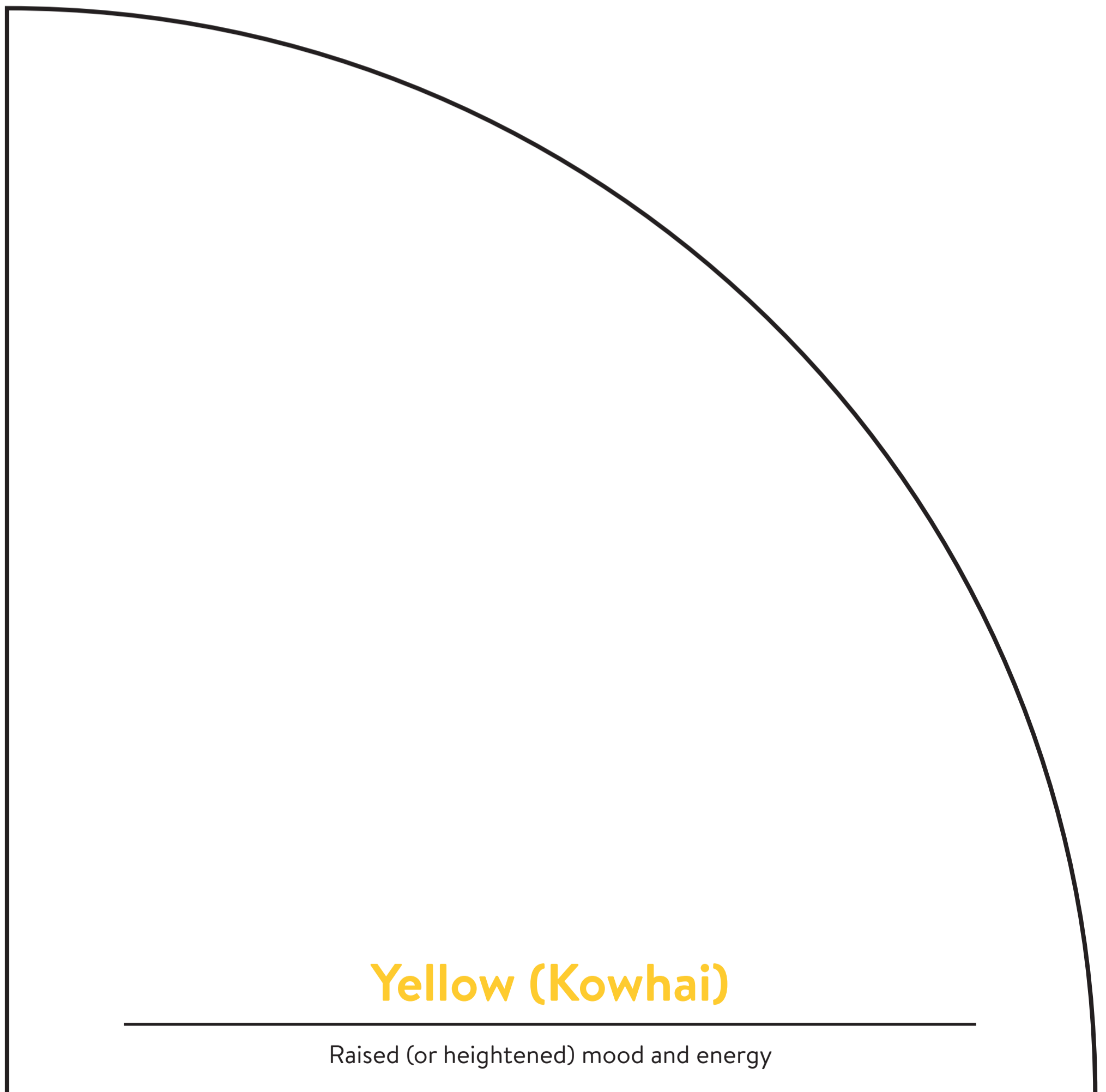




## Red (Whero)

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Extremely elevated mood and energy (big emotions)



## Yellow (Kowhai)

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Raised (or heightened) mood and energy

## Blue (Kahurangi)

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Low mood, low energy

## Green (Kakariki)

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Level (or calm) mood and energy