



Characters in Color

Free printable worksheets

These pages belong to the workbook *Characters in Color — Workbook for Parents* by Artilla van den Boogaart-Thissen. Print them as often as you like: one set for each child, or a fresh copy whenever you want to start again.

How to use these pages

Print on regular letter or A4 paper (choose "fit to page" for A4). Keep your pages together in a folder, and bring them out at a quiet moment — at the kitchen table or just before bedtime.

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The four colors — an overview

Below you'll find the four colors in brief. Do you immediately recognize something in your child? Then turn to the chapter on that color. Unsure between two colors? That's very common — most children are a mix.

Color	In short	What your child needs	Where it can get tricky
Red	Direct, decisive, wants to lead	Independence, clarity, short instructions	Impatience, tantrums, conflict
Yellow	Enthusiastic, sociable, imaginative	A positive atmosphere, variety, room to play	Easily distracted, struggles to finish things
Green	Calm, caring, loyal	Safety, predictability, time to adjust	Withdrawing, finding it hard to say no
Blue	Precise, curious, loves structure	Clarity, logic, time to switch	Hard on themselves, afraid of making mistakes

On the following pages you'll read about each color in more detail: what the behavior looks like, why your child reacts this way, and above all — what you can do with it at home.

★ Quick check: what do you recognize most?

Check what you recognize in your child. The color with the most checkmarks gives you a first direction — the full color test later in this book gives a more complete picture.

- ☐ **My child prefers to take the lead and doesn't like waiting. (Red)**
- ☐ **My child makes contact easily and is full of ideas and imagination. (Yellow)**
- ☐ **My child is caring, calm and easily adapts to others. (Green)**
- ☐ **My child wants to understand things properly and loves a fixed routine. (Blue)**

Good to know

Most children are a mix of colors, often with one color that stands out most clearly. There is no right or wrong — every color has its own strength.

Worksheet — my red child in focus

Use this worksheet to map out your own child in concrete terms. There are no right or wrong answers.

At which moments of the day do I see my child's red behavior most strongly?

Which situation goes wrong most often at home, and what exactly happens then?

Which of the 'words that work' have I already tried? What did I notice?

What is one small piece of control I can give my child this week?

"Every red child needs someone who doesn't try to extinguish their energy, but to direct it."

Worksheet — my yellow child in focus

Use this worksheet to map out your own child in concrete terms. There are no right or wrong answers.

At which moments of the day do I see my child's yellow behavior most strongly?

What makes my child most enthusiastic, and how can I bring structure to it without taking away the fun?

Which of the 'words that work' have I already tried? What did I notice?

What is one quiet moment I will consciously build in this week?

"A yellow child who feels seen in their energy no longer needs that energy to stand out."

Worksheet — my green child in focus

Use this worksheet to map out your own child in concrete terms. There are no right or wrong answers.

At which moments of the day do I see my child's green behavior most strongly?

When does my child withdraw, and what happened just before?

Which of the 'words that work' have I already tried? What did I notice?

What is one moment this week when I will consciously give extra time, without hurry?

"A green child doesn't blossom by being pushed, but by the certainty that no one will push."

Worksheet — my blue child in focus

Use this worksheet to map out your own child in concrete terms. There are no right or wrong answers.

At which moments of the day do I see my child's blue behavior most strongly?

When do I notice that my child gets stuck or is too hard on themselves?

Which of the 'words that work' have I already tried? What did I notice?

What is one moment this week when I will explain to my child in advance what's going to happen?

"A blue child who knows what's coming dares much more than a blue child who has to guess."

Room for your observations

My observations...

Writing space — emotions in your child

Which emotions do you see most often in your child, and how do they express them? Use this space to put it all in order for yourself.

My own notes.

Your own color as a parent

It's not only your child who has a color — you do too. And your color influences how you react to your child, what you find easy to tolerate and where you get triggered more quickly. Self-knowledge is a good starting point: the better you know yourself, the easier it is to respond flexibly to your child.

