

# The Colour monster

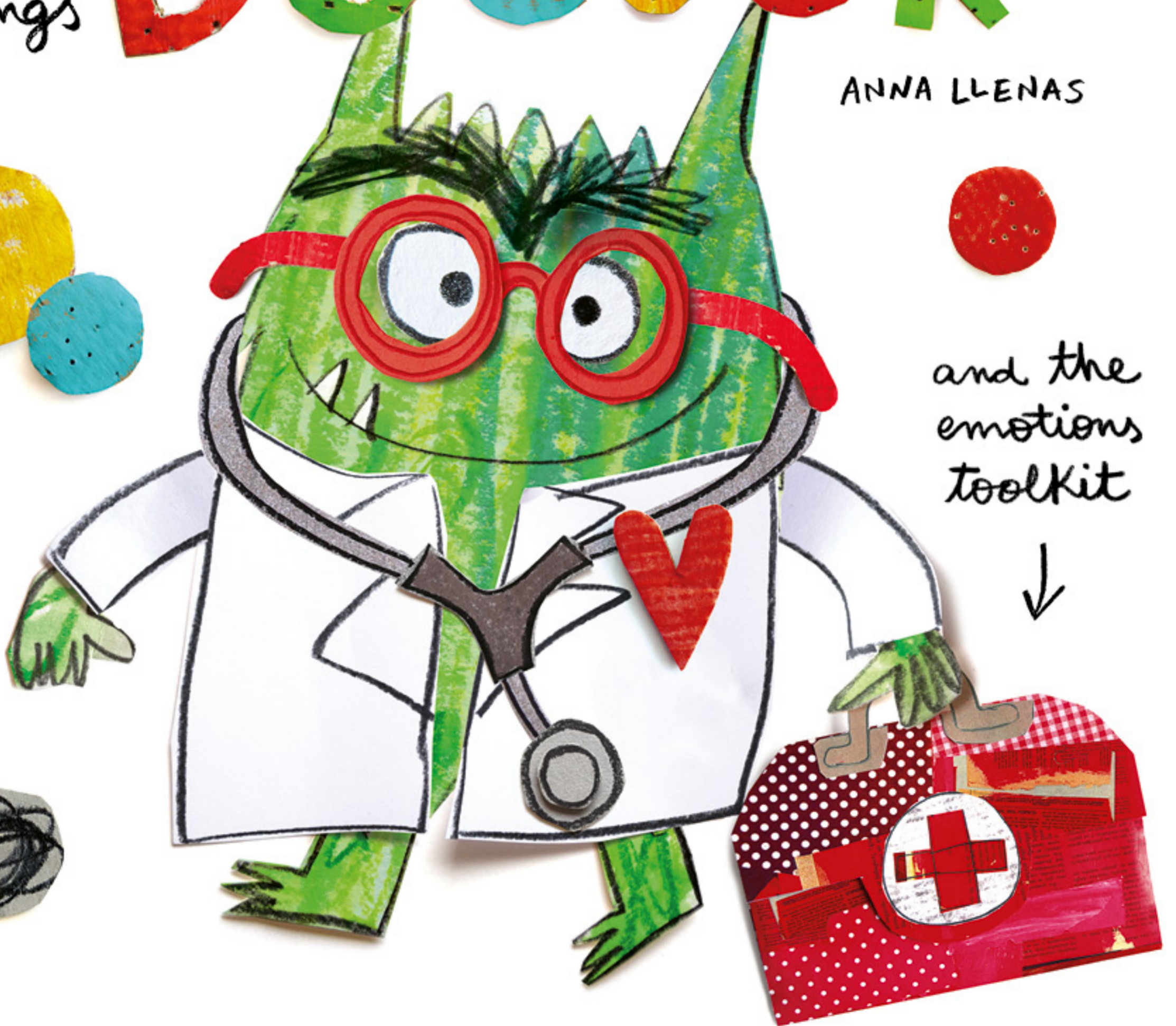
The  
Feelings

# Doctor

ANNA LENAS



and the  
emotions  
toolkit







**This book belongs to:**

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.....

.....



