

The Colour Monster is a story which helps children identify and talk about their emotions and feelings. At the start of the story the monster arrives feeling every emotion and it feels completely confused and overwhelmed. So, the monster's friend, helps him identify and separate each emotion out. She assigns a colour to each emotion: yellow for happiness, blue for sadness, anger is red, black is fear and calm is green. She describes each feeling for him, and offers to help him through the challenging ones.

In the classroom, we use our colour monsters to help children show an adult how they are feeling, without necessarily having to verbalise it. The adult can then work with the child to support them and help them find strategies to overcome them next time.

