My Creative Colours

A Colouring and Activity Book for
Feelings, Connection and Growing

REST CONNECT EXPLORE

A little window into your world

Colour a picture. Add an idea.
Discover something about yourself and others.

My name _____

Dr. Reem Kassem

Ages 5-8 | Six sample spreads

Welcome to your colours.

This book has pictures to colour and places for your own ideas.

Choose your own colours

Use any colours you like. Colours can mean different things to different people.

Make it yours

Add a pattern, draw something new or change part of a picture.

Go at your own pace

Choose any activity. You can pause, skip a page or come back another day.

Share if you want to

You can tell someone about your picture, or keep it to yourself.

Make your first mark here.

Make room for their ideas.

Use these pages together or let your child explore independently. Read prompts aloud when helpful. Drawing, pointing, talking and dictating are all welcome.

Invite, then follow

Ask “Would you like to tell me about this?” Accept a no. Leave room for imaginary answers, silence and changing ideas.

Notice choices and effort

Try “You tried a new way” or “Tell me how you chose that.” Let the child decide when a page is finished.

Keep colours open

Avoid interpreting colours or pictures as evidence of a particular feeling. Ask the child what their choices mean, if they want to share.

Stay alongside

If a page brings up discomfort, offer a pause or another activity. Listen calmly. If a child shares a worry, take it seriously and help them reach appropriate support.

Connection with Creative Resilience

These proposed activities translate Recovery, Sustainability and Growth into opportunities to pause, connect and explore. The themes overlap. Children can use them in any order.

Explore Creative Resilience together

Creative Resilience explores how creative practice, participation and supportive relationships can contribute to the ways we respond, adapt and grow. This book offers a gentle starting point for exploring those ideas with your child.

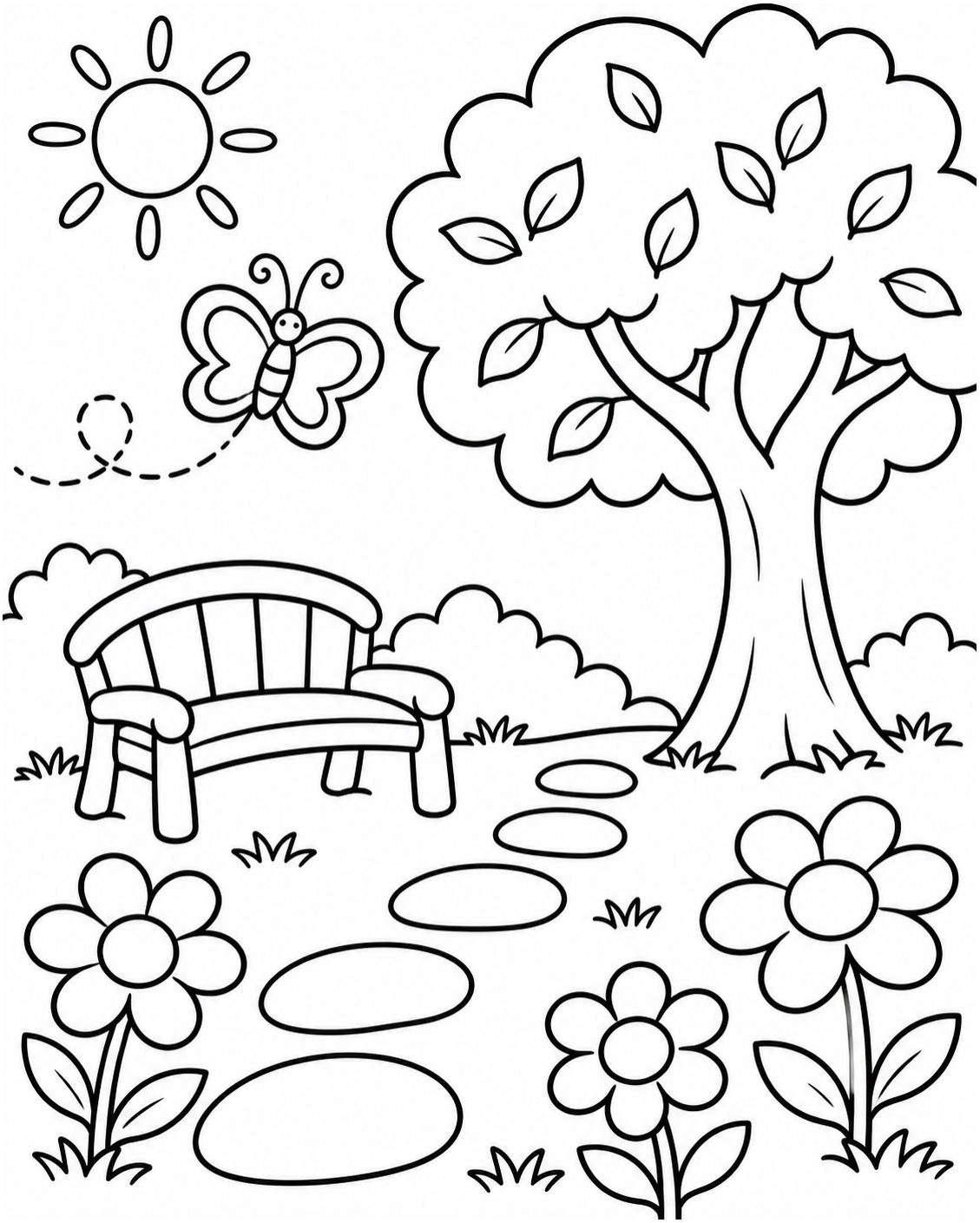
For the wider framework and practical guidance, read Dr. Reem Kassem's Creative Resilience: Crafting Our Way Forward - A Practical Handbook.

