

A Colour Story for Yellow :: Little Light

This story is a sweet little one that I wrote for our Candlemas celebrations last Spring. We are in the Southern Hemisphere, so we celebrate Candlemas normally sometime just before September 1st. Into the story I wove the theme of light for Candlemas, the light returning with the Spring as well as a therapeutic thread that was appropriate for our daughter at the time. This golden light story can of course also be used as the leaves around us start to change colours and fall in the Autumn. Therapeutically, I brought in the thread of finding our inner strength, the light that shines within us. You'll see that the story offers comfort in the protection that surrounds us. It is a lovely story for children going through the 6/7 year change that are feeling unsure about the world, perhaps having unfounded fears or concerns emerge that are troubling them. For the reason of this interwoven theme which address' a very specific time in a child's incarnation journey, I would think that it's most likely not suitable for children under the age of about 5 years. Use your judgement, you know your children best and where they are at. You might even like to change the story slightly and use the skeleton of the story I've shared here, but tailor the part about what makes our inner light shine brightly. You can use it therapeutically for whatever challenges your child may need support with at the moment by weaving in suggested actions and behaviour into the story at the appropriate place. Sometimes our children need us to help them through the powerful place of story, to find suitable ways to move forward with something they are having difficulty with.



ANOTHER DAY

a collection of thoughts, happenings, dreams and inspirations

This story was a really fun story to work with and would be suitable to use in conjunction with exploring the colour yellow through either drawing or painting. In this instance, we used both the yellow's found in the Stockmar six paint boxed set - lemon yellow and golden yellow. If you were drawing, then any of the yellow or golden coloured block crayons could be used along with this story. If you are just exploring the colour without bringing form to your drawing, you may wish to experiment with the yellows in bands, clouds and arches. Of course this story can also be used in a way where you draw or paint an image that comes to you through hearing the words. However as this was written in a Nursery program and I will use it again in our Kindergarten year, then we just used it in conjunction with colour exploration. A fantastic video to view for watercolour set-up and painting techniques to use in the early years is found in the Bearth Institute - Earth Schooling, Lifetime Membership video files. The video is a session with Rick Tan who walks you through how to set up correctly and how to let the colour dance and swim around the page - playing with the fluid movement of the wet paper. It's a very educational video for us as parents and teachers, bringing wet-on-wet to our children. I have also found great inspiration in the video by Kelly Morrow which can be purchased through [Waldorf in the Home](#). Both video's can be previewed [here](#).



I hope you enjoy the story and that yourself and your little one's have a nice time exploring the colour yellow. I'd love to see what you create from this story. Please email your pictures through to me; elke@anotherday.com.au



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Once upon a time there was a tiny little spark of light. This little spark of light was so very faint - but still bright in her own way. Little Light decided that she needed to shine even brighter, so she sought out the advice of her dear friend. In fact this dear friend lived in the house right next door to Little Light. Little Light knew that this dear friend would have some lovely advice to share with her because everyone called this friend 'Sparkle Bright'.

"What a lovely name" thought Little Light as she skipped through the meadow to arrive at her dear friend's door. Little Light knocked - just ever so lightly, as was her manner and Sparkle Bright answered the door. When the door opened, Little Light saw the beautiful sparkle that always surrounded her friend. "Oh Sparkle Bright" said Little Light "Please tell me how I can shine as bright as you?". Sparkle Bright smiled and invited her little friend inside to share a cup of warming tea. Together the two friends sat and chatted over their tea and Sparkle Bright shared her special knowledge with Little Light. Would you like to know what those special words were?

Sparkle Bright came and sat next to Little Light and put her arm around her. "You are a very special light you know Little Light. You bring so much happiness to everyone that knows you. People often comment when they have been with you how bright they feel in their hearts merely from just being around you." - "Really?" asked Little Light with surprise. "Of course" replied Sparkle Bright. "So in your heart" Sparkle Bright continued "you have all the light you could ever need. But do you know that when we worry unnecessarily, speak without love, get angry with those we love or don't remember our manners, it makes our light shine just a little bit dimmer." Little Light listened with great interest as Sparkle Bright continued ... "Of course, when we get that feeling in our tummies that we know we must listen to - that is called our intuition and of course we listen to that. That voice actually comes from our inner light. But when we worry about unnecessary things, that's what makes our light dim. Little Light if you live with love in your heart, speak kind words and know you are protected by your very own special angel, then your light will shine so brightly that you will be surprised at your own brightness." Little Light had tears in her eyes because she knew she could shine brighter and she knew just what she had to do. Little Light thanked Sparkle Bright and skipped all the way back to her own home.

When Little Light arrived home, she greeted her family with love, she helped her mother with the chores willingly and she spoke only with kind words, always remembering to feed the Princess' she knew well; Princess Yes, Princess Please and Princess Thank you. It wasn't long before Little Light's shine started to glow brighter and brighter and very soon her light was so bright that Sparkle Bright visited her. "I can see your light shining so bright - all the way in through my home and warming my heart." Sparkle Bright cuddled Little Light as she said - Welcome to you little one, who is not so little anymore - Welcome Little Light to your new place, Welcome Golden Light!"