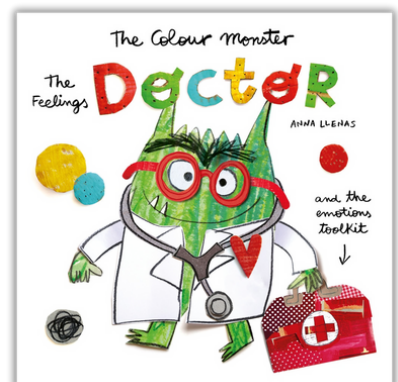
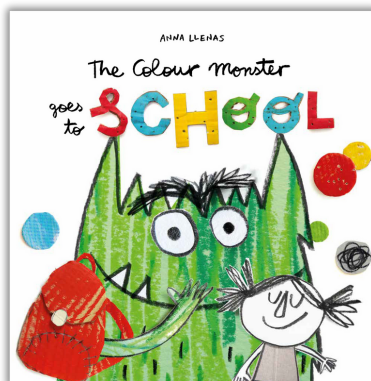
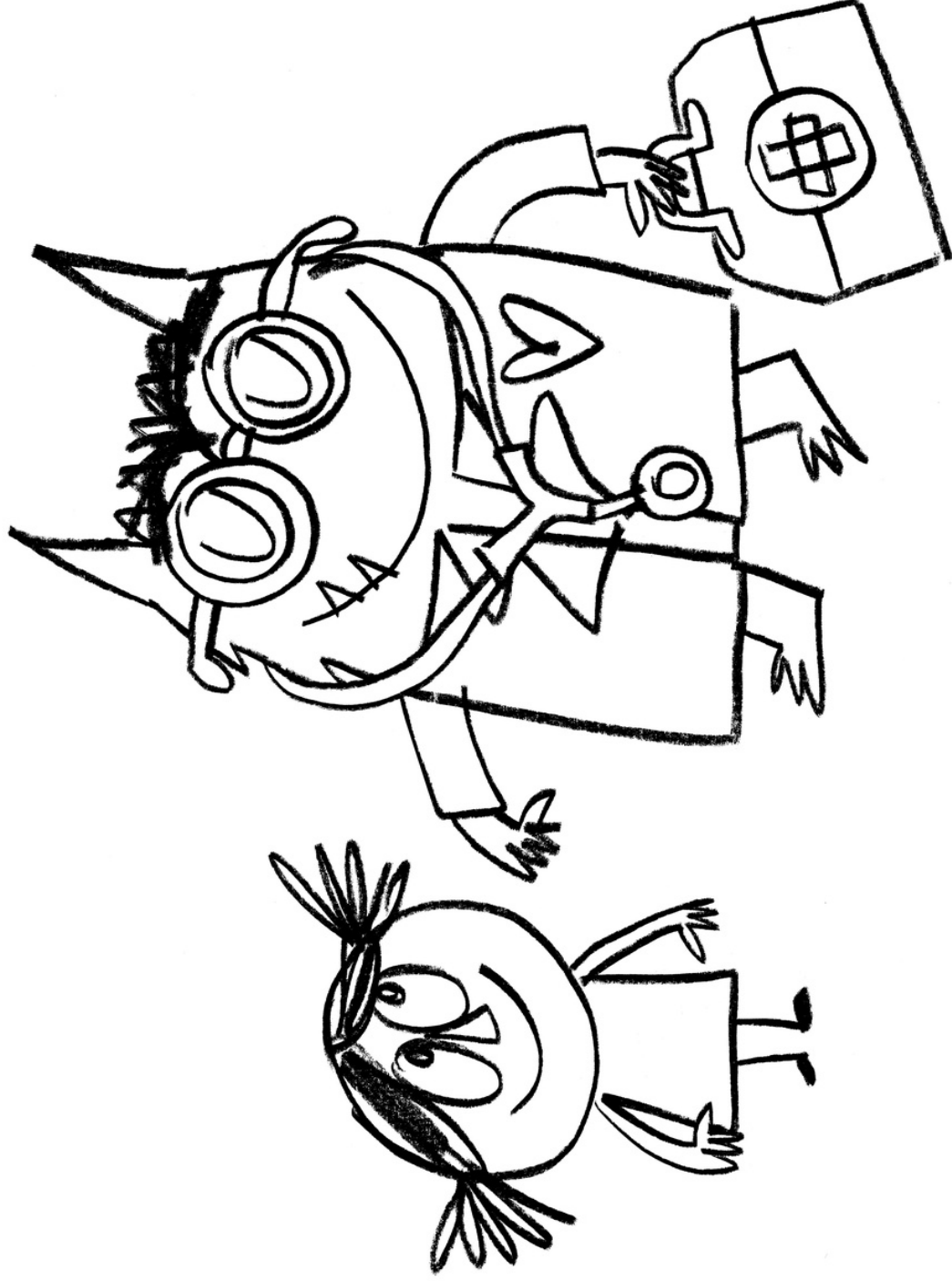