*To all people, big and small,  
who believe their emotions are important.*



The Colour Monster  
The Feelings  
**Doctor**



*and the emotions toolkit*

ANNA LENAS





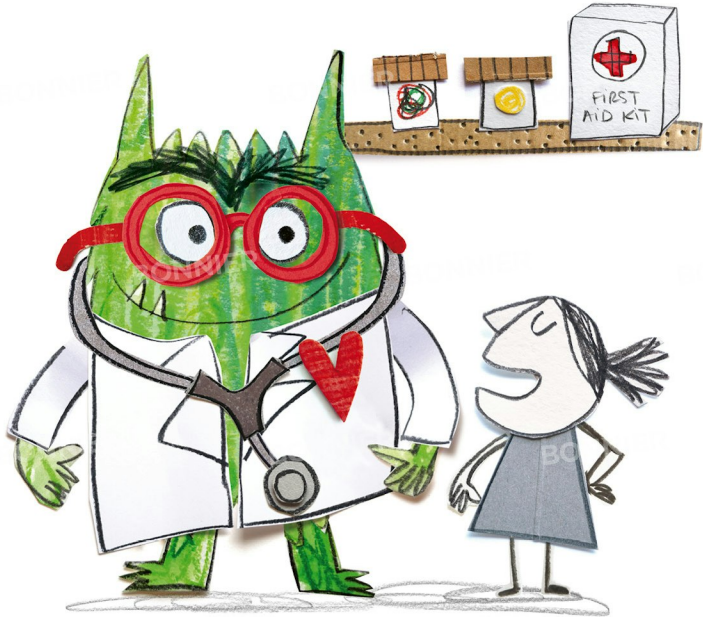
This is Nuna.  
Today she woke up feeling strange,  
dazed and confused. . .  
She doesn't know why she feels this way.

So she decides to go and  
see the Colour Monster.



Dr Colour Monster  
the feelings doctor





The Colour Monster is now a doctor who can help to heal emotions, especially those that are so big they are difficult to experience.

“Good morning, Colour Monster.”

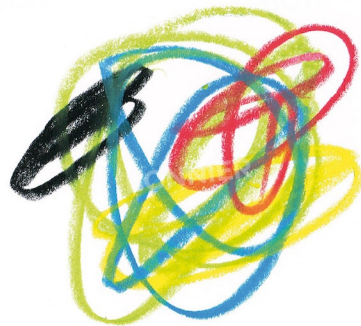
“Good morning, Nuna. It’s so lovely to see you again! How are you?”







“Well, I’m not sure why, but I don’t feel okay. Yesterday I was asked to do something that I didn’t want to do. And, I don’t know why, but I ended up saying yes. Now I have a very strange feeling. . .”

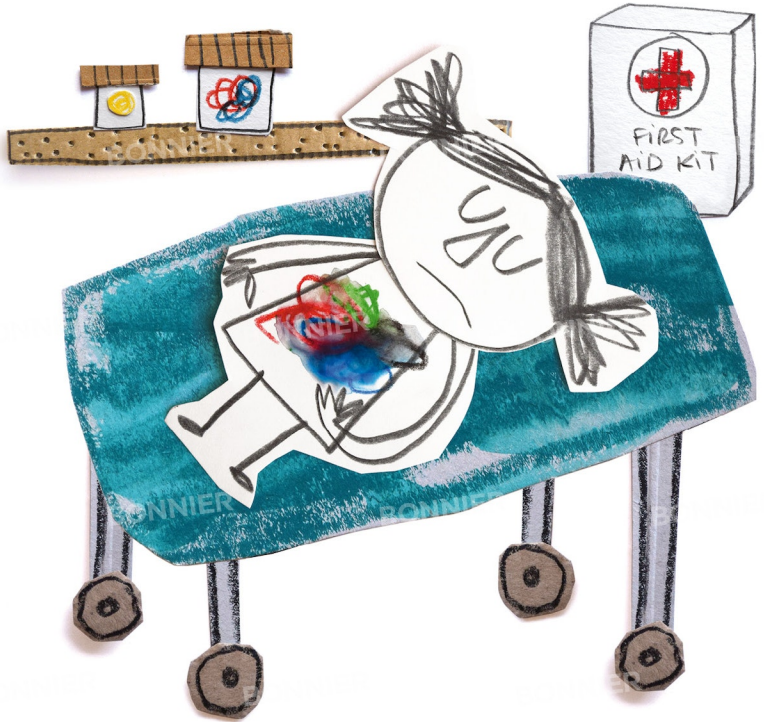
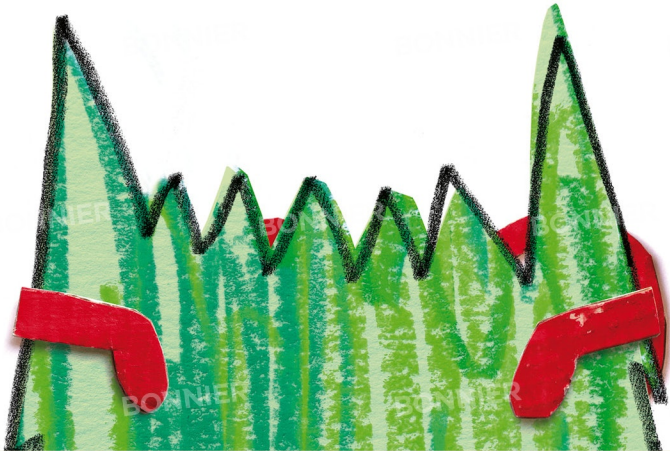


“Where do you have this feeling in your body?”

