Everyone has a favourite colour, but all colours can affect the way we feel and can change our mood.

Red is a strong, dynamic colour. It is full of power. It is also an aggressive colour and means danger or emergency, so it's good for stop signs and stop lights to get drivers' attention.

Yellow is sunshine. It is warm and cheerful. Some people, however, find it tiring and annoying. A survey shows that people argue and babies cry more in yellow rooms.

Blue is a relaxing colour. It can be strong, or light and friendly. Almost everyone likes some shade of blue. This colour is good for bedrooms because it helps you sleep. But be careful: a lot of blue, especially dark blue, can make you sad.

Orange is an interesting colour because it combines the happiness of yellow with the energy of red so it is a very positive colour. It also helps you be enthusiastic and creative.

Green symbolises nature, health and life. It's a safe, relaxing colour. Concert halls and TV studios have a 'green room' so that nervous performers can relax there before they go on stage.

Purple is a mysterious colour. It is a mixture of red and blue, so it is both warm and cool. A purple room helps people become creative. However, a lot of purple can make you moody.

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C. Read again and write T for True or F for False.

1. Yellow is a good colour for a baby's room.

2. Red gets people's attention.

3. Blue and green help you relax.

4. Red and orange are dynamic colours.

5. Not many people like the colour blue.

6. Purple and orange help you think creatively.