

# What Do These Colours Mean To Me?

## Holi Activity

Colours play a very important role in the Hindu culture and religion. Each god and goddess is represented wearing specific colours, creating an environment to evoke certain feelings and emotions.

### Red

The colour most frequently used for occasions, such as weddings, the birth of a child and festivals. It indicates purity and the ability to destroy evil. Gods and goddesses wearing red are brave and protective.

### Green

A festive colour. It represents life and happiness. Green symbolises peace and gives stability to the mind. It's a calming colour that represents nature.

### Yellow

The colour of knowledge and learning. It symbolises happiness, peace, meditation and mental development. It is the colour of spring and activates the mind. Lord Vishnu's dress is yellow because he represents knowledge.

### Blue

The colour of the sky, the oceans, the rivers and the lakes – symbolising bravery, determination, the ability to deal with difficult situations while maintaining a stable mind. Lord Rama and Krishna, protectors of humanity, are coloured blue.

### White

As it is a mixture of seven different colours, white symbolises a little bit of the qualities of each. The goddess of knowledge, Saraswati, is always shown wearing a white dress, sitting on a white lotus. A Hindu widow will wear a white dress as it also represents mourning (the loss of a loved one).

# What Do These Colours Mean To Me?

## Holi Activity

Now it's your turn to think about what certain colours mean to you.

How do these colours make you feel? What do you associate with each colour? Annotate the colour wheel with your thoughts and feelings.

