

The color monster

The Colour monster

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This is my friend the
color monster.
Today he's all mixed up
and very confused.
He doesn't know why.





Look at you, you are
all over the place!





That's because your feelings are all mixed together, so are the colors.



I know! Let's put each feeling in a different jar so we can look at it more closely. I can help if you like.



This is happiness. It shines
yellow like the sun
and the stars.





You feel bright and light. You laugh 😂, you jump, you dance! You want to share that feeling with everyone.

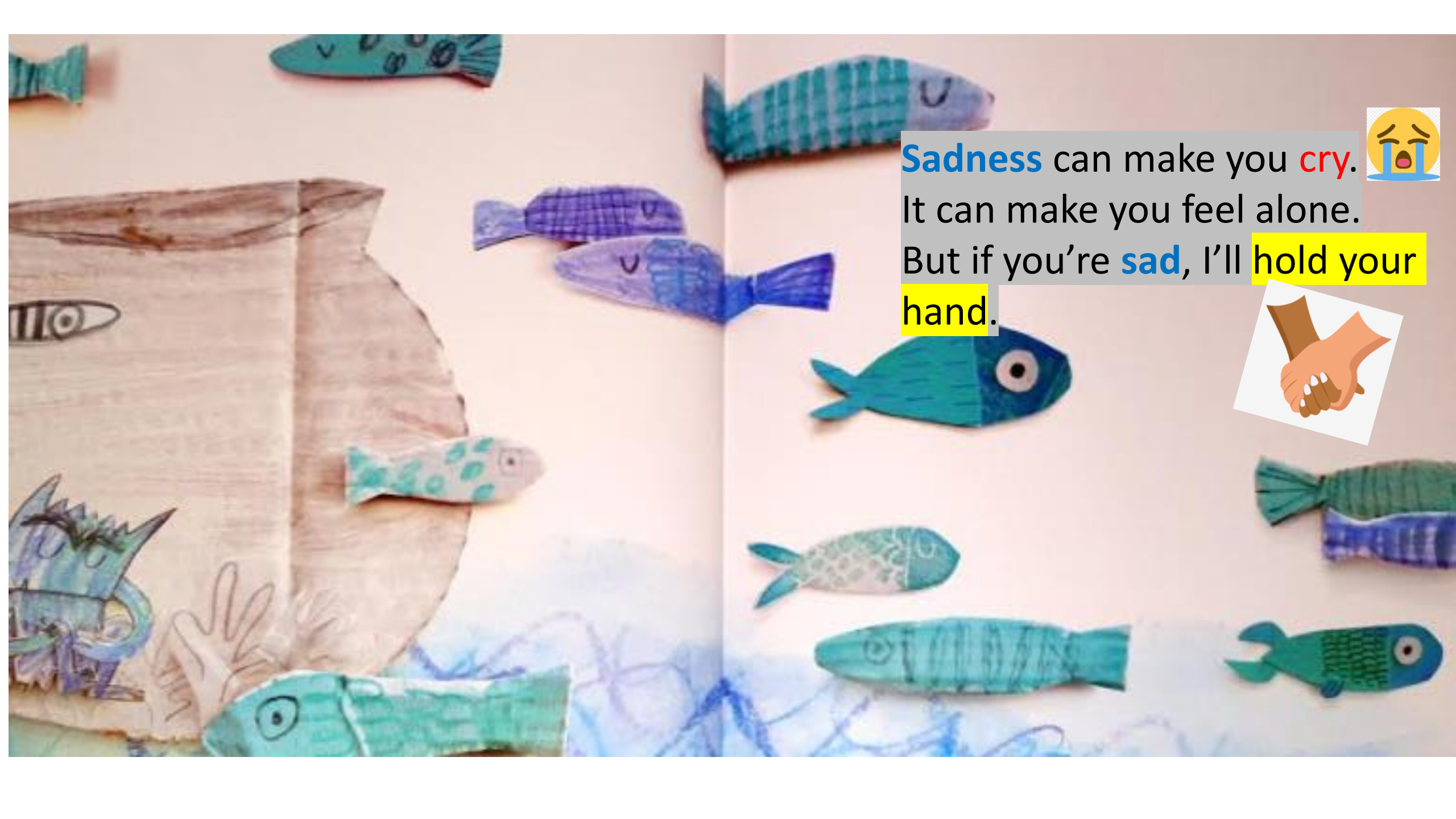
This is sadness.
It's like a blue rainy day.



