

# Hello, My Friend!


## Welcome to the “Colors of Joy”

In this game you'll different colors to explore joy and calm

- Blue Star - *Breathwork*
- Yellow Sun - *Laughter*
- Violet Heart - *Stretches/Yoga*

Click on a **Color** to begin

Explore each color to discover how it helps you relax, smile, and shine

Complete all three to unlock your inner *Colorful Rainbow!* 

 **Navigation**

Click the **Instructions Button** anytime to return here

Click **Back** to go back to the main menu and choose another color