Do you recognize yourself in the following statements? Check the ones that apply.

Red

- ☐ I quickly become impatient when something takes too long.
- ☐ I step in quickly and take the lead, even when it isn't really necessary.
- ☐ I find it hard to dwell on feelings for long without looking for a solution.
- ☐ I notice that I sometimes react too strictly or too sharply.

Yellow

- ☐ I love cosiness and a good atmosphere at home.
- ☐ I get distracted easily and lose track of the daily routine.
- ☐ I find it hard to stay consistent with rules and agreements.
- ☐ I get enthusiastic and sometimes get carried away by the fun of the moment.

Green

- ☐ I find it hard to set boundaries when my child is struggling.
- ☐ I'd rather avoid a conflict, even when a clear 'no' is needed.
- ☐ I quickly feel responsible for how my child feels.
- ☐ I give in easily to keep the peace.

Blue

- ☐ I like to prepare things well and feel uncomfortable with chaos.
- ☐ I want to do it right as a parent — and sometimes doubt whether it's good enough.
- ☐ I find it hard to deal with uncertainty or chaos.
- ☐ Afterwards, I often spend a long time analysing what I could have done differently.

Reflection questions for yourself

Take your time with the following questions. There is no right or wrong answer — it's about holding up an honest mirror to yourself.

1. Which color do you recognize most strongly in yourself? Which statements touched you most?
2. In which situations do you notice that your color clashes with your child's?
3. What could you consciously do differently, given your own color?
4. Which color would you like to use a little more often yourself — and in which situation can you practice that?
5. At what moment of the day do you notice your own color coming through most strongly?
6. Who around you could you ask to help you reflect on this?

Room for your answers.

A small exercise

This week, choose one situation in which you usually react from your own color, and consciously try to do one step differently. Afterwards, briefly write down what you noticed — in yourself *and* in your child.

"When you understand yourself better, it becomes easier to respond calmly to your child — especially in the difficult moments."

Worksheet — our family color map

Name	Color(s)	Strength	Point of attention

What do I notice about this map?

Which combination in our family needs the most conscious attention?

The child-friendly color test (24 questions)

This test was originally developed for professionals, but works just as well at home. Do it together with your child: read the questions out loud and let your child choose the answer that fits best each time.

For children aged 4 to 7

Read the answers out loud and let your child point, or repeat the answer in their own words — then mark the chosen answer yourself. If your child doesn't understand a question, simply skip it. A partly completed test still gives a useful indication.

Instructions for your child

Each time, choose the answer that fits you best. There are no right or wrong answers!

Child's name

Age

Date

Home

1. When I get to choose what we eat...

A I quickly pick something tasty and say so straight away.

C I ask what the others would like.

B I shout out all kinds of fun ideas.

D I want it to be neat and healthy.

2. When my room is messy...

A I tidy up quickly so I can carry on.

C I tidy up calmly, bit by bit.

B I turn it into a game.

D I make sure everything is neatly in the right place.

3. When there is an argument at home...

A I say what we need to do to solve it.

C I stay calm and want everything to be okay.

B I try to make everyone laugh.

D I first ask what exactly happened.

4. When I have to wait...

A I quickly get impatient.

C I wait calmly.

B I start making jokes.

D I ask how much longer it will take.

5. When someone makes a rule at home...

A Fine, as long as I get to decide too.

C I try to go along with the rule.

B I ask why it can't be different.

D I follow the rule exactly.

6. With jobs around the house...

A I do it quickly and then want to be done.

C I help calmly and without grumbling.

B I turn it into a fun activity.

D I make sure I do it neatly and don't forget anything.

School

1. In class I am often...

- A** The one who says what we should do.
- B** The one who makes jokes.
- C** The one who is calm and friendly.
- D** The one who writes everything down neatly.

