

From: In My Room - *Color My World/Body Colors* pages 31-51
Antonio Torrice and Ro Logrippio

"In everyday situations, the skin acts like a prism, breaking up white light into visible colors, allowing their absorption in different parts of the body. I'm convinced that color plays a vital role in our well-being and overall health...To comprehend fully the importance of a child's choice of the palette that will color his room, remember that certain colors may relate to certain parts of the body. As my research has explored time and time again, the colors children pick spontaneously as their preference correspond to a physical part of the anatomy that either may be developing or deficient in a skill particular to that area. A boy learning a second language is apt to choose green, the same color the boy with a speech problem might choose. Clearly, both conditions deal with vocal skills."

PURPLE (violet) Corresponds to the top of the head and cerebral activity, A color supporting nonverbal activity, it often is represented in religious paintings as the saintly hue of halos. Heads of state and heads of church wear purple or reddish purple burgundy to symbolize high levels of wisdom and authority. In children, it may signify a young mind deep in thought concerned or even afraid about something that's confusing.

BLUE correlates to eyes, ears and nose, which involve seeing, hearing and smelling. Sight and hearing impaired children are inclined to favor blue. My observations have shown that the more severely hearing-impaired a child is, the deeper the color blue chosen. A cool color, blue has a calming effect on the heart rate and respiratory system.

GREEN Relates to the throat and vocal chords. This affects developing speech skills. Children learning a second language will tend to choose green, as will children with speech impediments. Mother Nature's most predominate color is restful to the eye. Throughout history, it also has been associated with vigorous growth.

YELLOW Responds to the chest, heart and lungs. The functions affected by yellow appear to be respiration and cardiopulmonary activity. Children with asthma and other breathing problems react most favorably to yellow. Perhaps this gives new meaning to the phrase "heart of gold".

ORANGE Corresponds to circulation and nervous systems. Orange has a tremendous tonic effect. When you have a cold and try to combat infection, somehow you crave the color of orange juice as well as the nutrient vitamin C.

RED Concerns itself with the base of the spine and consequently motor skill activities. A color that raises the blood pressure and increases respiration, red gets the metabolism going - the arms, legs and any gross motor activity using the limbs. This is the last color children experience when they leave the womb, and the first color they identify in this world.

