



The Colour monster

ANNA LLENAS



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





Look at you,
you're all over the place!







That's because your feelings are all stirred together, so your colours are too.



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 twinkles like the stars.



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



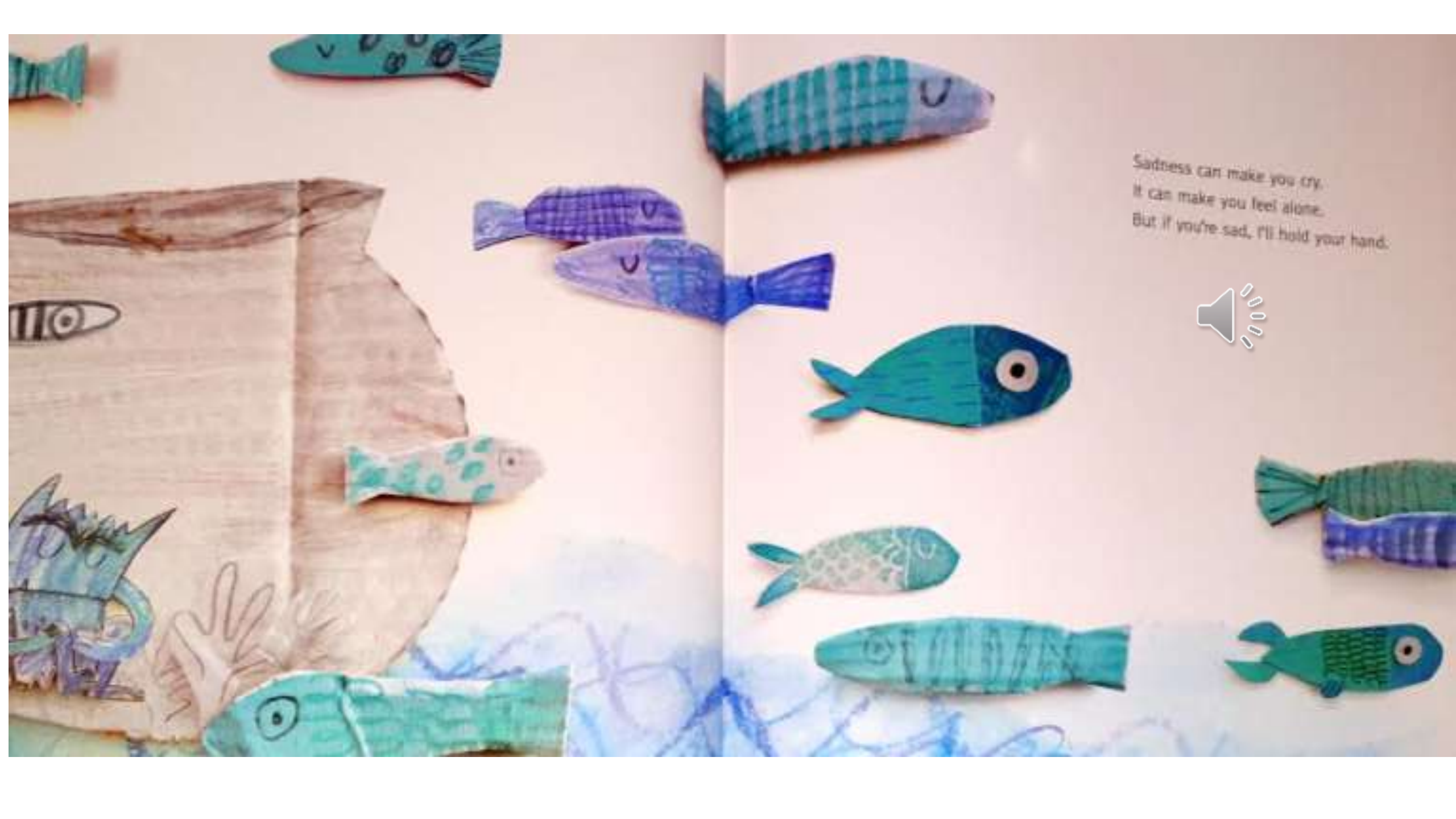
This is sadness.
It's gentle like a blue rainy day.



...have put
...fear of being
...to make them power
...which images are made
...the world of paper learning
...previously silent beauty
...may contain


...also be used
...such





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 blazes red like fire.



Anger can make you want to stomp . . .

