Seeing Colours

By Lara Cain Gray
Illustrated by Amit Mohanta
Library For All is an Australian not for profit organisation with a mission to make knowledge accessible to all via an innovative digital library solution. Visit us at libraryforall.org

Seeing Colours

This edition published 2023
Published by Library For All Ltd
Email: info@libraryforall.org
URL: libraryforall.org

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/.

Library For All gratefully acknowledges the contributions of all who made previous editions of this book possible.

Original illustrations by Amit Mohanta

Seeing Colours
Cain Gray, Lara
SKU03206
Amy Ant was having a bad day.
She wanted to play, but it was too wet.
She wanted to eat, but there was no food left.
This made her mad. It was a bad, mad day.
Betsy Butterfly saw Amy looking mad.

She flapped her big wings.

“Your wings are very colourful,” said Amy. “I wish I had colours. But I am just an angry ant!”
“Anyone can have colours!” said Betsy. “I will teach you how to do colour breathing. It will help you feel calm. Let’s find a comfortable place to sit.”
Betsy showed Amy how to sit in a comfortable position with one hand on her belly and one hand on her heart.

“Now, can you imagine your favourite colour?” Betsy asked.
Amy was still feeling mad. She kicked at the cool, green grass.  

*Hmm, green,* thought Amy. “I like green,” she said.

So Betsy told Amy to think about a lovely, cool shade of green.
“Now, as you breathe in, imagine the air is green. Beautiful, calm green is going all the way into your lungs and belly,” said Betsy.

Amy thought it was a bit strange to breathe a colour, but soon she could imagine it perfectly.
“Let’s breathe in green. 1, 2, 3, 4, 5. Green in your nose. Green in your tummy. Feel your belly get big and full of green!”
“Let’s breathe out. 1, 2, 3, 4, 5. Feel your belly get small as you breathe out. Now you have space for more lovely green.”
Amy and Betsy sat quietly for a long time. After a while, Amy looked at Betsy’s wings and chose a different colour.

“Now I am going to think about blue,” she said, with a smile.

Betsy was pleased to see that colour breathing had helped Amy feel calmer.
You can use these questions to talk about this book with your family, friends and teachers.

What did you learn from this book?

Describe this book in one word. Funny? Scary? Colourful? Interesting?

How did this book make you feel when you finished reading it?

What was your favourite part of this book?

About the author

Dr. Lara Cain Gray lives in Brisbane, Australia. She has always enjoyed reading and writing and has a passion for cultural diversity projects. She is the Specialist Librarian at Library For All.

download our reader app
getlibraryforall.org
Did you enjoy this book?

We have hundreds more expertly curated original stories to choose from.

We work in partnership with authors, educators, cultural advisors, governments and NGOs to bring the joy of reading to children everywhere.

Did you know?

We create global impact in these fields by embracing the United Nations Sustainable Development Goals.

libraryforall.org
What type of Library For All reader are you?

**Learner** - Beginner readers

**Level 1** - Rising readers

**Level 2** - Eager readers

**Level 3** - Progressing readers

Develop your reading skills with creative stories and some challenging vocabulary.

**Level 4** - Fluent readers

**Middle Primary** - Curious readers

**Upper Primary** - Adventurous readers

libraryforall.org
#lettheworldlearn