



# WHAT COLOUR IS YOUR MOOD?

An interactive colouring experience that helps children explore feelings through colour, creativity and conversation.



**Author**  
Deidre Laverne



**Publisher**  
MBCS



**Format**  
Interactive Colouring Book



**Recommended Age**  
4–10 years



**Published**  
September 2026



**Language**  
English



**Primary Audience**  
Children, families, educators & supportive professionals



**Bulk**  
10+ copies

## THE JOURNEY

**Meet a colour. Discover a feeling. Make it yours.**

What Colour Is Your Mood? takes children on a simple journey through colour, feeling, and imagination. One colour introduces one mood. One page creates space to explore it. And, one colour at a time, children build a palette that belongs uniquely to them.

The journey ends with something entirely their own - a picture created from the colours they have gathered along the way.

## DESIGNED TO SUPPORT



Emotional Awareness



Emotional Understanding



Communication



Connection



Reflection



SEL

## WHERE IT CAN BE EXPERIENCED



Home



Classroom



Library



Early Learning



Counselling



Therapy



Homeschool



Community

## MEET DEIDRE LAVERNE



Deidre Laverne is a curious observer of life and a believer in the power of simple moments. Ask Deidre a question and there is a good chance another question will follow.

So, there is no surprise that her creative work begins with questions - the kind that invite us to pause, look a little closer, and discover something meaningful in what might otherwise be overlooked.

She is fascinated by the ordinary things that become extraordinary when we slow down long enough to notice them - a colour, a feeling, a conversation, a child's imagination, a moment shared.

What Colour Is Your Mood? began with one such possibility: **What if a colour could become the beginning of a conversation?**

DEIDRE IS  
AVAILABLE FOR

Media

Pocasts

Speaking

Events

Readings

Collaborations