Sadness can make you **cry**. 🥹

It can make you feel alone.

But if you're **sad**, I'll **hold your hand**.



This is **anger**.
It is **red** like fire.



Anger can make you want to **stomp**

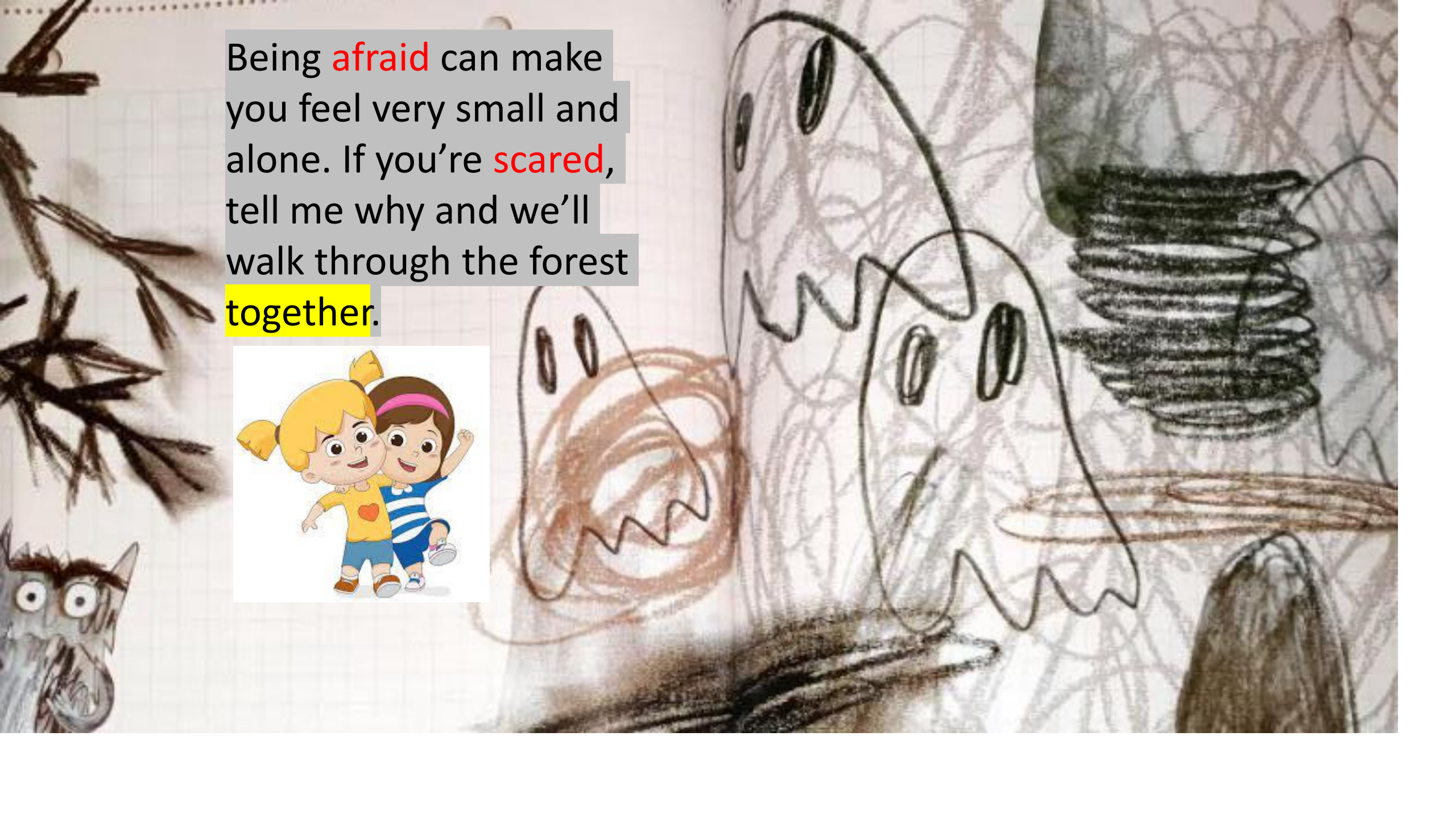
...and roooooooooaaaaarr!
And shout, "it's not fair!"



