
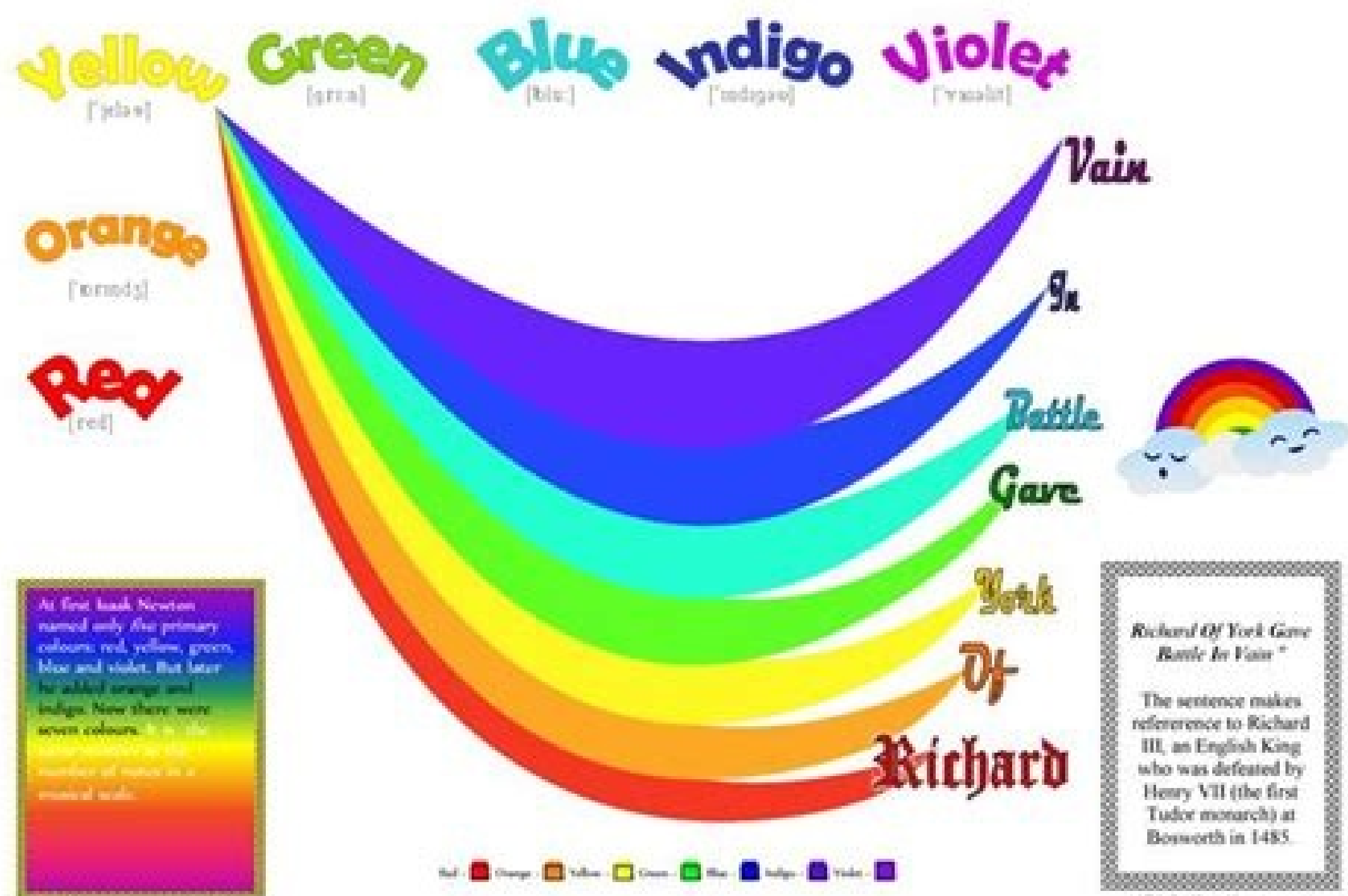
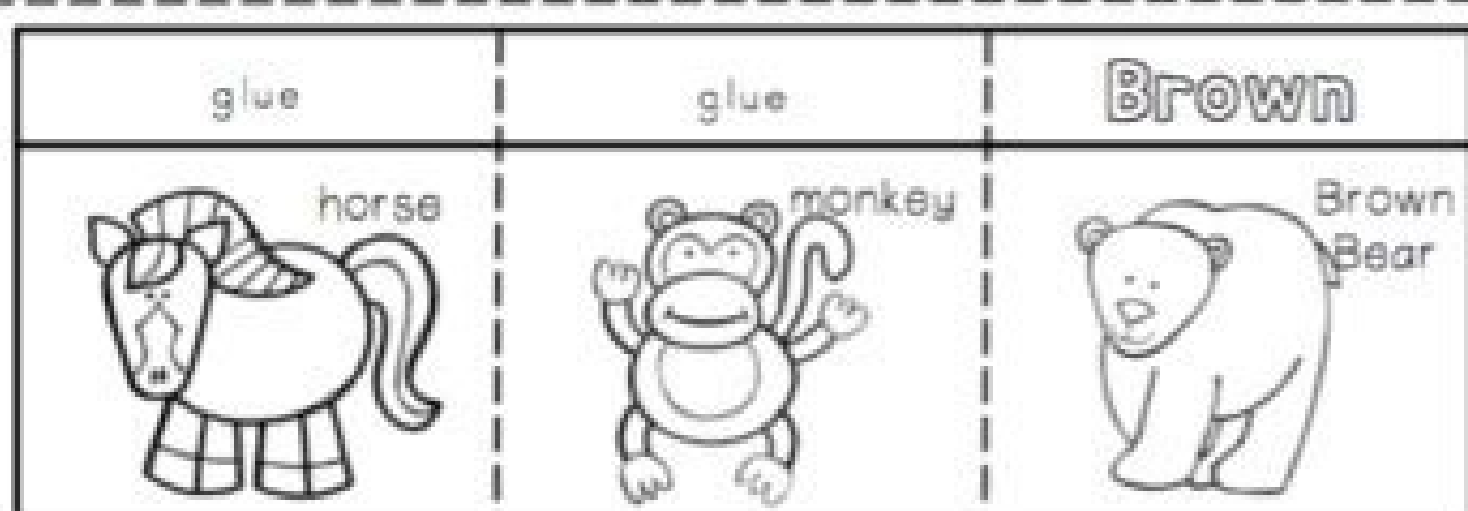
