

This is my friend the Colour Monster.

Today he's all mixed up and very confused.
He doesn't know why.



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.



This is sadness.

It's gentle like a blue rainy day.



A torn piece of paper with text from 'The Sound of Music' visible through the holes. The text includes: '...have cho...', '...your fear of being', '...is used to enact these power', '...er in which images are made', '...e, the sound of paper tearing', '...r of a previously silent memo', '...e may communi', '...manner. A'



This is anger.
It blazes red like fire.



Anger can make you want to stomp . . .

... and Rooooooooaaaaaarr!
and shout, 'It's not fair!'



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





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



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

