

EMDR Pride My Colors

Inspired by the Pride rainbow, this EMDR RDI activity helps children ages 4–10 recognize and strengthen the unique strengths, feelings, and resources that make them who they are. Through coloring and bilateral stimulation, children can build confidence, connection, and resilience.

Goals

-  Build positive affect tolerance through color and creativity
-  Install internal resources (brave, creative, helpful, safe, calm, loved)
-  Practice bilateral stimulation via Rainbow Butterfly Hug
-  Celebrate Pride identity affirmation in a therapeutic context
-  Strengthen positive self-beliefs through EMDR resourcing

How to Use This Handout

Option A: My Rainbow of Brave Feelings

Child colors each rainbow stripe while naming the emotion.
Use slow BLS (tracing the rainbow!) as they recall a time they felt that feeling.

Option B: My Rainbow Superpowers

Child colors each stripe while repeating the affirmation aloud.
Install with BLS after each color/affirmation.

Reflection Page:

Child picks their strongest color and practices noticing
Close with Rainbow Butterfly Hug script for full BLS integration.

Tips:

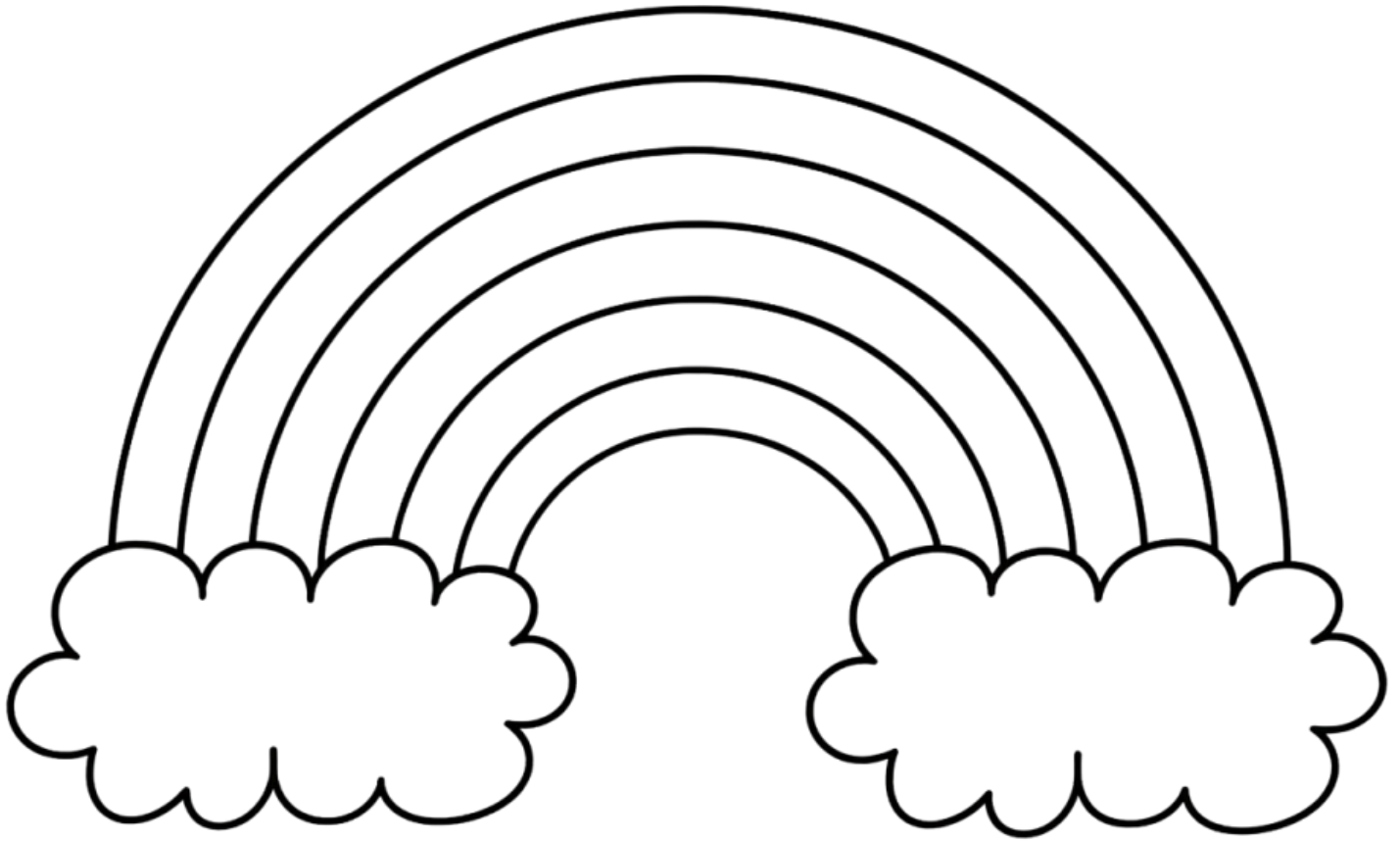
Go slow – one color at a time.
Match BLS speed to the child's comfort.
Celebrate Pride themes of self-acceptance and being loved as you are.



For more information and resources go here! 