This is fear. It is black
and hides in the
shadow.



Being **afraid** can make you feel very small and alone. If you're **scared**, tell me why and we'll walk through the forest **together**.

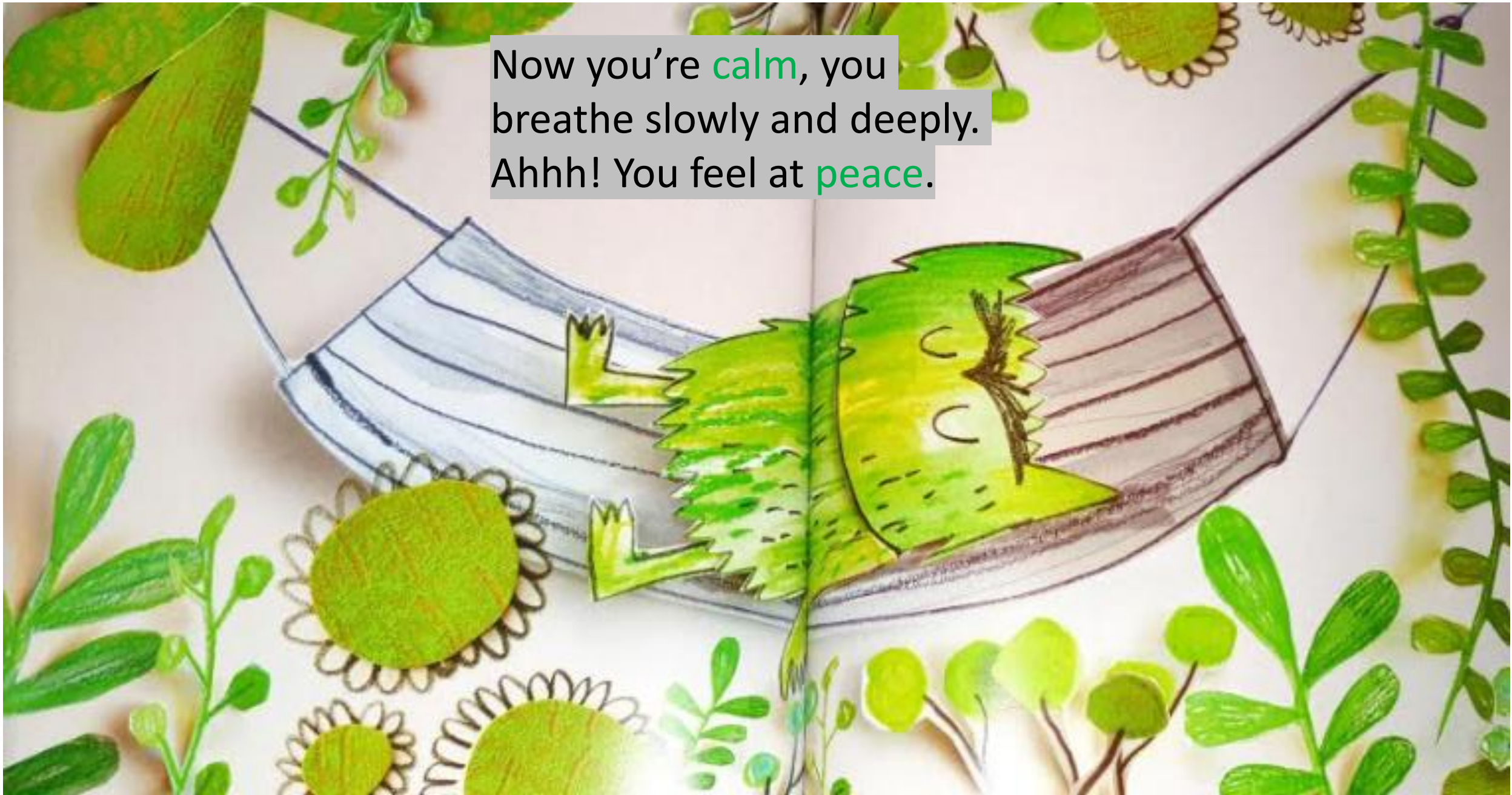




This is **calm**. It's quiet like the **trees** and soft like their **leaves**.