“Here, in my tummy.”

“And what would you say it feels like? Pleasant or unpleasant?”

“Mmmm. . . not pleasant.”





“Can you describe this feeling?”

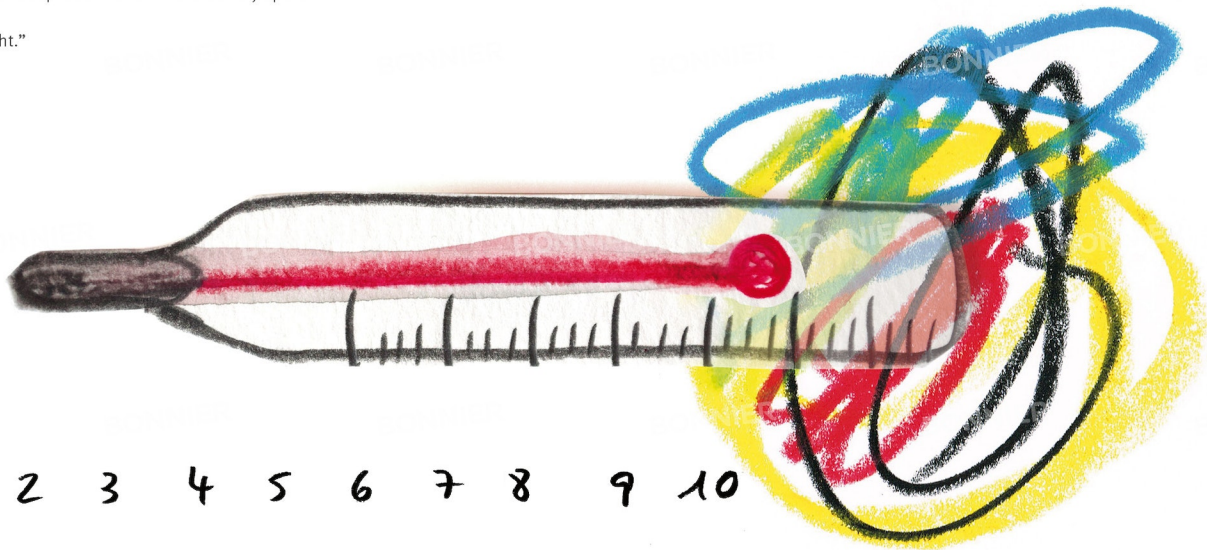
“No. . .”

“Don’t worry. I know it can be tricky to put into words,  
but we’ll find another way to express it together.”



“On a scale of zero to ten, what level of discomfort are you feeling?  
A zero would be not upset and a ten would be very upset.”

“Well... an eight.”





"Now look at this drawing, which of these faces best shows how you feel?"

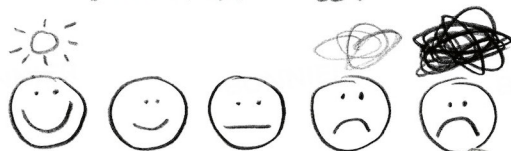
"Mmm. . . this one."

"Don't worry, Nuna. We'll make you feel better. . .

Tula, please can you bring us the doctor's bag?"



DISCOMFORT level



This is the *emotions toolkit*.

Inside we keep everything that can help us understand and regulate our emotions to feel better. Shall we open it and take a peek at what's inside?





Plasters for a broken heart



Walking barefoot on the sand



A fluffy teddy bear



Having a relaxing bubble bath



Giving and getting lots of kisses



Earmuffs to block out negativity



Getting some fresh air



Putting your worries in a worry jar



A hug



Listening to music



Spending time in nature



Asking for help if you need it



Blowing bubbles



Moving your body



Listening to the sound of the sea



Squeezing squishy stress balls



Smelling your favourite scents



Drawing your feelings on paper



Using modelling clay



Painting with watercolours



Doing yoga



Arts and crafts



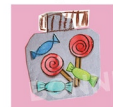
Sensory bottles



Taking deep breaths



A soft blanket



Eating something sweet (just a little bit!)



