

# **The Colour Monster and The Feelings Bottles**

**In this book by Anna Llenas, the Colour Monster is drawn with lots of different colours in his body - representing his mixed up feelings.**

**Each feeling is described and given a colour.  
He puts each one in a separate bottle.**

**Recognising and naming each feeling helps him  
to feel better.**

**Children love this book because it doesn't shy  
away from feelings that are more difficult to  
talk about. It validates all feelings and  
encourages children to recognise that they can  
feel more than one emotion at the same time.**

**This first simple vocabulary about emotions  
can lead to the gradual introduction of more  
complex words and deeper analysis of the  
emotions they are feeling.**



# Feelings Bottles

Use water with food colouring. Allow the children to fill the bottles according to how they are feeling.

They might be feeling happy (lots in the yellow bottle) but a little anxious (a little in the black), or sad (blue) and a little angry (red). Sometimes our emotions are all "mixed up" and it helps to separate them out.

Let the children fill or empty them during the day according to how their feelings change.