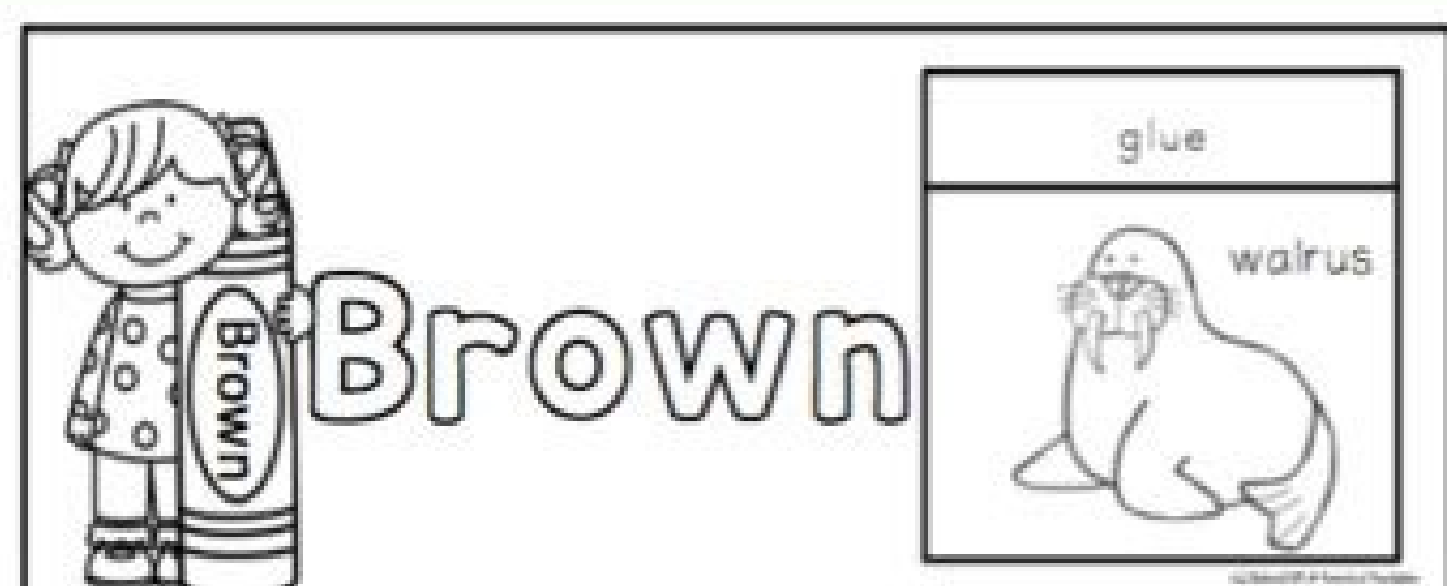


