Colours and Feelings

Yellow is often linked to happiness and energy. It makes people think of sunshine, summer, and health. Yellow can make someone feel energetic and ready to take on the day. However, because yellow is also used for warnings, it can be connected to danger, which sometimes makes people feel a bit nervous.

Blue is sometimes related to sadness. In English, we say "I feel blue" when we feel depressed or sad. But blue can also show power, because it makes people feel calm and confident. That's why many businesses use blue in their logos—to create a feeling of trust and stability. People in a calm blue environment may feel less aggressive and more relaxed.

Red has a strong connection to danger and power. It is used in stop signs and warning flags to grab attention quickly. Red can make people feel excited, nervous, or even aggressive because it is such a strong and intense colour. In Chinese culture, red also means happiness and is used for celebrations and holidays, like Chinese New Year, bringing joy and good luck.

1. Yellow is linked to sunlight and health, so it often makes people feel _____.
   a) depressed
   b) aggressive
   c) energetic
   d) calm

2. Because yellow is also used for warnings, it can sometimes make people feel a little _____.
   a) nervous
   b) calm
   c) energetic
   d) depressed

3. When someone says "I feel blue," they usually feel _____.
   a) calm
   b) energetic
   c) nervous
   d) depressed

4. Blue is often used by businesses because it helps people feel _____ and confident.
   a) calm
   b) aggressive
   c) nervous
   d) depressed

5. A calm blue environment can help people feel less _____.
   a) energetic
   b) aggressive
   c) depressed
   d) nervous

6. Red is a very strong colour and can make people feel excited or even _____.
   a) calm
   b) depressed
   c) aggressive
   d) energetic

Use these words to complete the sentences.
(You will use each word once.)

Words: calm – energetic – nervous – depressed – aggressive

1. Some people feel very _____ when they see yellow in the morning—it gives them motivation to start the day.

2. Because yellow is also a warning colour, it might make others feel slightly _____.

3. When people say they "feel blue," they usually mean they feel very _____ or sad.

4. Blue is often used in offices and business logos because it helps people feel _____ and confident.

5. A strong colour like red can sometimes make people feel more _____ or easily u[...]