Writing in your diary



Dancing, singing and making music



Speaking softly and calmly



Sunbathing



Writing down your most important values



A hot water bottle



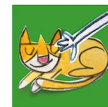
Sharing your feelings with others



Colouring mandalas

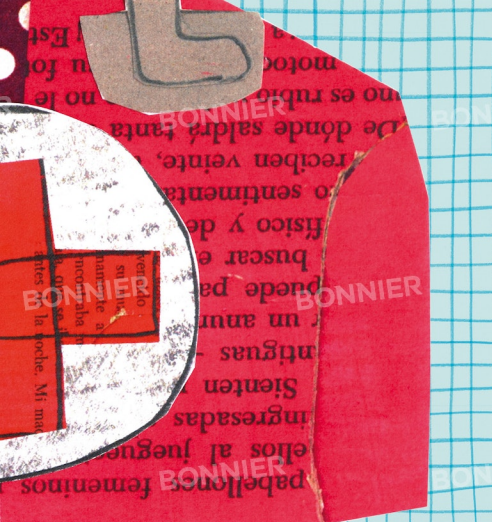


Photos of friends and family



Stroking a companion animal





To get started, I'll take my coat off and sit with you.  
We'll take three deep breaths.

Every time you breathe,  
your body relaxes and you start to feel peace . . .



\*Breathe while following the bee's buzzy line with your finger!



You inhale a lush forest . . .  
You exhale a soft sea breeze.

Now, take a piece of clay.

Stretch it, squeeze it, squish it, break it and shape it. . .  
The clay can hold your feelings.

Any worries, anger or sadness. . . can be released and stay there.



Draw the shape of your body on a piece of paper.

If you were to draw your discomfort, what would it look like?  
Let your emotions lead the pencils. . .



Let's take the mandalas, pencils and watercolours from the bag.

On the journey of your soul, follow the path to make you whole.

Colour from the inside outwards, or from the outside inwards.



"Are you feeling better yet, Nuna?"  
"Yes, a little bit. But I still don't feel totally better."



“What would you like to do now, Nuna?”  
“Let’s blow some bubbles!”

Between laughter and soap, we’ll blow every feeling out into  
a burst of colour. We’ll watch the feeling bubbles gently float  
and then fall with a pop, as if by magic.

Lots of colours!  
And so very beautiful!



Are there any words that come to your mind now?



Say the first words that come out. . . even if they don't seem to make sense!

Let's move our bodies in the space.

We'll move like the wind that blows, blows without end.

Find your own music, dance free  
and the wind will take you where you want to be.





Choose a sensory bottle and look at it carefully.

The waves inside will calm you and bring you to a wonderful dreamland.  
Tensions dissolve. . . Time seems to stop in this instant.

“How do you feel now, Nuna?”

“Almost fine. I just need  
one more thing. . .





a big hug!

Now I feel great! The uncomfortable feeling I had is gone.  
Thank you so much, Colour Monster!"



“That’s fantastic, Nuna! But wait. . .

Before you go, I want to give you something important!

Next time you find yourself in a situation like yesterday,  
where you don’t know how to say no, take a teaspoon of this syrup.”





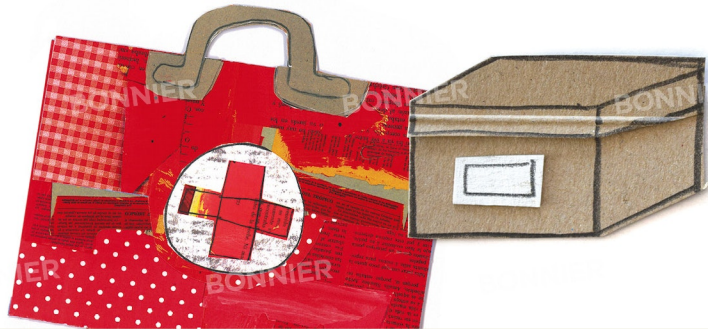


Create your own

## emotions toolkit

1. Choose an empty box, bag or suitcase of any size you like.
2. Place all 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 connects you to what you like, such as photos of people who support you or places that make you feel peaceful and safe.