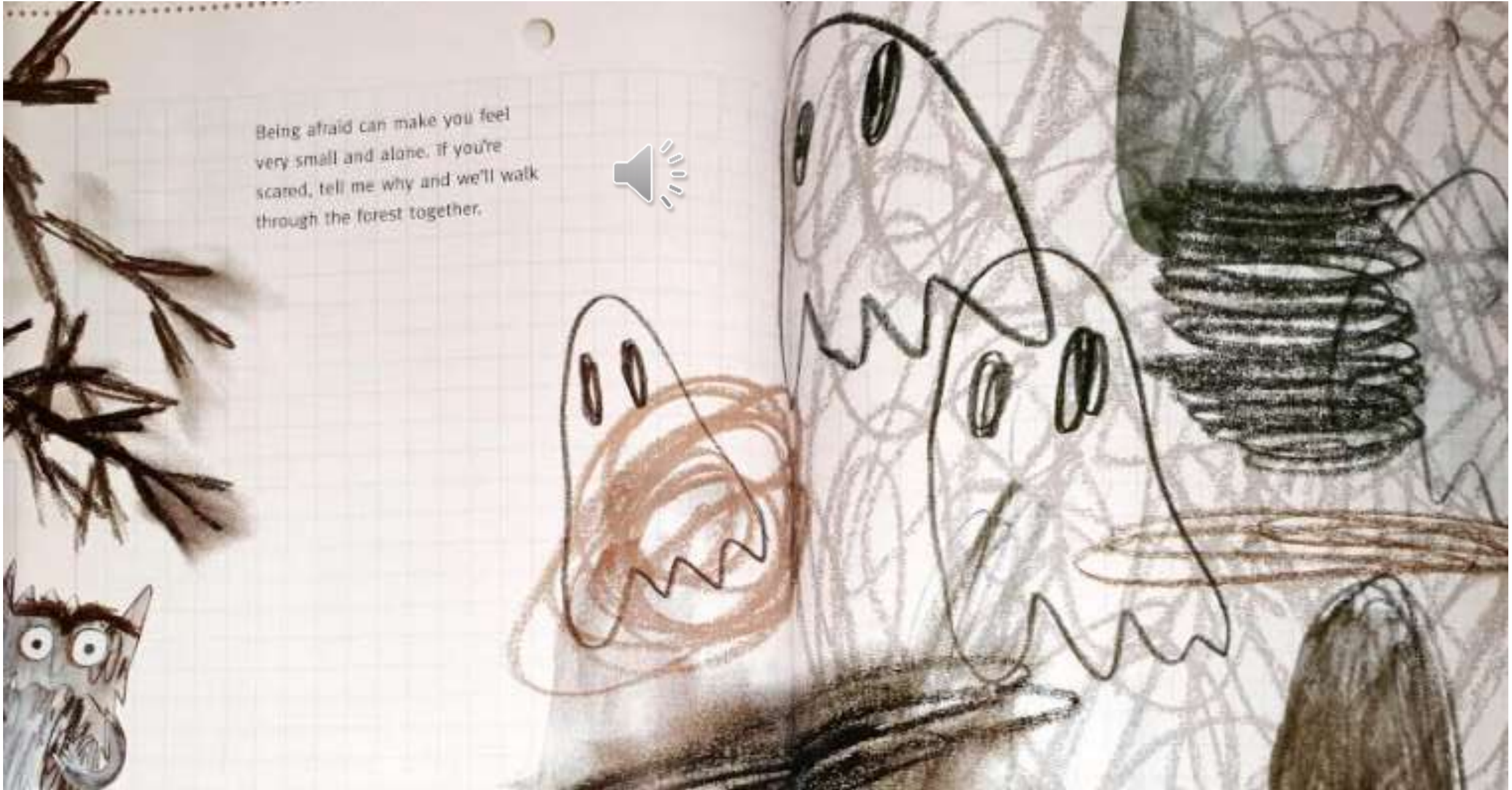
... and Rooooooooooooooooarrrr!
and shout, "It's not fair!"



This is fear.
It is black like the night
and hides in shadows like
a scaredy cat.



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.
Ahhhhhhh! You feel at peace.



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



Let's look at them together:



yellow
happiness

blue
sadness

red
anger

black
fear

green
calm





But what's this?
You look different,
Colour Monster!
Er . . . how do you feel now?



