



Mood monsters



Mood monsters are strange round creatures that



change how they look to show how they



are feeling!



They can change colour several times a



day as their moods change.



Sometimes they are happy and a bright yellow colour,



sometimes they feel sad and turn blue, sometimes



they go bright purple when they get excited,



sometimes they go orange if they get a surprise or



bright red when they're angry or even green if they



feel scared!



Lets find out



more



about the mood



monsters



Happy



mood



monster



When the monsters feel happy, they turn yellow! They are smiley and cheerful.



They are friendly, kind and helpful and like to wave to and cuddle their friends.



They often make friends with the other monsters and help them to feel happy too.



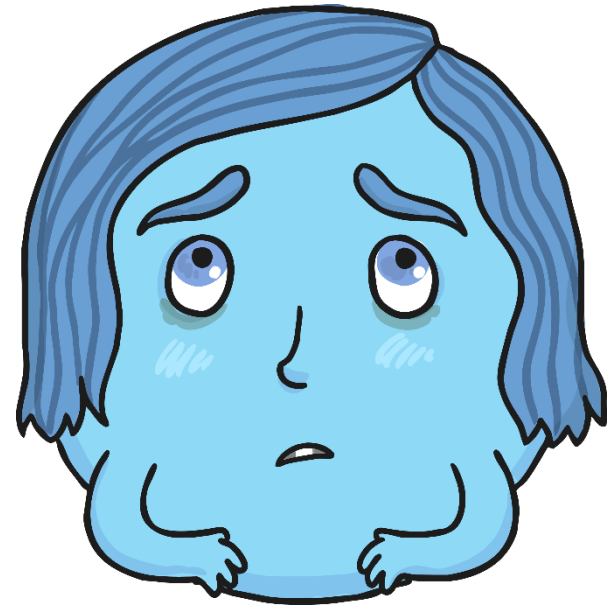
Sad



mood



monster



When the monsters



feel sad,



they turn



blue.



They feel



unhappy

and sometimes



cry.



They often stay

by themselves

and are



very



quiet.



To change how they



feel

they make



friends,



talk to



others



and get



help



to work out



how to



solve



their



problems.



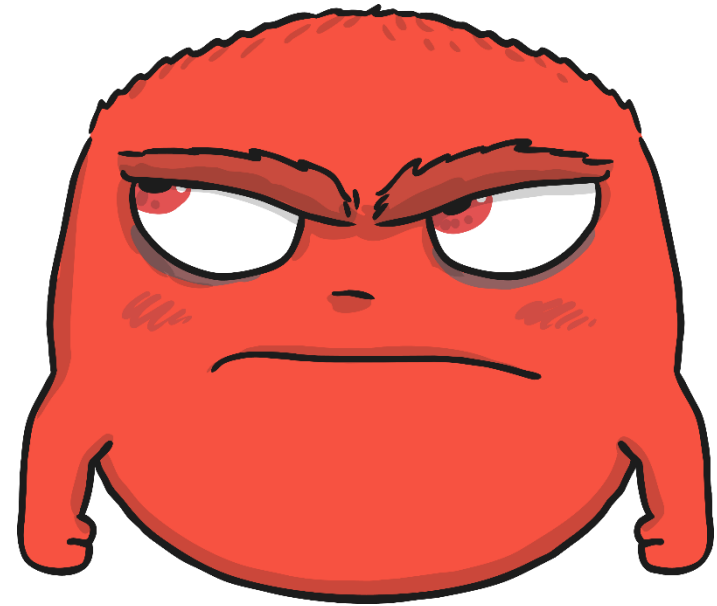
Angry



mood



monster



When the monsters feel angry, they turn red! They feel cross and irritable.

They stamp around and sometimes shout. They are noisy and other monsters are sometimes scared of them.

To change how they feel they sit quietly and calm down, talk to others and think carefully to work out ways to solve their problems.



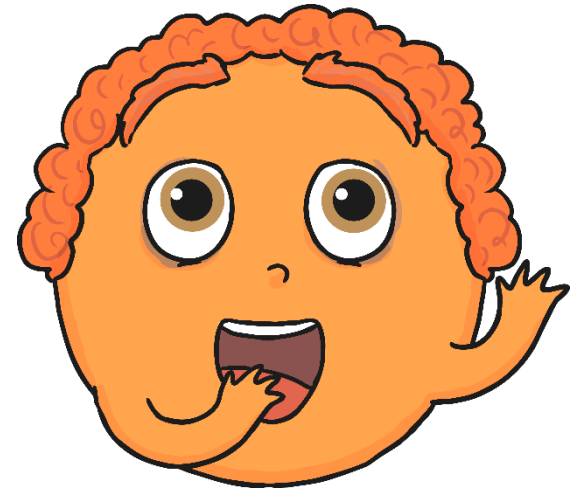
Surprised



mood



monster



When the monsters feel surprised, they turn orange! They feel happy and a little shocked!



They never know what to expect. They sometimes have big eyes and a big round mouth.



They have big bushy eyebrows which are often high up near their hair!



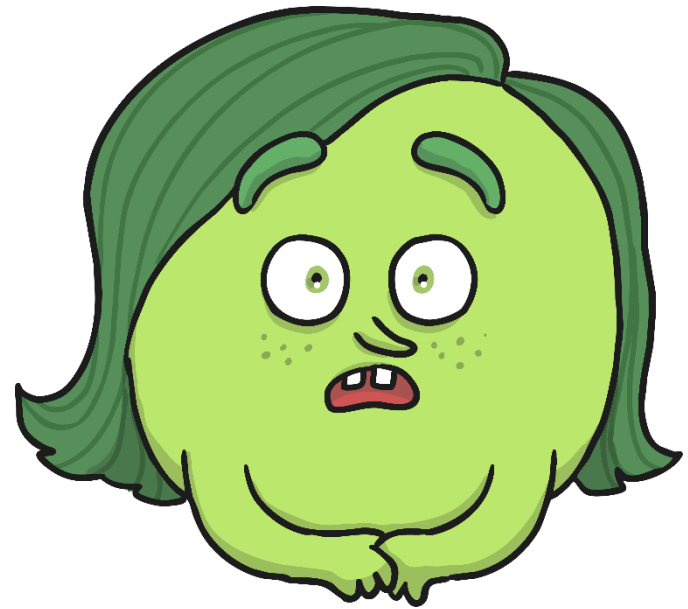
Scared



mood



monster



When the monsters are scared, they turn green! They often scamper around quietly and tiptoe



quickly



from place



to place. They



like



to hide



under



or behind things



and can be very quiet.



To change how they



feel



they talk to



others

about what



frightens



or worries



them.



Excited



mood



monster



When the monsters feel excited, they turn purple! They often bounce around and often jump up and down



with excitement! They move very quickly and often fire themselves out.



Sometimes they have to stop to rest before bouncing around again!