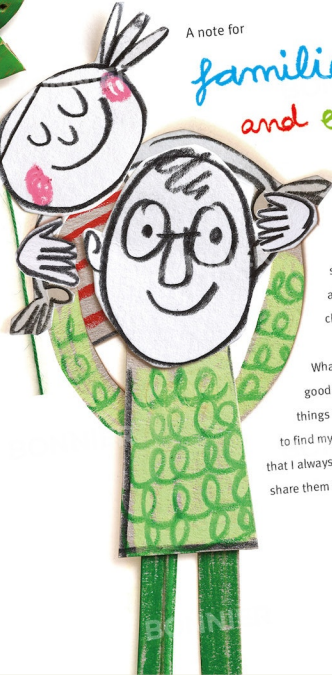
Fill your emotions toolkit with everything that makes you feel good. And remember, there are no rules or limits, include whatever your heart tells you.





A note for

## families and educators



When I wrote *The Colour Monster*, I realised the importance of feeling and naming our emotions. At the time, I was not a mother; and now that I am, I not only believe it is necessary to see and validate my own emotions and needs, but also those of my children. And there the challenge multiplies!

What I have written in my books is born from all the good things I have experienced, but also from the difficult things too. These have been the ones that have helped me to find my way. On this journey, I have collected some treasures that I always carry in my briefcase. Today, I am happy to be able to share them with you.

ANNA LENAS



### We do not learn to regulate ourselves.

We come into the world with a huge capacity to feel emotions, but without knowing how to regulate them. It is as though we have a working compass but without an instruction manual of how to use it. As children, we need an adult who can respond to our needs, both physical and emotional. We need someone to help calm us down and hold us when emotions run high. So that one day, we too will grow into adults who can regulate ourselves and support others.

### Listen to your body, listen to your heart.

The emotions we feel, and the sensations in our bodies that accompany them, are important and we should be taught to listen to and validate them from a young age. We shouldn't minimise them because they often provide us with an insight into who we are and what we need to be okay. Learning to listen to these signs and understand what they tell us will help us to guide ourselves and make better decisions in our daily lives.



### Children should be able to say 'no'.

Educating a child to be compliant and malleable is raising someone to be an adult who will find it very difficult to say 'no', even to things that could be damaging. Allowing them to say 'no' to a situation that bothers them or to something they don't want to do will help to protect them in the future. Understanding and respecting their refusal will help them develop a strong spirit, strength and self-esteem.

### Our love is unconditional.

There should be no conditions when it comes to loving our children. They should be sure that we will always love them. Everyone can get frustrated or angry at times, of course. However, it is important to make it clear to them that it does not mean that we have stopped loving them or that we will abandon them. Our love, our relationship and our bond with them will never be in doubt.

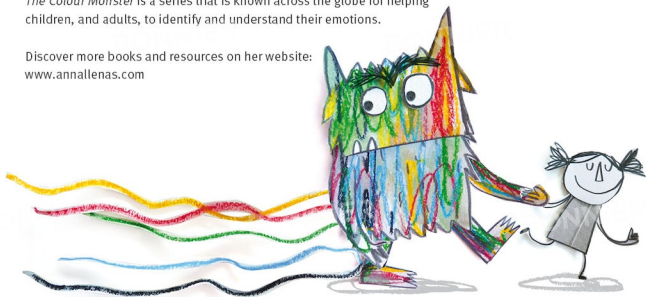
**ANNA LLENAS** is an author and illustrator of books that are full of heart. Her stories are written for both the young and old because they speak to the inner child, and they aim to welcome, reassure and recognise them in some way.

She began her career as a publicist and graphic designer in large advertising agencies. But one day, when she reunited with her brushes and bright colours, she realised that her art and words offered connection and had great healing, transformative power.

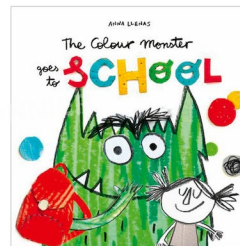
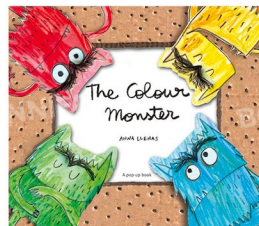
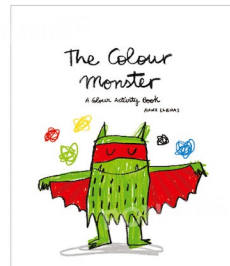
So she decided to change course and explore this new path. She trained as an art therapist and today, in addition to writing stories about emotions, she teaches courses and workshops that help people to grow and develop.

*The Colour Monster* is a series that is known across the globe for helping children, and adults, to identify and understand their emotions.

Discover more books and resources on her website:  
[www.annallenas.com](http://www.annallenas.com)



## More brilliant adventures with the Colour Monster...







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