The Colour monster Activity Pack



Colour in The Colour Monster and Nuna!



The Colour
Monster

ANNA LLENAS

Artwork from The Colour Monster: The Feelings Doctor and the Emotions Toolkit.
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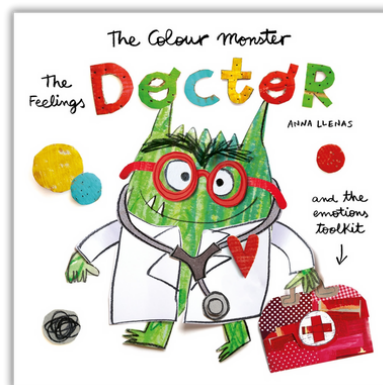
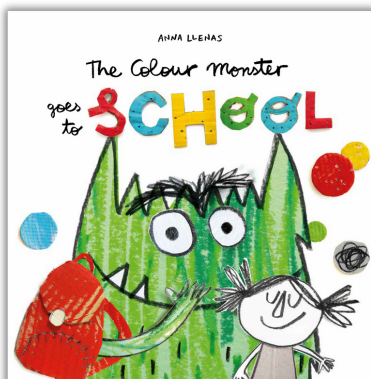
How are you feeling today?

Colour in The Colour Monster with all the emotions you're feeling right now.
You can use lots of different colours for different emotions, and add labels!



