

This is the Color Monster.

Today he woke up feeling confused,
and he doesn't know why.



How do
you feel?



Are you all mixed up again,
Color Monster?



I feel happy!

happy



What makes you
happy!



When you're happy,
you laugh and jump and dance and play!
You want to share your happiness with everyone.



Cats make
me happy.





Puppies make me happy.



Mommy makes me happy.



Ice cream makes me happy.

sad

I feel sad.



This is sadness.
It is lonely and blue like a rainy day.
It washes over you like the sea.

What makes
you sad?



This is sadness.
It is lonely and blue like a rainy day.
It washes over you like the sea.



... la vez ma
... escurialeuse.
... a, paladin exa
... uera rampa por donde en
... el poderio hispánico. R.
... menos claustros; estuv
... la voz de los frailes en el
... al Cielo po



A person wearing a black hoodie is sitting on the ground in the rain. They are looking to the left with a thoughtful expression, resting their chin on their hand. The background is a dense, vertical pattern of rain falling against a dark blue background.

Rain makes me sad.

mad



I feel mad!



When you're angry, life can feel unfair.

Sometimes, you want to take out your anger on others.
But I'll be nice to you, Color Monster, and your anger will disappear!



**What makes
you mad?**

Sometimes, you want to take out your anger on others.
But I'll be nice to you, Color Monster, and your anger will disappear!





My brother makes me mad.



My sister makes me mad.

scared

I feel scared!



This is fear
It hides and runs
a mouse in the

**What
makes you
scared?**





Monsters make me scared.



Snakes make me scared.



Spiders make me scared.

I feel calm.

calm



When you're calm,
you breathe slowly and deeply.
You feel at peace.



loving



Uh-oh...I see you're feeling
something new.



You look different, Color Monster!
Tell me...how do you feel now?

I feel loving.