2. When I get a difficult sum...

- A** I try to solve it straight away.
- B** I ask if someone can help me.
- C** I wait calmly and try again later.
- D** I think it through carefully, step by step.

3. In a group task...

- A** I like to take the lead.
- B** I make sure it's fun.
- C** I listen carefully to everyone.
- D** I make sure we do it neatly.

4. When I have to learn something new...

- A** I want to start straight away.
- B** I find it fun and exciting.
- C** I first want to see how others do it.
- D** I ask exactly how it should be done.

5. During a test...

- A** I fill everything in quickly.
- B** I sometimes find it hard to be quiet.
- C** I take my time.
- D** I check everything several times.

6. When the teacher explains something...

- A** I listen and want to start quickly.
- B** I ask fun things in between.
- C** I wait nicely until it's my turn.
- D** I want to know exactly how it should be done.

Friends

1. When I meet a new child...

- A** I ask their name straight away.
- B** I start chatting happily.
- C** I wait until the other one says something.
- D** I first take a good look at what they're like.

2. When we play a game...

- A** I want to win.
- B** I want everyone to have fun.
- C** I make sure no one is left out.
- D** I want everyone to stick to the rules.

3. When a friend is sad...

- A** I look for a solution.
- B** I try to cheer them up.
- C** I give them a hug and listen.
- D** I ask what exactly happened.

4. When someone is being unfair...

- A** I say something about it straight away.
- B** I make a joke of it.
- C** I try to solve it calmly.
- D** I explain what isn't right.

5. When choosing a game...

- A** I say straight away which game we should play.
- B** I suggest something funny or new.
- C** I ask what the others want.
- D** I choose a game with clear rules.

6. When someone does something wrong...

- A** I say how it could be done better.
- B** I laugh about it a little.
- C** I say it doesn't matter.
- D** I explain what went wrong.

Emotions

1. When I'm angry...

- A** I say straight away what I think.
- C** I withdraw for a while.

- B** I get wild or make jokes.
- D** I try to explain properly what went wrong.

2. When I'm happy...

- A** I shout it out loud straight away.
- C** I share it quietly with someone I trust.

- B** I jump around and laugh a lot.
- D** I say exactly why I'm happy.

3. When I'm scared...

- A** I act tough and don't show it.
- C** I look for someone to reassure me.

- B** I make a joke so it feels less scary.
- D** I want to know exactly what's going to happen.

4. When I'm proud...

- A** I show straight away what I've done.
- C** I smile and share it quietly.

- B** I tell as many people as possible.
- D** I keep it safe or write it down.

5. When I'm disappointed...

- A** I quickly try to do something else.
- C** I go quiet and calm.

- B** I talk about it straight away.
- D** I ask why it happened that way.

6. When I don't understand something...

- A** I just try it anyway.
- C** I wait until someone else shows me.

- B** I ask if someone will explain it.
- D** I want to know exactly how it works.

Score form

Color	Answer	Score
Red	Count all A's	
Yellow	Count all B's	
Green	Count all C's	
Blue	Count all D's	

Your child's result

The color with the most points is your child's dominant profile. No profile is better than another — every color has its own strength!

Most points	Your child's strength	What your child needs most
Red	Decisive, brave, full of drive.	Room to choose, clarity and a sense of control.
Yellow	Cheerful, creative, connecting.	Fun, variety and appreciation.
Green	Caring, loyal, calm.	Safety, predictability and time.
Blue	Precise, curious, reliable.	Structure, clear explanations and no surprises.

Two colors close together?

That's very common. Read the chapters on both colors — your child probably recognizes something of both. The second color often shows up most in specific situations, for example at school or with friends.

Dominant color

Second color

The 14-day family challenge

Small, daily moments have a big effect. This challenge lasts two weeks: every day a small, concrete exercise that fits your child's color. Check off what you've done and notice what it does for you.

