

RAINBOW VISUALIZATION

Find a comfortable place to sit or stand where you can see around you. Take a full breath in through your nose and exhale slowly through your nose to help you relax.



Find something red around you—a toy, clothing, or anything else. Take a moment to notice it. What is it? What's it for? Is it big or small? Rough or smooth?



Now, find something orange nearby. Focus on its shape and texture.



Look for a yellow item. It might be a book, a snack, or even a flower. Pay attention to how bright it is!



Search for something green. This could be a plant, a piece of furniture, or even a drawing. Notice the different shades of green.



Now, look for something blue in your space. It might be a blanket, a picture, or a piece of clothing.



Finally, see if you can find something violet. It could be a crayon, a decoration, or anything else.

Take another full breath in through your nose and out through your mouth. How do you feel after searching for the colors around you? Did any colors remind you of something special or bring back a memory?

