

The Colour monster

The
Feelings

Doctor

ANNA LENAS



and the
emotions
toolkit





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?”



“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.

