



# SEE THE COLORS

- 1 Sit down in criss cross
- 2 Take a moment to ground by not talking and just noticing what is around you.
- 3 Now look around and try to find the colors of the rainbow one at a time. First notice everything that is Red example; “there is a red fence.” Then Orange, then yellow and so forth.
- 4 Try not to speak but just use your sense of sight

**This is a very grounding and calming Rainbow exercise. Perfect way to start your day to help with focus, or to release feelings of overwhelm or anxiousness.**

