

## What are the Colour Monsters?

Happiness, sadness, anger, fear, care and calm. As adults, we understand these emotions – but in the mind of a child these can be confusing or hard to explain; not to mention, awkward or difficult to talk about. And, frankly, they're not easy to explain.

Children tend to have emotional highs and lows throughout their days. This moment's laughter can easily bring on the next moment's tears, and that laughter seems instantly forgotten. So imagine how many of these emotions you're missing, as an adult, when a child is at school, or with friends, or at an after school club or social gathering?

The Colour Monster, a children's book by Anna Llenas, was written to try and tackle this tricky area in an interactive way. It's the story of a little girl finding the Colour Monster, which has its emotions all mixed up – and so she sets out to try and help it through all the confusion. All the monster has to do is identify each feeling (each represented by a colour) and separate them, by understanding how they make it feel.

By doing the same with our children, we help build their understanding of emotions and how they respond to different situations. When children understand these, they can then start making choices on how they react and how they can regulate those emotions.