Read more at reemkassem.com/creative-resilience

This sample supports creative expression and conversation. It has not been evaluated as a resilience intervention. Illustrations were created with AI assistance. Review edition - six sample spreads.

A place for a pause

Colour this garden in any way you like.
Add something that would make this a comfortable place for you.



My own comfortable place

Draw a real or imaginary place where you would like to pause.

One thing I might try

I could take a break, sit with someone or choose my own idea.

Would you like to tell someone about your place?

Every feeling has a place

Look at the children. How might each one feel?
Choose colours for the picture. You can imagine your own story.



My feelings today

Draw a face, shapes or colours for how you feel. You can show more than one feeling.

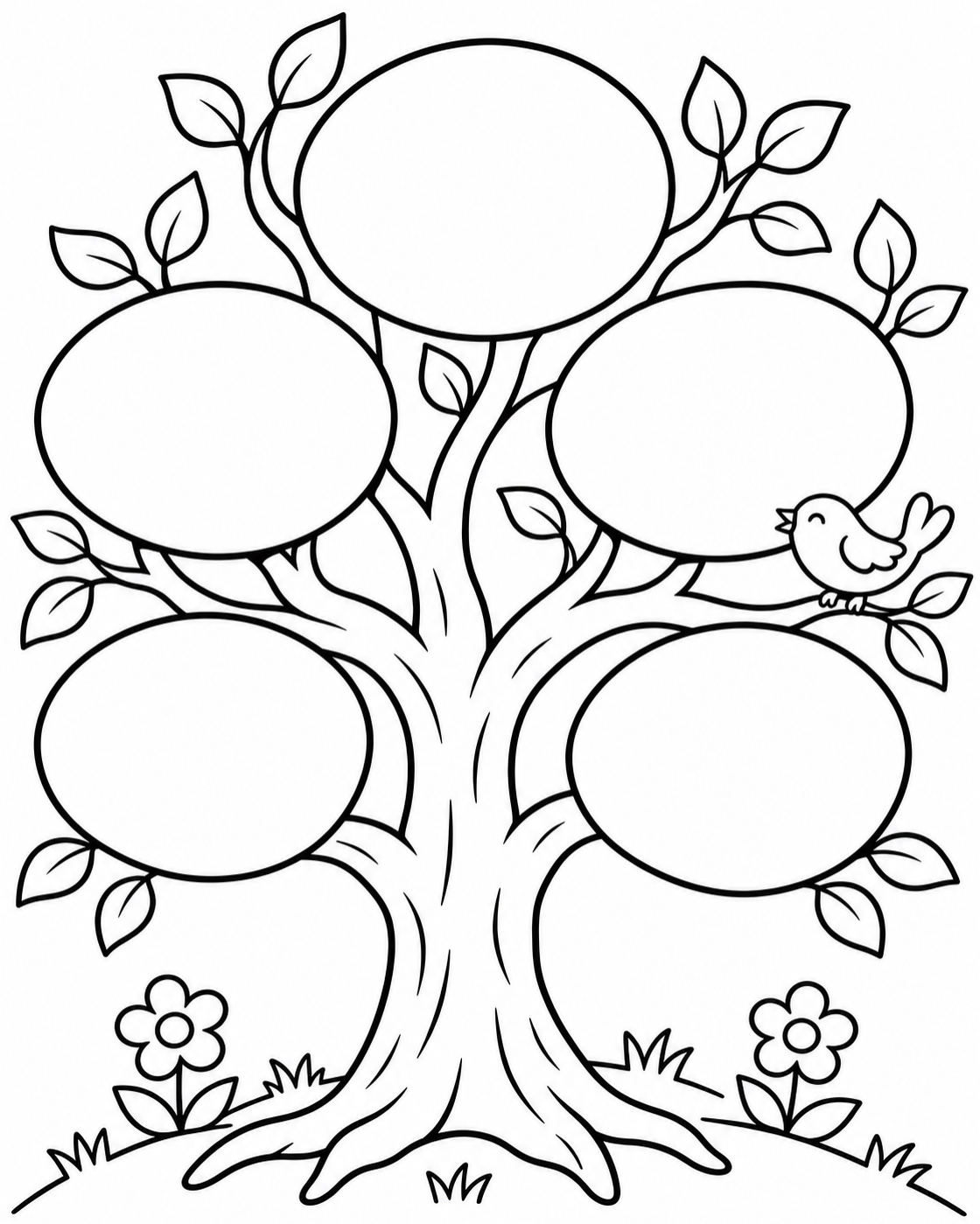
Something I would like

Draw or tell someone one thing you would like today.

You can feel differently later. That is okay.

People I can turn to

Colour the tree and its leaves.
In the empty spaces, draw people you could ask for help. One person is enough.



Asking for help

Imagine you need help with something small. What could you say?

My practice words

Draw the moment, or ask someone to write your words.

Try saying “Can you help me?” to someone you trust.

There is another way

Colour the children and their blocks.
What could they try next? Add your idea to the scene.



My next try

Draw something you are learning, or invent a challenge for a character.

