

# THE COLOR MONSTER FEELS



## SIMON SAYS WITH THE COLOR MONSTER

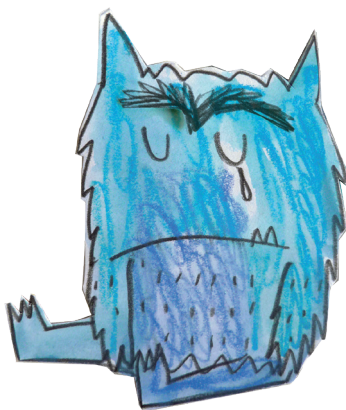
Help the Color Monster figure out what he's feeling! When the leader says an emotion, you show us what that emotion looks like. So, if the leader says, "The Color Monster feels HAPPY," you jump around for joy. But if the leader says, "The Color Monster feels SAD," you need to cry your loudest, saddest tears.

### HAPPY



Jump and clap!

### SAD



Cry lots of tears!

### ANGRY



Growl and stomp around!

### AFRAID



Hide behind your hands!

### CALM



Close your eyes and breathe deep!

### IN LOVE



Hug yourself and say "I LOVE YOU!"

# THE COLOR MONSTER



COLOR HOW YOU FEEL



Show how you're feeling today! Using the colors from the previous page, color in your own Color Monster with whatever you're feeling.



# THE COLOR MONSTER



## IDENTIFY EMOTIONS



Sometimes we feel more than one emotion at once, just like Color Monster on his first day of school.  
Can you draw lines from each Color Monster to all the emotions they are feeling?

1.



**HAPPY**

2.



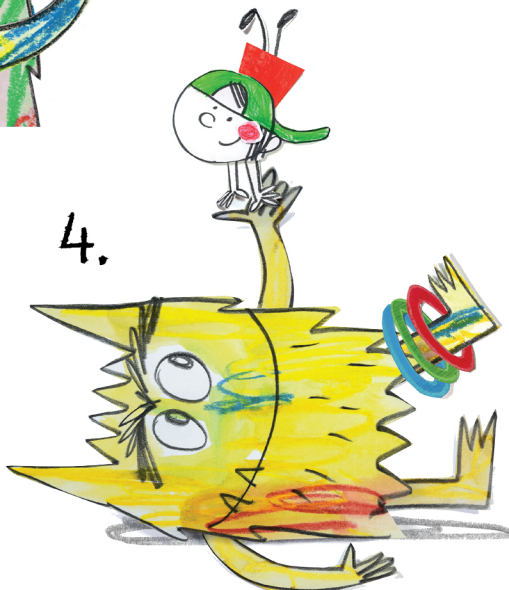
**SAD**

3.



**ANGRY**

4.



**AFRAID**

**CALM**

ANSWER KEY: MONSTER 1 = HAPPY, ANGRY, AFRAID, CALM; MONSTER 2 = HAPPY, SAD, CALM; MONSTER 3 = HAPPY, SAD, ANGRY, CALM; MONSTER 4 = HAPPY, SAD, ANGRY

# THE COLOR MONSTER



## DISCOVER TOOLS



### INSTRUCTIONS

1. Cut out these strategies from the emotions toolkit along the dotted lines (or ask an adult to help you)!
2. Flip the pictures facedown on a table and mix them up.
3. Grab a friend and take turns trying to match two of the same picture.
4. Whoever has the most pairs at the end is the winner!



# THE COLOR MONSTER



## BUILD YOUR TOOLKIT



Now that you have some ideas of what can go in an emotions toolkit, try building your own to help you on hard days!

1.

Choose an empty box or bag of any size.

2.

Fill it with the resources and tools that help you regulate and calm strong emotions, like anger, anxiety, and sadness. They can be objects, written notes, recipes, treasures. . . .

3.

Collect everything that makes you feel connected to what you like, such as photos of people who support you or places that calm you.



Fill your emotions toolkit with anything that makes you feel good. And remember that there are no rules or limits, only what your heart tells you.