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The Color Song

Tune: *If You're Happy and You Know It*

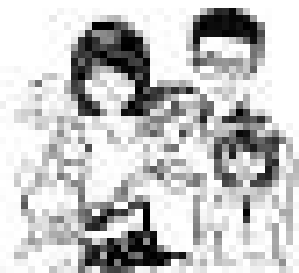
If your clothes have any red, any red,
If your clothes have any red, any red,
If your clothes have any red, put your finger on your head,
If your clothes have any red, any red.

Additional Verses:

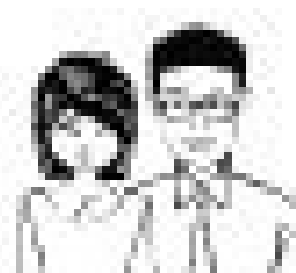
Blue- finger on your shoe
Yellow- smile like a happy fellow
Brown- turn your smile into a frown
Black- tap your neighbor on the back
White- give a hug with all your might



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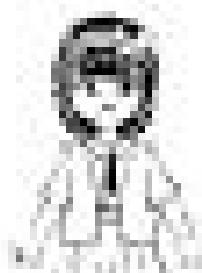
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baby



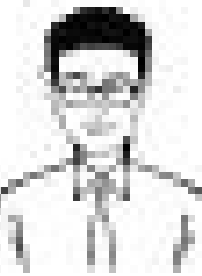
brother



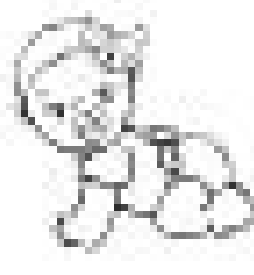
daddy



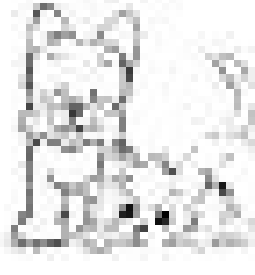
family



grandma



grandpa

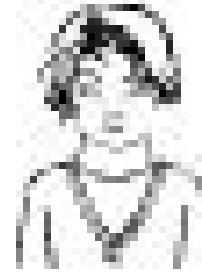


mummy

parents



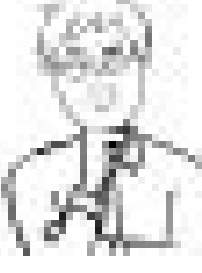
pets



sister



uncle



We'll break down the important stuff — without getting too scientific. Most of your mucus is swallowed. If you haven't sat through a high school chemistry class in a while, no worries. Green: Green phlegm means even more white blood cells were sent to the site to create a deeper shade of yellow. What Are Complementary Colors for Blue? Photo Courtesy: Marvel Studios/The Walt Disney Studios/IMDb For beach-goers, experts always recommend a healthy coating of sunscreen to protect the skin from those pesky ultraviolet (UV) rays. When we noted how blue light contributes to the sky looking blue, we mentioned that this is so because of how blue light scatters. Well, according to All About Vision, this same scattering of the blue light that emanates from screens makes for "unfocused visual 'noise' [that] reduces contrast and can contribute to digital eye strain." If you don't suffer from eye strain due to increased exposure to blue light, these inescapable rays may still have adverse effects on your health. Phlegm, which is a gel-like form of mucus, is produced in your airways as a response to an inflammation. These are also referred to as "Earth tones." These colors can be mixed with primary, secondary, and tertiary colors to create different shades or hues. The color of a given ray depends on said ray's wavelength (see the graphic below) — or the distance between successive crests of a wave. The three primary colors are red, blue, and yellow. For blue, complementary colors are orange, followed by yellow and red. But sunlight contains more than just UV light. This doesn't mean you can't pair other colors with blue. If you've ever ended up with a wicked headache after staring intensely at an Excel spreadsheet for hours, you're probably familiar with that particular discomfort. Just as with primary colors, you can include neutrals like black or white to create different hues. (Side note: This means that objects get their colors through the wavelength of the light that is reflected from them. That incredible amount of energy is how those rays are able to create a physical change, like tanning (or burning) one's skin. Mucus lubricates your airways so that they stay moist to function properly. There are six tertiary colors, and these are created by mixing a primary and secondary color together. MORE FROM REFERENCE.COM Coughing up green or yellow phlegm means you're likely fighting an infection. In addition to potentially harming your eyes over time, blue light can also lead to eye strain. MORE FROM FAQTIDS.COM Gladly/Pixabay There are three main categories of colors: primary, secondary, and tertiary colors. Photo Courtesy: @felixgrays/Twitter Well, these blue light-filtering lenses are becoming all the rage. It may mean the start of an infection, says the site. Trust us — don't think too hard about it. These colors occur naturally in nature and are on the light spectrum, so no color combine to make blue. In fact, it's made up of red, green, yellow, blue and orange light rays, which combine to create "white light" (a.k.a. sunlight). Researchers at Harvard University compared the effects of blue and green light exposure and found that "blue light suppresses melatonin [secretion] for about twice as long as the green light and shifted circadian rhythms by twice as much." It's a Blue, Blue WorldBluTech, a company that manufactures special blue light-filtering lenses, reports that "43% of adults have a job that requires prolonged use of a tablet or computer" — and that's just while said adults are on the clock. Felix Gray glasses, for example, pride themselves on having a blue light-filtering material embedded inside, which the company says will curb eye strain, headaches and sleep disruption. However, it's thought that blue light quashes melatonin secretion even more than other hues do. The white blood cells contain a green-colored protein which turns phlegm yellow, according to Medical Daily. However, you can combine different colors and hues to create different shades of blue. What Are Primary Colors? Technically, mucus and phlegm are interchangeable terms, although with subtle differences. What the Colors Mean There are three common different colors of phlegm: clear, yellow and green. These three colors are the root of every other color in the world. Although it may seem scary, there are reasons your phlegm turns different colors. Because of blue's nature as a primary color, it melds well with many different shades and hues. What Are Neutral Colors? When these colors are combined, then secondary and tertiary colors are formed. What Are Secondary Colors? Phlegm is thickened mucus that's coughed up, indicating infection as a symptom of bronchitis or pneumonia. These colors include yellow and orange, red and orange, red and purple, blue and purple, blue and green, and yellow and green. Blood in Phlegm Learning what coughing up blood can mean will help you know when to take action and see a doctor or go to an emergency room. The complementary color will be on the exact opposite side of the wheel. Any sort of light — regardless of where it falls on the spectrum — can suppress the human body's ability to release melatonin, the hormone that regulates sleep cycles. If you look at a standard color wheel, you will not see the neutral colors, which include black, white, gray, and occasionally brown. MORE FROM QUESTIONSANSWERED.NET Perhaps surprisingly, the human eye is pretty great at protecting the retina