Before you start

You don't have to do every day perfectly. Miss a day? Simply skip it and carry on the next day. It's about the repetition over two weeks, not a perfect score.

Start date

My child's color

What I hope these two weeks will bring...

Week 1

- ☐ **Day 1** — Consciously observe today: which color do you see most in your child? Write down one concrete example.
- ☐ **Day 2** — Give one instruction in the way that suits your child's color (short and direct for red, playful for yellow, calm for green, clear for blue).
- ☐ **Day 3** — Once, name out loud what your child is doing well — without a 'but' after it.
- ☐ **Day 4** — Let your child make one choice of their own today that they normally aren't allowed to make.
- ☐ **Day 5** — Spend 10 minutes together, without your phone, on something that suits your child's energy.
- ☐ **Day 6** — Consciously set a boundary, calmly and without anger. Pay attention to your own tone.
- ☐ **Day 7** — Looking back: write down one sentence about what you noticed this week — in your child *and* in yourself.

★ Why this first week works

The first week is mainly about observing and making small, conscious adjustments. You don't need to change anything big yet — it's about starting to look slightly differently at behavior you might normally label automatically as 'difficult' or 'easy'. This awareness is the foundation the rest of the challenge builds on.

Tip along the way

Notice that a day doesn't go as planned? That's no problem. Simply write down what *did* happen — that also tells you something about your child's color *and* your own reaction pattern.

Week 2

- ☐ **Day 8** — Ask your child about their day today, and listen without immediately solving things.
- ☐ **Day 9** — Practice waiting: give your child a little more time today than you're used to.
- ☐ **Day 10** — Do something creative or active together that fits what gives your child energy.
- ☐ **Day 11** — Recognize a stress signal in your child and respond with what you now know about their color.
- ☐ **Day 12** — Give a compliment that fits your child's core need (e.g. 'Well done' for red, 'It's so nice being with you' for yellow).
- ☐ **Day 13** — Talk with your child about what you've both learned over these two weeks.
- ☐ **Day 14** — Celebrate together! Choose something fun to end the challenge on a festive note.

Closing reflection

The challenge is done — well done for taking it on with your child. Take a moment for the following questions.

What is the most important lesson from these two weeks?

What do I want to keep doing, even after the challenge?

The color diary — 30 days

After the 14-day challenge, you may want to keep track of how things are going for a little longer. This diary is looser: no exercises, just a small moment each day to note what you noticed. That's exactly what makes patterns visible that you would otherwise miss.

How do you use this diary?

Every evening, write in a few words: which color did you see most strongly in your child today, and what helped (or didn't)? One minute a day is enough.

Day	Color I saw most	What helped (or didn't)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

The color diary — days 16 to 30

Day	Color I saw most	What helped (or didn't)
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		

Tip

Feel free to keep this diary to read back in a few months' time — patterns often only become visible with some distance in time.

Your personal action plan

Finish this workbook with a short, concrete plan for the coming month. Small and achievable works better than a list of ten good intentions.

This is what I want to keep doing:

This is what I want to approach differently from now on:

This one sentence from the book is what I want to remember:

★ In a month, I will look back and ask myself

What went better? What still needs attention? Do I want to repeat the 14-day challenge or the color diary?

"You don't have to finish this workbook to stop – just put it back on the shelf, and pick it up again in a while."

Emergency card — key sentences per color at a glance

For the moments when you have no time to think. Tear this page out if you like, or take a photo of it for your phone.

Color	What your child needs now	Say this
Red	Calm, short boundaries, a sense of control.	"First this, then that. You get to choose: A or B."
Yellow	Less stimulation, closeness, a light touch.	"I hear you. Let's do it in small steps."
Green	Safety, time, no pressure.	"Take your time, I'm staying close."
Blue	Clarity, structure, time to process.	"I'll explain it to you step by step."

Three questions for a difficult moment

What is my child feeling right now? What do they need? What is one calm thing I can say or do?