The Colour
monster

ANNA LLENAS

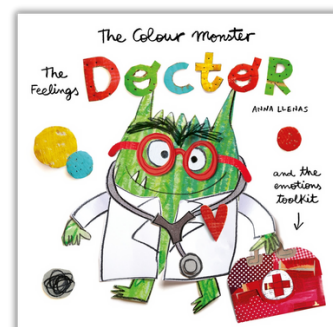
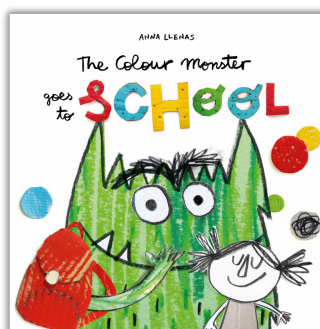
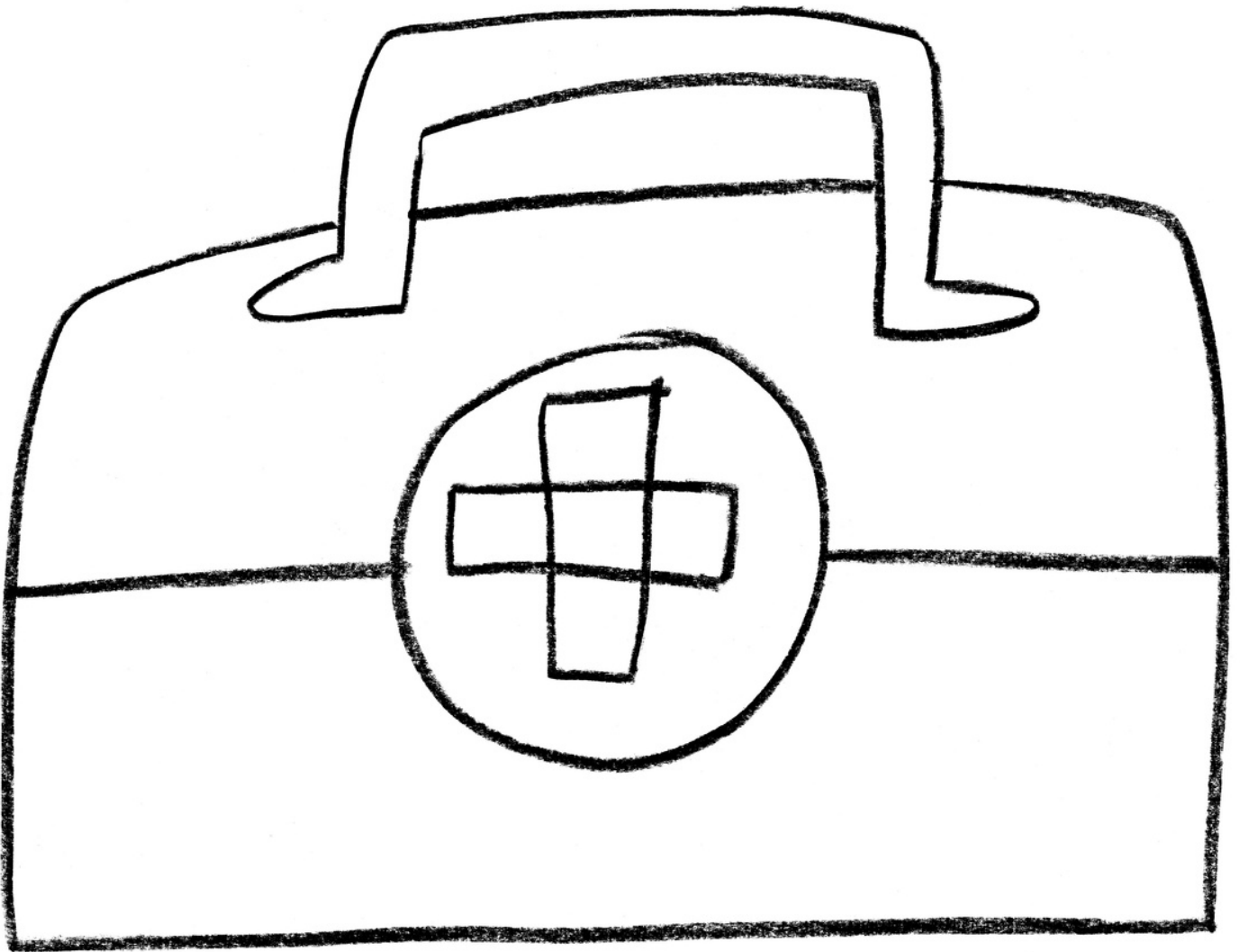


Your Emotions Toolkit

When we're not feeling ourselves, it can help to open our emotions toolkit. Inside we keep everything that can help us understand our emotions and make us feel better.

Draw or write down the things in your emotions toolkit!

Some things you could include... a fluffy teddy bear, dancing, painting, going outside, squishy stress toys, doing yoga.



How do I feel?

Today I feel _____

Yesterday I felt _____

When my family hug me, I feel _____

When I play with my toys I feel _____

When I am hungry I feel _____

When I go to school I feel _____

When I watch my favourite TV show I feel _____

When I fall and hurt my knee I feel _____

When I read a book I feel _____