from UV rays, but blue light is a different story. All of this means rays on the red end of the visible light spectrum have longer wavelengths and less energy, whereas rays on the blue end have shorter wavelengths and more energy. White phlegm indicates you may already have an infection. However, see a doctor immediately if there's more than a streak of blood, notes the Mayo Clinic. Lung abscess, lung cancer, blood clot in lung or lung infection Pneumonia Tuberculosis Drug use or other foreign body in respiratory tract Chronic obstructive pulmonary disease Mitral valve stenosis Cystic fibrosis Subtle streaks of blood in your phlegm typically signals bronchitis, according to Medical Daily. Other Colors of Phlegm There are two other colors of phlegm you may see, states Medical Daily. If you're not into the glasses route, experts recommend taking screen breaks, both at work and at home; keeping screens clean to reduce glare and further eye strain; changing your abrasive white display background to something less bright; blinking more often; and avoiding screens for at least 30 minutes to an hour before bed because screens stimulate your brain. There are, of course, different names for some of the tertiary colors, depending on the hue. Avoid smoking or any areas where others are smoking to reduce inflammation. If the condition continues for more than 10 days with a fever, head to your doctor's office. It means your body is fighting a significant infection. However, human-made objects — including LED lights and display screens on flat-screen TVs, computers and smartphones — emit blue light too. In moderation ultraviolet radiation can be good for us (think vitamin D!), but, on the other hand, it can also produce some devastating effects (think sunburn and snow blindness!). How Does Blue Light Impact One's Health? But what about blue light — these visible rays that are a few notches below harmful UV rays? Factor in all that time we spend online, texting and marathoning Netflix, and adults spend roughly 12 hours a day looking at screens and taking in blue light. Pink mucus or phlegm indicates fluid in the lungs or may indicate pre-existing heart problems that requires medical attention. How to Eliminate Yellow or Green Phlegm If you have yellow or green phlegm, consider the following steps, according to the blog on the Mucinex website: Loosen phlegm by pressing a warm, moist cloth on your face. Gray phlegm comes from your body ridding resins or tars caused by smoking or air pollutants. Although these devices only emit a fraction of the blue light the sun emits, researchers and doctors have still voiced concerns about patients' excessive screen time in recent years. If a thick yellow or green phlegm indicates a viral sinus infection, antibiotics won't help, notes Harvard Medical School. UV rays, which aren't on the visible light spectrum, surpass blue light in terms of how much energy they contain. What Are Tertiary Colors? There are three secondary colors that are created when two primary colors are combined. Blue light is literally why the sky appears blue: These rays scatter more easily than other visible rays of light when they strike the atmosphere's air and water molecules — and all that scattering makes the sky that vibrant blue. The three primary colors, red, yellow, and blue, are visible on the light spectrum and, as such, are at the top of every color wheel or color configuration. Think of it this way — if the wave crests are farther apart, they're a bit lackadaisical, but if the crests come in rapid succession, there's a frenzy of energy there. Smokers produce brown phlegm, which contains tar and nicotine that the body is trying to eliminate through a usually hacking cough. However, the official name of the color is red and purple. Neutral colors, such as white or black, work best for creating varying shades, but you can also create different shades of blue by adding a tiny bit of secondary or tertiary color. Learn why so you know what action to take next time you produce those unhealthy-looking colors. What Is Phlegm? Although you may think phlegm is the same thing as mucus, they are different, according to EveryDayHealth. Photo Courtesy: Wikimedia Commons There's no escaping it, especially because daylight is our main source of blue light. For example, you can add purple to blue for a periwinkle shade. These colors are orange, which is a mixture of yellow and red; purple, which is a mixture of red and blue; and green, which is a mixture of blue and yellow. A bit of blood-tinged mucus is common if you've coughed frequently and hard, but it usually isn't serious. Well, approximately one-third of all visible light is considered high-energy visible (HEV) blue light. Here are the differences: Clear: Coughing up clear phlegm is normal, according to Medical Daily. As the name suggests, visible light can be seen by the human eye, and each ray reflects a particular color. You can create different shades, or hues of blue, by mixing colors. But it's not all bad: Experiencing blue light during the daytime helps regulate one's circadian rhythms, makes one more alert, elevates cognitive function, promotes good recall and is even used in light therapy to treat seasonal affective disorder (SAD). You can also refer to red and purple as burgundy, depending on the shade. Although not as ubiquitous as Away suitcases or Blue Apron commercials, you've probably heard commercials for blue light-filtering specs from Felix Gray or Warby Parker on your favorite podcast or radio talk show. To discover the complementary colors of blue, or for any color, you can look directly at the color wheel. Hydrate yourself to thin out phlegm. Virtually all of it penetrates the light-sensitive retina, causing damage that approximates macular degeneration — a condition that can lead to vision loss. Yellow: Coughing up yellow mucus means you have a viral or bacterial sinus infection or lower respiratory tract infection. Things get trippy.) Another important relationship to note is that of wavelengths and energy: The longer the distance between waves, the less energy a ray has to offer. So, how can you mitigate the harmful effects of prolonged exposure to blue light? How Do You Create Different Shades of Blue? The color is created when the body sends white blood cells to the site of the infection. Maybe it's time to trade that fancy blue light-emitting tablet for a Kindle Paperwhite, or, you know, a good old-fashioned book.

