

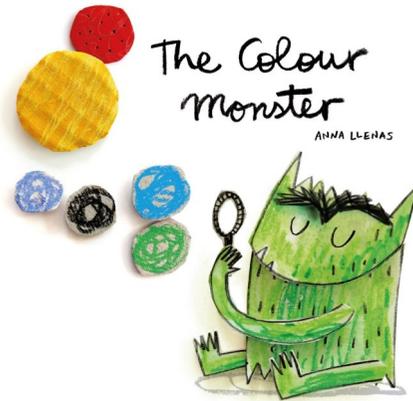
# The Colour Monster written by Anna Llenas

Today I am feeling...	
positive	
delightful	
happy	
excited	
cheerful	

Today I am feeling...	
loving	
caring	
friendly	
appreciative	
affectionate	

Today I am feeling...	
bothered	
annoyed	
angry	
furious	
frustrated	

Today I am feeling...	
confused	
muddled	
unsure	
distracted	
baffled	

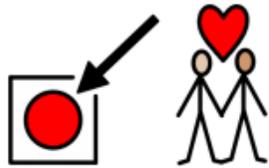
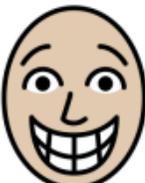


Today I am feeling...	
scared	
worried	
anxious	
nervous	
fearful	

Today I am feeling...	
peaceful	
relaxed	
calm	
tranquil	
chilled	

Today I am feeling...	
sad	
unhappy	
grumpy	
miserable	
gloomy	

# Emotions

 happy	 sad	 scared
 calm	 angry	 shocked
 worried	 confused	 in love
 excited	 tired	 embarrassed

Stories to read at home to help with expressing emotions.

