

Spectrum

27

There are 27 human emotions and we describe our days as “good” or “bad”.

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It was about 6 months past my diagnosis...

Attaching a new label to someone I thought I knew but couldn't control. I felt the world slip away from my reach, not knowing when days would end or begin. I thought I knew myself, I thought I could control myself, but I couldn't, and if I couldn't control myself then what could I control? Nothing. I was just standing by, allowing the world to continue happening around me.

I'm sure we've all felt something inexplicably like this, at least to some degree. Sometimes the world is just out of your control. And you can claw at the idea of trying to get in back in your reach, or you can patiently wait, and observe, and allow it to make its way back to you.

The Summer after my mental health disorder diagnosis I attempted finding a way to regain control over certain aspects of my life via observation. Something to make it seem like the days didn't endlessly blend together. I grabbed a calendar and some colored pencils and created a mood tracker .

I drew out a mini-calendar. Only room for days, no events, due dates, or even birthdays. This calendar was meant for observation. To the right of it I defined my mood color spectrum. An awful day was red, bad blue, okay purple, good yellow, and great green. At the end of everyday, I'd fill in the day with the corresponding color of what I was feeling and create a mood color grid, which you'll be doing for this book as well.

Through this exercise, I was able to visually notice patterns within my mood, seeing what happened that day or that week that kept it consistently bad. It seems like a simple exercise, but being able to see you're feelings, represented in a way other than words, is a really powerful tool. That's where the idea for Spectrum 27 came from.

How to Use the Book

Step 1: Download and Print PDF

For easy printing, the book has been made to fit standard 8.5 x 11 inch paper, but make sure you print it landscape style or pieces will get cut off! It's also recommended to print single-sided, in color, but double-sided printing works as well (tip: if you want to save on ink, only pages 6-10 need to be printed). Staple it at the top and begin!



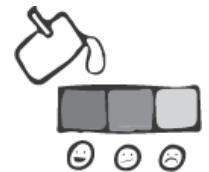
Step 2: Choose Your Emotions

To avoid limiting expression, you will be choosing your own emotions to describe your day. You will be asked to choose a total of 6 + neutral, making 7 total emotional reactions to your day. Try making an equal amount of positive and negative emotions, but for the most part, it's up to you!



Step 3: Choose Your Colors

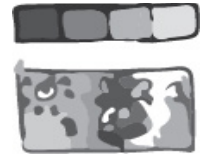
After you read the section on "The Difference Between Color and Value," you will find a page with a calendar and an area to choose your colors. You will choose 5 colors, one for a awful, bad, okay, good, and great day.



How to Use the Book

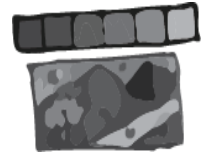
Step 3: Your First Day

There are 4 coloring pages for 4 weeks of the month. Each page has shapes labeled 1-7. On day 1 of week 1, you will color in on your calendar the color associated with what kind of day you had. Then you will go to the page for that week, and color in every shape with a 1 on it with your mood color for that day.



Step 4: Fill out Your Pages!

After 7 days you'll have one completed drawing, colored in with your mood throughout the week. The next week you'll begin a new drawing and after 4 weeks you will have 4 completely drawings which represents a whole month of your mood and reactions to each day. Notice what's different, what's the same, and how they change over time.



Step 5: Share!

Share your creations with #Spectrum27 and upload your own pages for others to fill out as well! You can upload your pages to the Spectrum 27 Facebook page.



The Difference Between Color and Value

* It is recommended that this page be printed in color

These are different colors, but they have the same value



Alternatively, these are the same color, but with different value

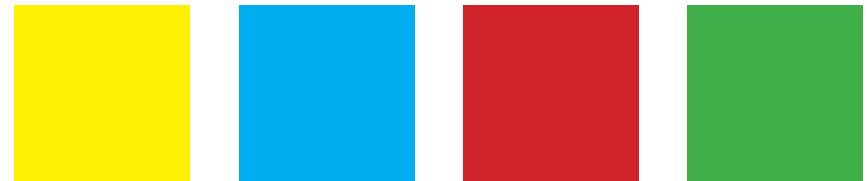


Value is: A measure of lightness or darkness in a color. Some may think of this in terms of “the shade” of a color.

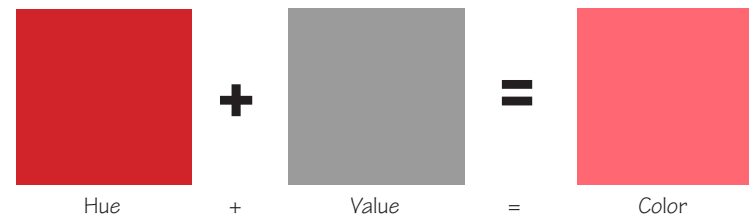


There is no hue or color present, but the value is increasing.

Hue is: The pure “color.” Red, green, blue, yellow, etc. It is the amount of a “color” present.



Color (as we will be referring to it here) is: A combination of hue and value. It is both the pure color and the shade, or amount of black/white present, combined.



Your Colors

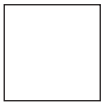
Did you know there are 27 different emotions? Here are a few to help you choose yours:

mad anxious bored calm excited nervous joyful
sad stressed happy energetic tired hopeful

Now choose your colors!

For example: Happy= Yellow // Sad= Blue

Emotion 1



(Default: Neutral)

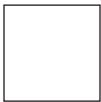
Emotion 2



Emotion 3



Emotion 4



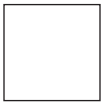
Emotion 5



Emotion 6



Emotion 7

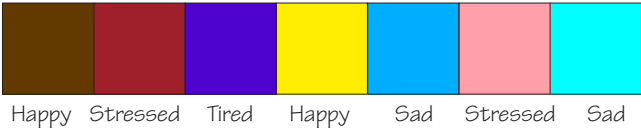


Note:
There's 7 emotions to resemble 7 days of the week, but you don't have to use each emotion. You can repeat emotions! In fact, you don't even have to fill out all 7. If you tend towards certain emotions, consider doing 5 instead. The benefit to filling out all seven is that you'll be able to see more of a difference week-to-week in emotional patterns and presence.

Your Calendar

The reason we discussed color and value is because the book works best if you color in your days according to value. Day 1 is the highest value (the darkest) and day 7 is like lightest. If you are looking to make more abstract pieces, you do not have to do this. Your colors should be hue. Your week should be those colors + value. For example, here's my chart.

Happy: Yellow Sad: Blue
Stressed: Red Neutral: Green
Excited: Orange Tired: Purple



Week 1:

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Week 2:

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Week 3:

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Week 4:

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