True Colours Discussion Guide for Families

1. What is your child(ren)’s colour?
2. What is your colour?
3. What is your partner’s colour? (if applicable)
4. What are the needs of your colour? Take turns sharing what you need based on your colour personality.
5. What do you need to know about dealing with stress and/or acting out for each family member? Take turns sharing.
6. What frustrates you about other colour personalities? Take turns sharing and keep it kind!
7. What frustrates you about your own colour personality? Take turns sharing and be kind to yourself!
8. What does your colour contribute or give to your family? Take turns sharing.