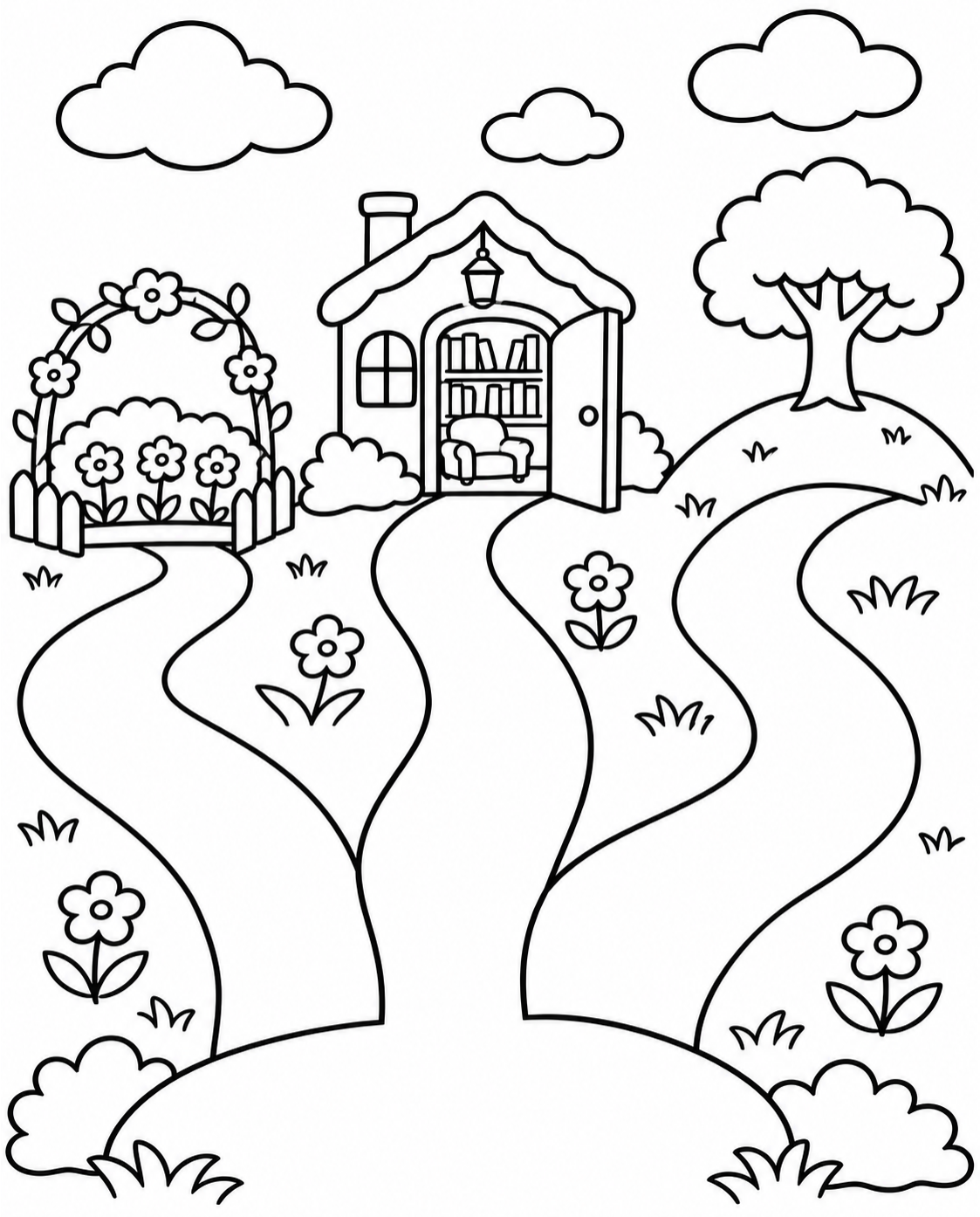
One small next step

Draw what you or your character could try. Asking for help or taking a break counts too.

You can try again when you are ready.

A choice of my own

Colour the paths and the places they lead to.
Choose a path. Add something you might discover along the way.



My own possibility

Draw a place, activity or idea you would like to explore.

A choice for today

Draw one small thing you could choose today.

You can change your mind or explore a different path another day.

Something we make together

Colour the children and their shared garden.
Add something that you would like to help grow or make.



Our shared idea

With someone you choose, imagine something you could make or do together.

A part for each of us

Draw what each person could contribute. Different contributions can fit together.

Invite someone to add a mark here, if you would like.

What would you like to carry with you?

Choose a colour, a person, an idea or a small moment from this book. Draw it here.

I can return to these pages.

I can ask for help.

I can create something of my own.

My Creative Colours is a proposed companion to My Creative Window and Creative Resilience: Crafting Our Way Forward.