

# What colour do you feel?

Encourage young people to share their feelings by creating a colour wheel

## Suitable for Cubs

### You will need

- paper plates (one per person)
- pencils, colouring pencils, rulers, crayons, paints, paintbrushes, water
- split pins (one per person)
- card cut into arrows half the width of a plate, with a hole in the end

### Instructions

**1** Support the young people to divide their paper plates into six sections using a pencil and ruler, then fill in each section of their plates with a different colour. They could draw pictures to show what feelings the different colours represent to them. For example, red is associated with anger, blue is sad or calm, yellow often means happiness.



## Meet Smeargle

Smeargle is a Pokémon that uses its tail to paint, sketch and copy the last move by an opponent in the Trading Card Game. The colour of the paint their tail produces changes depending on their emotions.

**2** Help everyone make a small hole in the centre using a pencil, then use a split pin to attach an arrow.

**3** Ask them to split into pairs or groups and ask if they would like to share which colours reflect their feelings by moving the arrow. To make it more fun, they could spin the arrows and see where it lands to help them decide which colours to talk about.

**4** To take the activity further, if your young people have a collection of Pokémon cards from the Trading Card Game, challenge them to bring in their collections and display them in the order of the colour spectrum: red, orange, yellow, green, blue, indigo, violet. Encourage your young people to think about other collections they already have, or items they might be interested in collecting and why. How do they display the collections? What do they find interesting about them?



## Time needed 35 minutes

### Badge



Pokémon partners the Cub Collector Activity Badge

### Partner

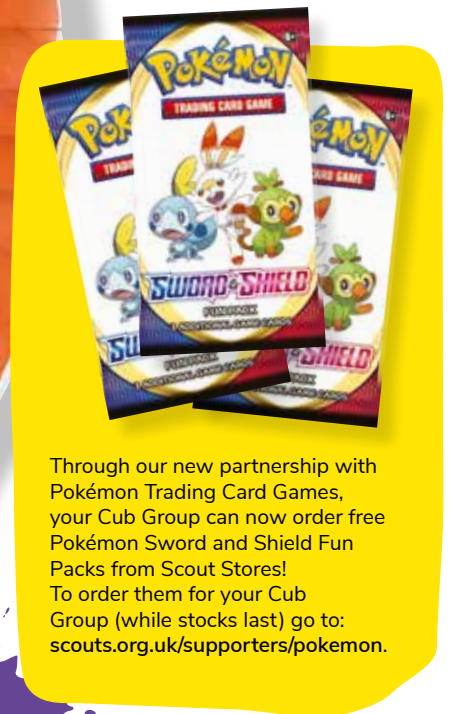


### Outcomes

Young people will be supported and encouraged to explore and share their feelings by using colours to describe what emotion they are experiencing. This will help them to express themselves and build resilience.

### More information

For more badge resources and activities go to [scouts.org.uk/supporters/pokemon](https://scouts.org.uk/supporters/pokemon).



Through our new partnership with Pokémon Trading Card Games, your Cub Group can now order free Pokémon Sword and Shield Fun Packs from Scout Stores! To order them for your Cub Group (while stocks last) go to: [scouts.org.uk/supporters/pokemon](https://scouts.org.uk/supporters/pokemon).