

TEACHER BACKGROUND INFORMATION COLOR AND EMOTIONS

(Taken from Patsy Jones' article, *The Power of Color*
Fall 1994 Collections)

Dr. Spuri Diamantidis, a color therapist, states that our emotions are directly affected by color. He explains that light beams of color carry energy that is transmitted to us when we come in contact with them. Research around us has proven that the colors of things around us can effect our moods.

From art classes, we have learned that bright warm colors are red, yellow, orange, gold, etc. These colors provide strong energy that can make us nervous and jittery. Cool colors--blue, green, purple, etc.--emit a calm emotion that helps to soothe us.

Here are some tips from color specialists:

- * Avoid wearing orange if you are on a diet. It stimulates the appetite. Fast food chains use this color for decor and packaging. It is suggested that you wear melon colors, corals, whites, or blues instead. They all increase energy, and blue reduces the appetite. It is suggested that you don't serve your finest meal on blue dinnerware.
- * Avoid painting a child's room bright yellow. Research has found that children cry more often in bright yellow rooms.
- * Musicians, writers, and artists can't go wrong with blue and green color schemes in their work areas. The color combination is found to increase creativity.
- * If you don't feel well, mint green and blue are the best colors to use. Green reduces symptoms and blue keeps you calm and relaxed. This is why hospitals use these colors in their recovery rooms.
- * Red is the strongest energy color. It may promote nervousness and raise the blood pressure. Red socks keep your feet warmer than blue ones.
- * Earth tones are best to wear if you are stressed out.--they make you feel more secure.

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TABLE OF COLOR FACTS**

Color	Facts
Red	>Stirs passion >Brings out fear >Increases blood circulation >Increases appetite
Pink	>Tranquilizes >Saps physical strength >Promotes sense of caring
Orange	>Stimulates appetite >Promotes flight and fright anxiety >Enhances creativity
Green	>Heals >Promotes faithfulness >Calms teething infants
Yellow	>Creates joy >Can cause allergies to flare >Encourages people to talk (sometimes too much)
Blue	>Is relaxing >Brings out people's practical side
Brown	>Offers security >Reduces irritability >Promotes better communication
Black	>Commands respect >Promotes conventional behavior