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New Exhibit Focusing on Children's Mental Health Opens Today

FOR IMMEDIATE RELEASE

SALT LAKE CITY, UT — November 13, 2026

Discovery Gateway Children's Museum and Intermountain Health will open Big Feelings, Bright Colors on November 13th, a new exhibit that helps children understand, express, and talk about their emotions. Developed in partnership with Intermountain Children's Health, the exhibit includes abstract, immersive design in which color, light, movement, and art become the way children explore and understand emotions and feelings.

"Children's museums have long relied on literal exhibit designs. Big Feelings, Bright Colors is different. The design is abstract and open-ended, so every child can bring their own feelings to it. This puts the Children's Museum at the cutting edge of children's museums nationally, and we are grateful to Intermountain Health for being a partner in this work," said Kathleen Bodenlos, CEO and Executive Director of the Children's Museum.

The exhibit invites children to experience emotion through five areas:

- Emotion immersion: a room where children are surrounded by the colors of emotion, projected onto the walls and floor.
- Physical movement: bubble play and a maze table that connects the mind and body through movement.
- Art expression: a coloring station where children draw their emotions, and a gallery wall that displays their artwork.
- Express yourself: a space for dance, mirroring different emotions, and recording their own voices.
- Talking about emotions: Educational guides and use of feeling wheels to get conversations started.

Big Feelings, Bright Colors is designed around the idea of bringing emotional well-being into a setting where children learn, explore and connect through play. The exhibit helps children and families get curious about feelings, explore ways to express them, and have conversations without labeling emotions as simply good or bad.

"Every child experiences big feelings, and every child deserves to know that those feelings are worth talking about," said Amanda Choudhary, President of Intermountain Health Primary Children's Hospital Behavioral Health Taylorsville Campus and Intermountain Children's Health Behavioral Health. "Helping children recognize and express their emotions can strengthen their emotional well-being and create meaningful connections with the adults who care for them. Big Feelings, Bright Colors gives families a fun, welcoming place to start those conversations together."

Big Feelings, Bright Colors joins a series of new exhibits at the Children's Museum, which has opened a new exhibit about every six months since 2021 and is four years ahead of its original ten-year renovation plan. The most recent, the UTA Transit Exhibit, opened in April 2026. The Children's Museum is also in the process of building the Children's Rooftop Garden Exhibit, set to become the largest children's rooftop garden in the United States.

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Event details
Public opening: November 13th, 1-2:30pm, 444 W. 100 S., Salt Lake City UT, 84101
Join us for a ribbon cutting celebration on November 13th at 1pm.

About Discovery Gateway Children's Museum
Discovery Gateway Children's Museum is a 501(c)(3) nonprofit organization that inspires children of all ages and abilities to imagine, discover, and connect with their world to make a difference. Now in its fifth decade, the museum reaches over 175,000 children, educators, caregivers, and families annually in Salt Lake City, and provides free daily access to 16 nonprofit partner organizations through its Museum Inclusion Fund. The Children's Museum is currently building the Children's Rooftop Garden Exhibit, set to become the largest children's rooftop garden in the United States.