

Colours and feelings

Each participant can choose between the colours from the box (cards) considering how they are feeling at that moment – they must not show to others.

The Business advisor guides everyone to express the colour of the emotion they are feeling, without saying the colour or the feeling itself or showing the card. After all participants express themselves, everyone presents the chosen card and explains what that colour represents. If some participant shows a negative emotion, all other participants must offer a positive emotion - through a colour that conveys a good feeling by selecting a card.

For example, if someone opted for black because they were feeling bad, someone else might offer the yellow that reflects happiness.

Power Sophistication Mystery Death	Hope Simplicity Cleaning Goodness Purity	Love Passion Romance Danger Energy
Intellect Sympathy Heat Watch out Cowardice	Peace Sincerity Confidence Integrity Tranquillity	Authority Maturity Safety Stability
Life Growth Nature Money Freshness	Innovation Creativity Thought Ideas	Royals Lux Wit Wisdom Dignity