

Name _____



This is the **Colour Monster**. Your child got to know him in school through a story book. His colour changes depending on his feelings. Please talk to your child about their feelings and emotions. They can colour each monster and tell you when and why they have felt this way while they have not been in school. Please do acknowledge /validate their feelings. They are real and your child needs to know that we all have these emotions and it is ok to feel each and every one of them.

- **YELLOW** – HAPPINESS
- **BLUE** – SADNESS
- **RED** – ANGER
- **BLACK** – FEAR/WORRY
- **GREEN** – CALM
- **PINK** – LOVE



What colour are you feeling today?

Why are you feeling _____ ?



even... **CONFUSED**

Does anything make you feel red?

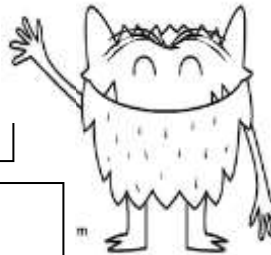
Can you tell me what?



I sometimes feel blue. Does anything make you feel blue?

What?

Why?



Sometimes the colour monster turns black and is very worried. Is anything making you feel black or worried at the moment?

What?

Why?

What makes you feel green?



What makes you feel pink? What do you love?

Sometimes the Colour Monster is lots of different colours. He feels confused. Have you felt confused like the Colour Monster? When?