My Rainbow of Brave Feelings

Every color helps me feel strong, safe, and loved.



♥ Red = BRAVE

♥ Orange = HAPPY

♥ Yellow = PROUD

♥ Green = CALM

♥ Blue = SAFE

♥ Purple = LOVED

Color in each stripe with the matching color!

As you color, think about a time you felt that feeling.

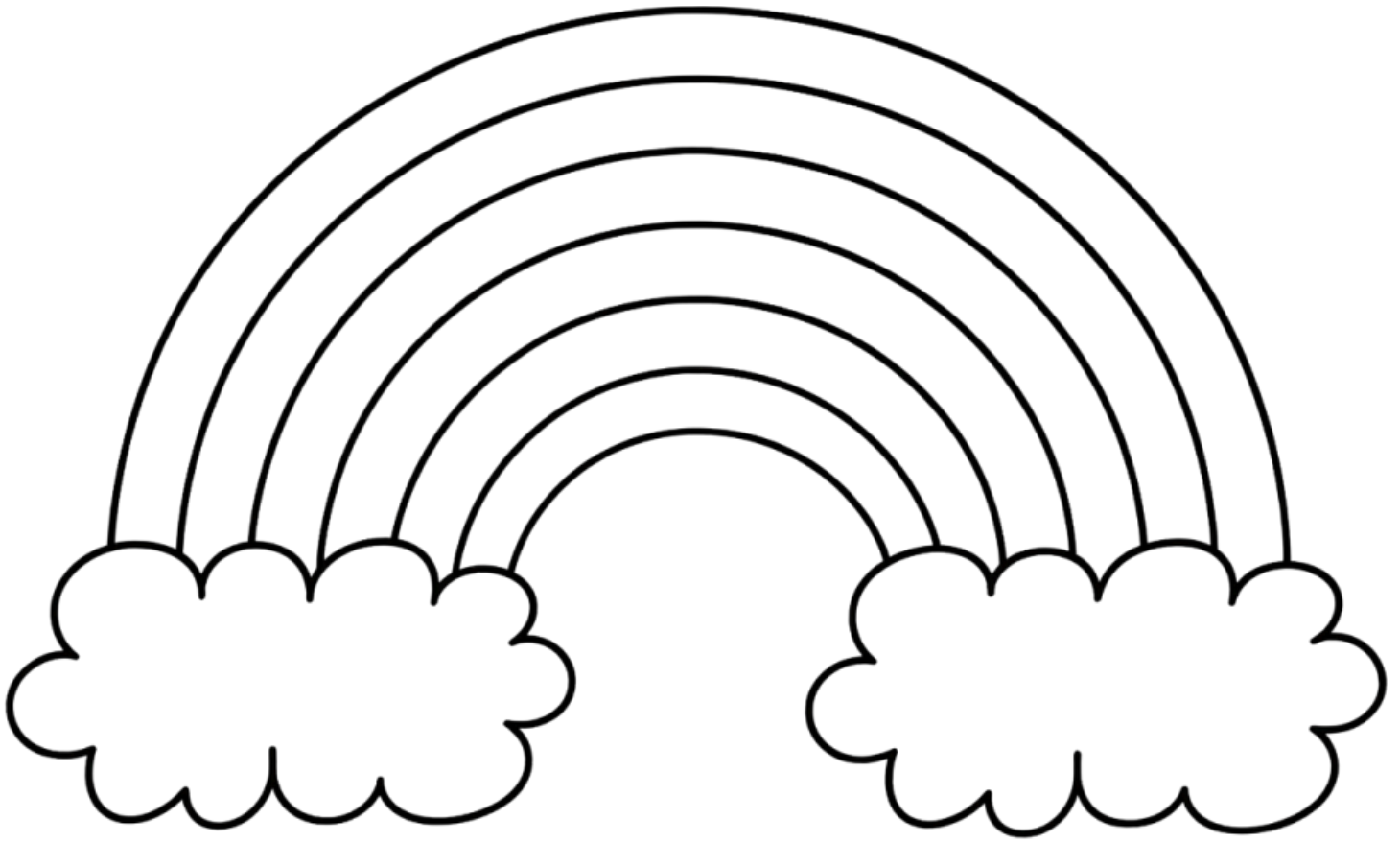
Slowly trace the rainbow with your finger to help that feeling grow bigger and stronger!

Keep shining your beautiful colors!

www.emdrforkids.com

My Rainbow Superpowers

Each color is a superpower resource inside of me!



Red - I am Brave.

Orange - I am Creative.

Yellow - I am Helpful.

Green - I am Safe.

Blue - I am Calm.

Purple - I am _____.

Color in each stripe with the matching color!

As you color, say the superpower out loud to yourself.

Then trace the rainbow back and forth and let that superpower shine brighter and brighter!

You shine the brightest when you are yourself!

www.emdrforkids.com

Pick Your Favorite Rainbow Color

★ My strongest color today is:

Notice

What do you see?

What do you feel?

Where do you feel it in your body?

BLS Integration Rainbow Butterfly Hug



Script:

Cross your arms like butterfly wings.

Think about your favorite rainbow color.

Notice the good feeling inside.

Gently tap left-right-left-right and imagine that feeling growing stronger.