

The Long and Short of It



*Frank P. Long Intermediate School
South Country School District*



Brain Colors

by Courtney Fedge and Brian Varneke

Frank P. Long's teacher Mrs. Bracken takes time to teach the kids in Mrs. Weiss' and Mr. Musso's classes the importance of being different. She reads the book entitled Princess Shayna's Invisible Visible Gift written by Sheila Glazov. In the story Princess Shayna travels to each of four villages, including the village of the Yellow Sunflowers, the Blue Forget Me Nots, the Green Healing Herbs, and the Orange Tiger Lilies. The inhabitants of each village act differently towards Princess Shayna showing their true "colors." Mrs. Bracken helped us understand that people act the way they do because they are born with certain emotional characteristics which can be classified into certain colors.

If you are confused the following color code will help you. Yellow people tend to act serious, be organized and always on time and they follow the rules. People who are blue tend to act caring, be creative, hospitable, and they love nature. Green people like to be independent, logical, and smart. People who are orange are adventurous. They love sports and games and hands on activities and they are risk takers.

Of what we have seen in our classrooms, the most popular color among students is orange and the least popular color is green. In different situations you have to be more than one color, but normally you use one the most. Now that you understand, what color suits you best?

This article was written by Courtney, a fourth grader in Mr. Musso's class this year and Brian, a fifth grader who was in Mrs. Weiss' fourth grade class last year. Both students have participated in the **Kingdom of Kindness Self-Esteem Program**, which is facilitated by my educational consultant, Michelle Bracken.

Their article demonstrates the students' understanding of the concepts taught throughout the program. The following observation demonstrates how Courtney and Brian worked as a team, applied what they learned and implemented the colorful vocabulary into their lives.

The students told Mrs. Bracken they wrote the article on their own and were supervised by a very "neon yellow" teacher*. They did not want to write "emotional characteristics," because they knew personality characteristics were not just emotional, but the "neon yellow" teacher told them that is how she wanted the article to read. The children knew that a personality characteristic of a "yellow brain teacher" is to expect students to follow the instructions they are given. So they did. Courtney and Brian were able to accept what the teacher said, because they knew she was "neon yellow."

**Frances Cornacchiulo, reading specialist & enrichment program newspaper advisor:*

"The self-esteem lessons the children have learned are like peeling back an onion and enjoying it's many layers. It is really awesome. They really feel good about themselves. I was very impressed with how strongly the children felt about: 1) the real life skills they learned, 2) the relevant life long lessons about how people can be different in different situations, 3) how the colors have helped them in their lives, and 4) how enthusiastic Brian still was about the program a year later. Courtney and Brian would speak from their hearts and their faces would light up."