Now you're calm, you
breathe slowly and deeply.
Ahhh! You feel at peace.



There, we've finished!
Here are your feelings,
and each one has a
different color.



Let's look at them together:



yellow
happiness

blue
sadness

red
anger

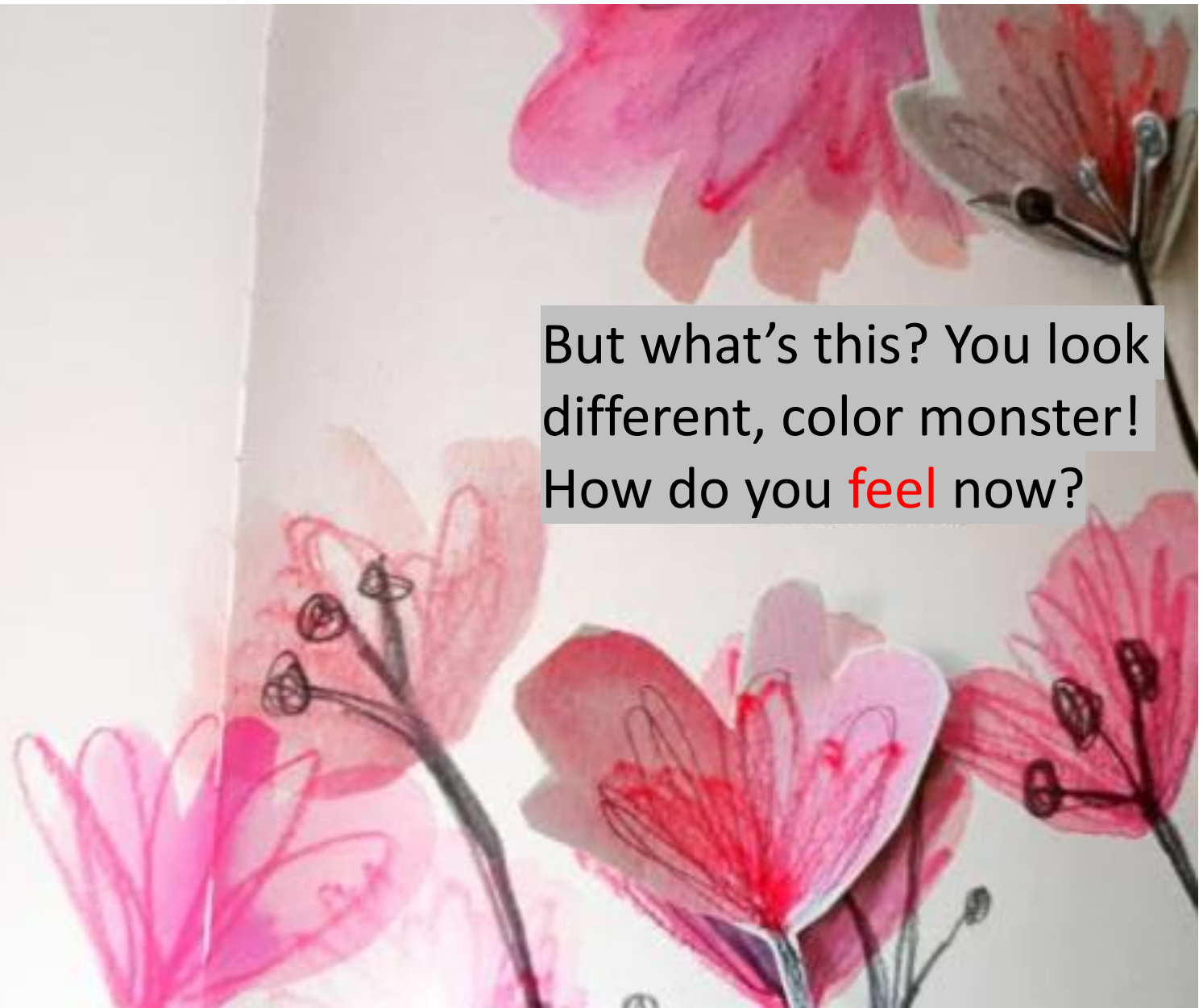
black
fear

green
calm





But what's this? You look different, color monster!
How do you **feel** now?





LOVE