

The Feelings Monsters

Meet Your Feelings!



by Oliver Bennett

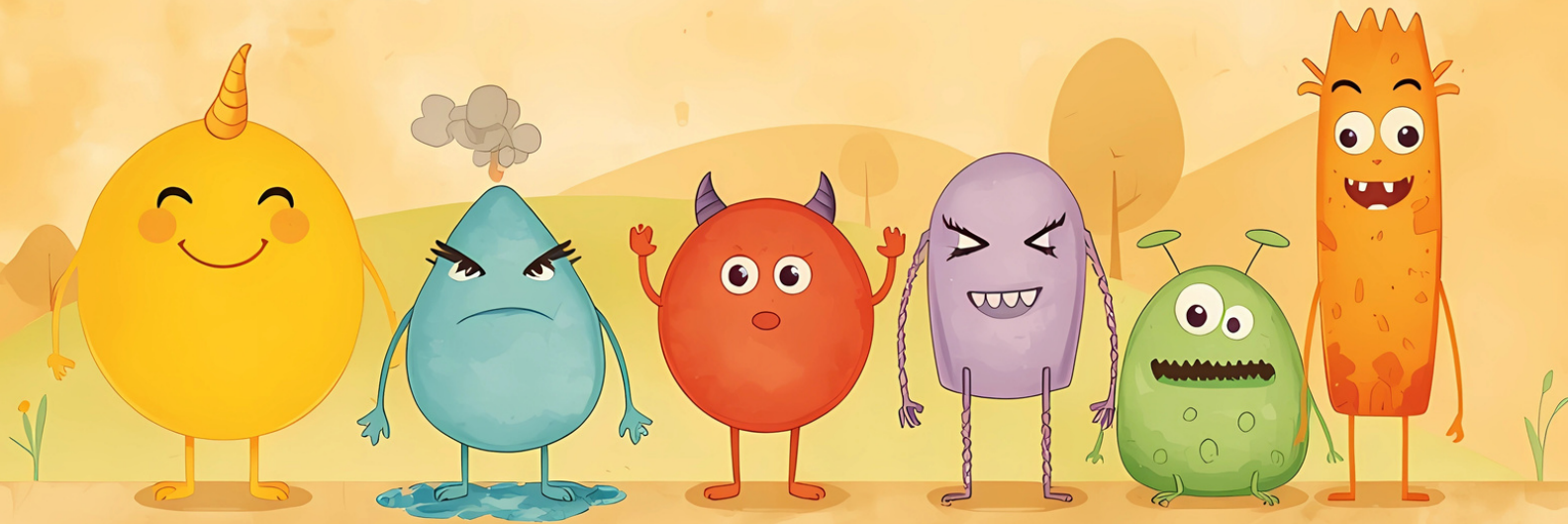
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***In Monster Meadow, feelings
come out to play.***





***Some feelings are big. Some
are small. Meet them all!***

***This is Sunny. Sunny is yellow
and round, with a big smile.***



**When you laugh and jump,
Sunny bounces too!**



***This is Blue. Blue is soft, like
a little teardrop.***



***Feeling sad? Blue gives
warm hugs.***



**This is Rocco. Rocco is red,
with spiky horns.**



**Feeling mad? Rocco stomps his
feet. Stomp, stomp, stomp!**



***This is Shivers. Shivers is
purple, with big wobbly eyes.***



Feeling scared? Shivers holds
your hand.





***This is Ziggy. Ziggy is orange,
with zigzag arms.***

**Feeling excited? Ziggy zooms
and zips!**



***This is Moss. Moss is green,
soft, and slow.***



**Feeling calm? Take a breath
with Moss.**



**Sometimes two monsters visit
at once. That's okay too.**





A wobbly tooth? Ziggy and Shivers both come out.



A lost balloon? Blue and Rocco visit together.

**Feelings change fast, like
clouds in the sky.**



**Sunny after Blue. Rocco
after Shivers. Feelings float
on by.**



**There's no wrong monster to
feel. Every one belongs.**



**You can tell someone which
monster you feel.**



***I feel blue, ' you whisper. Or,
'Rocco's here! ' you shout.***



Saying it out loud makes big feelings feel smaller.



***All six monsters live inside
your heart.***



**They pop out one by one, or
all in a rush.**



At bedtime, Moss tucks each monster in.



**Sunny hums a lullaby. Shivers
isn't scared tonight.**





**Every monster gets a
goodnight hug**



**Which monster visited today?
Point and say hello!**



*Goodnight, Feelings Monsters.
We'll meet again tomorrow.*



THANK YOU



Big feelings? Meet your monster friends!

Sunny, Blue, Rocco, Shivers, Ziggy, and Moss
are the Feelings Monsters, six friends for
every big emotion. A warm, playful story
that helps little ones name their feelings
and feel understood.

Ages 2-6

