



Deidre Laverne

FOR IMMEDIATE RELEASE

New Interactive Colouring Book Brings Well-Being to Children Through Colour, Creativity, and Conversation

Debut author Deidre Laverne introduces **What Colour Is Your Mood?** – a creative resource designed to help children build emotional awareness one colour at a time.

Ontario, CANADA – August 27, 2026. – Author Deidre Laverne is delighted to announce the release of her debut interactive colouring book, **What Colour Is Your Mood?**, on track for publication September 9, 2026.

More than a colouring book, *What Colour Is Your Mood?* supports children's well-being through colour, artistry, and conversation. Designed for children **ages 4–10**, the book gently introduces emotional awareness and early emotional intelligence by encouraging children to recognize feelings, express them creatively, and share what they are experiencing in a safe, enjoyable, and age-appropriate way.

Each colour represents a different mood and invites children to reflect, colour, and talk about their emotions with parents, caregivers, educators, counsellors, and therapists. The result is a shared experience that helps children become more comfortable expressing themselves while creating meaningful opportunities for connection.

"Every child deserves opportunities to feel seen, heard, and understood," says Deidre Laverne. "Sometimes a crayon becomes the easiest way to begin a conversation that words alone cannot."

Colouring has long been recognised as a calming activity that encourages creativity, mindfulness, and self-expression. Building on these natural benefits, **What Colour Is Your Mood?** creates space for children to pause, reflect, and develop healthy ways of understanding and expressing their feelings. Through creative play, the book helps children build confidence in talking about emotions while supporting the caring adults who guide those conversations.

Suitable for homes, classrooms, early learning environments, counselling practices, therapy settings, libraries, and community programmes, the book aligns with principles of social-emotional learning (SEL) while complementing existing educational and caregiving approaches.

What Colour Is Your Mood? marks the beginning of Deidre Laverne's growing collection of books created to inspire curiosity, strengthen relationships, and create precious moments through independent and shared experiences.



ABOUT THE AUTHOR

Deidre Laverne writes books that create opportunities for connection through storytelling, imagination, and shared experiences. Her work encourages curiosity, emotional awareness, meaningful conversations, and the simple joy of discovering life's lessons together. Whether enjoyed by one reader or many, each book is created to bring people closer through creativity, reflection, and wonder.



COLLABORATION & PARTNERSHIP OPPORTUNITIES

What Colour Is Your Mood? is on track for publication on September 9, 2026. Additional book information is available at:

<https://jenndrakes.com/book-info>

Bulk ordering information for schools, educators, libraries, organizations, and other groups is also available through the landing page.

BOOK INFORMATION

Title:	What Colour Is Your Mood?
Author:	Deidre Laverne
Format:	Interactive Colouring Book
Recommended Age:	4–10 years
Publication:	September 09, 2026

MEDIA CONTACT

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