
The Feelings Rainbow

Classroom Guide

Every feeling has a color, and every color belongs

CASEL Competency: Self-Awareness

Grade Level: Pre-K–2

Duration: 40–50 minutes

Category: Growing Up

Learning Objectives

- Identify and name a range of emotions using color associations
 - Understand that ALL feelings — even uncomfortable ones — are valid and important
 - Recognize that mixed feelings (the storm) are normal and pass
 - Practice expressing emotions through art and words
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Overview & Preparation

Key Vocabulary

Feelings • Rainbow • Emotion • Storm • Calm • Angry • Sad • Happy • Scared • Surprise

Materials Needed

- The personalized story
- Rainbow of crayons or watercolors
- Paper
- Feeling faces chart
- Optional: color scarves for movement

Before Reading

Connection Question

If your feeling right now was a color, what color would it be? Why?

Background Building

Every feeling has a color. Happy might be sunny yellow. Sad might be deep blue. Angry could be fiery red. Scared might be dark purple. And ALL of them belong in the rainbow. In this story, the hero travels through each color-feeling and discovers that even the storm — when all the feelings mix together — creates something beautiful: a complete rainbow.

During Reading — Pause Points

- **When the hero enters the Red (angry) world** — Red is angry! Anger feels hot and big. Is anger a "bad" feeling? Or is it just a strong one that needs a healthy way out?
- **When the storm hits and all the colors mix** — All the feelings came at once! That's confusing. Have you ever felt happy AND sad at the same time? That's the storm — and it's normal.
- **When the rainbow appears after the storm** — Look — every single color is in the rainbow. Every feeling helped create it. What does that tell us?

Discussion Questions

1. Each feeling in the story was a different color. What color would YOUR anger be? Your calm? Your silliness?

↳ Can the same feeling be different colors for different people?

2. When the storm hit, all the feelings mixed together and it felt overwhelming. What do you do when you feel a storm of feelings?

↳ Does the storm last forever, or does it pass?

3. The story shows that the rainbow NEEDS every color to be complete. What would happen if we tried to remove sadness from the rainbow?

↳ Why do we need all our feelings, even the uncomfortable ones?

4. Which color-feeling do you think is the hardest to sit with? Which is the easiest?

↳ How can we help each other when someone is in a hard color?

Facilitation Tips

Resist the urge to label feelings as "good" or "bad." Use "comfortable" and "uncomfortable" instead. When children share difficult feelings, validate before redirecting: "That sounds really big. Thank you for sharing. What color is that feeling?"

Emotional Payoff

The rainbow needs EVERY color — take one away and it's incomplete. Feelings work the same way. Happy and sad, angry and calm, scared and brave — they all belong. Even the storm, when every feeling hits at once, eventually passes and leaves behind the most beautiful rainbow of all.

After Reading Activities

My Feelings Rainbow

Duration: 15 min | Materials: Paper, rainbow crayons or paint

Each child paints their personal feelings rainbow. Each stripe is labeled with a feeling and when they felt it recently: "Red = mad, when my brother took my toy." "Yellow = happy, when we had pizza." Display all rainbows — every one is different and every one is complete.

Feelings Storm and Calm

Duration: 10 min | Materials: Open space, scarves or streamers

Children move to represent feelings: stomp for angry, float for calm, shake for scared, jump for happy. Then — "STORM!" — all movements at once for 10 seconds. Then slowly... calm. Breathe. The storm passed. Discuss: how did that feel?

Color Check-In Chart

Duration: 10 min | Materials: Poster board, colored dots or magnets per child

Create a class feelings check-in chart. Each morning, children place a colored dot on how they feel. No one has to explain — just share the color. Over the week, see: feelings change every day. That's normal.

Writing Prompts

- Draw the storm of feelings — all the colors swirling. Then draw the rainbow that comes after. What's your favorite color in it?
- Write about a time you felt two feelings at once. What colors were they? How did they mix?
- If you could add a NEW color to the feelings rainbow, what feeling would it be? What would it look like?

Home Connection

Family Letter

Dear Families,

Today we read "The Feelings Rainbow," about discovering that every emotion has a color and every color belongs. Your child learned that there are no "bad" feelings — only comfortable and uncomfortable ones — and that even the storm of mixed feelings passes and creates something beautiful.

Here is how you can continue this learning at home:

- Do a family "color check-in" at dinner: "What color is your feeling right now?"
- When your child has big feelings, help them name the color: "That looks like a Red moment. Red is strong."
- Paint a family rainbow together where each person adds their own feeling-colors

With warmth,

Your Child's Teacher

Related Books

- The Color Monster by Anna Llenas
- My Many Colored Days by Dr. Seuss
- In My Heart by Jo Witek
- The Way I Feel by Janan Cain