion, this is true.

Tell us how you feel today and what you're going through!

FEAR ANGER STRENGTH LOVE


IMPATIENT ANXIOUS COURAGE CONFIDENCE

CONFUSION SHAME JOY HAPPINESS

ENVY GUILT GROWTH POSITIVITY

SADNESS DOUBT RELAXATION CALMNESS

RAGE CONFUSION BRAVERY KINDNESS



"A fun and powerful book with a great message! Great to have in all classrooms for all kinds of students!" -M.S

**"My daughter loved this book. It's colourful, immersive and helps to engage important conversation about different emotions with your little one."
-P.G**

**"This is a really great way to help kids express their feelings and emotions. I love how each colour has two different perspectives rather than focusing on just the good/ happy emotions, it also shows them another realistic view." -
M.K**

"Magnificent children's book that talks about what emotions are represented by each colour. The book tries to get children to understand that each negative trait also has a positive."- J.D

"My students loved this book! It's a great resource to help kids understand emotions and to be open with their feelings. Will be recommending to my colleagues!"- K.K