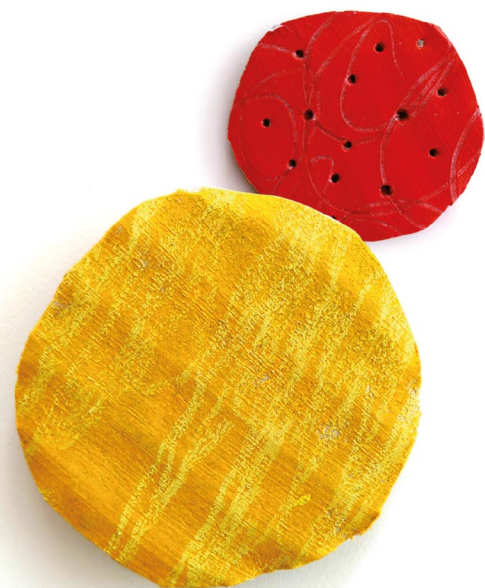


The Colour monster

ANNA LLENAS



The Colour monster

ANNA LENAS

To my family and friends, to all the colours lived together – A.LL

Anna Llenas was born in Barcelona. She graduated in Advertising and Public Relations at the Autonomous University of Barcelona (UAB), with a diploma in Graphic Design by The Escola de la Llotja and has a postgraduate degree in Creative Illustration from the Escola Eina. She began her career in advertising as Art Director in Bassat-Ogilvy and one day she made the decision to become a full-time illustrator. She now creates her own design projects, which she markets through different channels. She has developed graphic projects for clients as diverse as *La Vanguardia* (Spanish daily newspaper), Nestlé and the Government of Catalonia. She has collaborated with other authors illustrating their stories. This picture book is her first as both author and illustrator. Llenas has also been influenced by the Art Psychotherapy and Psychosocial training at the University Pompeu Fabra, and currently acts as a teacher and art therapist specialising in art and emotional education.

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This is my friend the colour monster.

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





Look at you,
you're all over the place!





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 like the sun
and twinkles like the stars.



You feel bright and light. You laugh, you jump, you dance! You want to share that feeling with everyone.



This is sadness.
It's gentle like a blue rainy day.





Sadness can make you cry.
It can make you feel alone.
But if you're sad, I'll hold your hand.



This is anger.
It blazes like fire.



Anger can make you want to stomp . . .

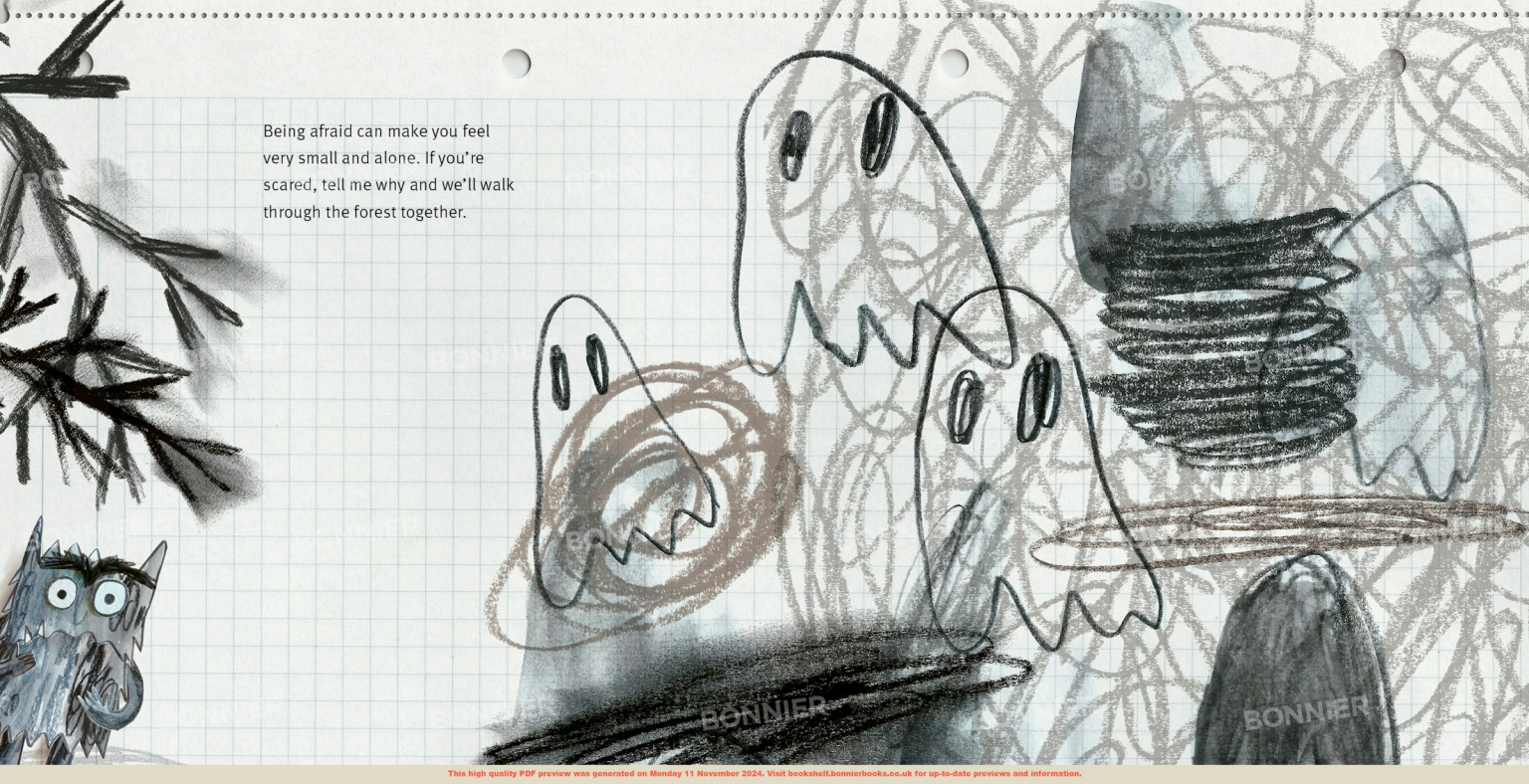
... and **Rooooooooaaaaarr!**
and shout, 'It's not fair!'



This is fear.
It hides and runs away like
a mouse in the night.



Being afraid can make you feel very small and alone. If you're scared, tell me why and we'll walk through the forest together.





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



Now you're calm,
you breathe slowly and deeply.
Ahhhhhhh! You feel at peace.



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



Let's look at them together:



happiness

sadness

anger

fear

calm





But what's this?
You look different,
Colour Monster!
Er . . . how do you feel now?