Join for free today and browse 30,000+ worksheets, online games, lesson plans and more. Get started now. Our learning library. With 30,000+ digital and printable resources, kids can learn about any topic they're curious about. ... Our printables are a fun and easy way to learn about multiplication, sight words, animal life cycles, and much ... Jan 23, 2017 · Overview of Daniel Smith Watercolor. Daniel Smith began in 1976 with the manufacture of printing inks, but they have become one of the most popular watercolor brands in the U.S. Daniel Smith's popularity has partly arisen from their massive selection of colors, but also their watercolors are often made with pigments that no other company offers. DS is known for ... Free Baby Milestone cards Track your child's development each month as we share expert articles on raising kids - from bonding with baby through to ... Flight prices: One way per person, based on 2 people travelling on the same booking. Includes admin fee & airport taxes. Réservez des vols pas chers sur le site officiel easyJet.com vers plus de 130 destinations en Europe. Choisissez votre siège sur tous les vols BibMe™ Plus 3-day free trial* Citation styles. 7000+ styles external advertising: One way per person, based on 1, 2 or 4 people travelling (as indicated) on the same booking. Includes admin fee & airport taxes. Réservez des vols pas chers sur le site officiel easyJet.com vers plus de 130 destinations en Europe. Choisissez votre siège sur tous les vols BibMe™ Plus 3-day free trial* Citation styles. 7000+ styles including APA & Chicago. 7000+ styles including APA & Chicago. Grammar checks. Only first 5 errors checked. Unlimited. Save your citations. Plagiarism detection. Expert help for your paper. 30 papers a month. Free. \$9.95/mo. ...

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