

Mood Monsters



twinkl

Mood Monsters

Are you ready to meet the Mood Monsters?

These strange round creatures often 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! Sometimes they feel calm and a **light blue**, other times they are tired and turn **teal green** or bright **pink** if they feel worried.

Let's look at each Mood Monster. See if you can tell how each Mood Monster is feeling!

How do you think I feel?

Mood Monster



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

Happy

Mood Monster



Can you think of a time when
you were happy?

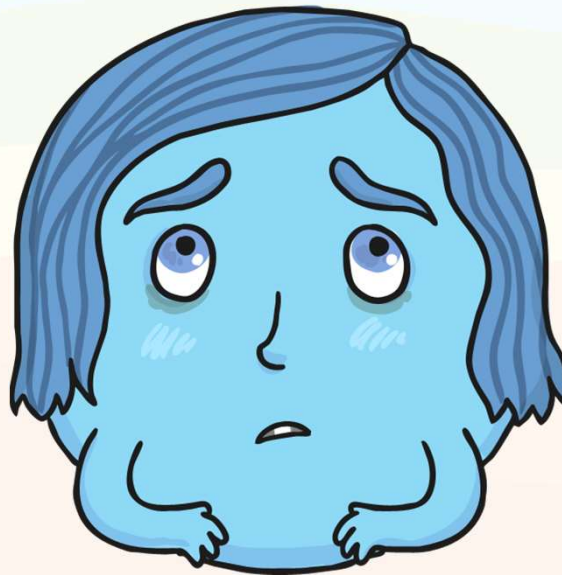
What were you doing?

What makes you happy every
day?

Where in your body do you feel
this emotion?

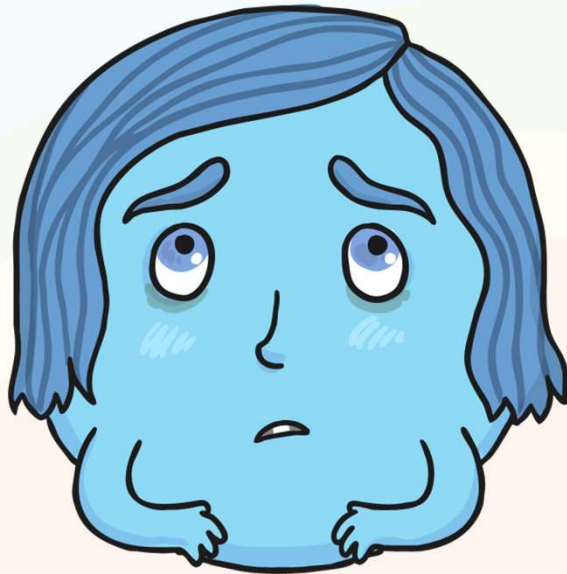
How do you think I am feeling?

Mood Monster



Sad

Mood Monster

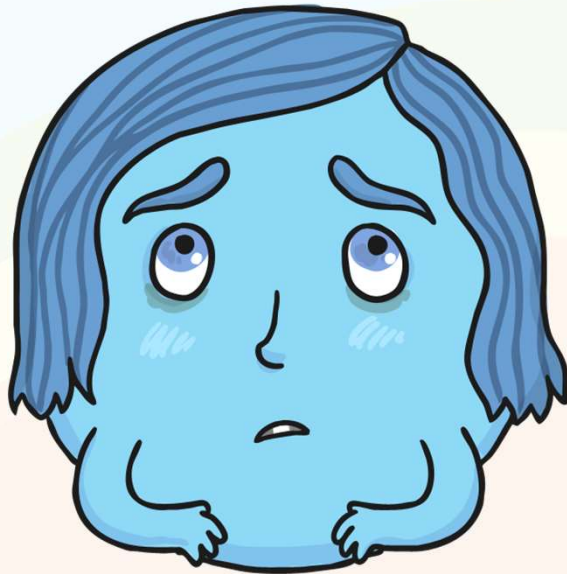


When the monsters feel sad, they turn blue. They feel unhappy and sometimes cry. They often stay by themselves and are very quiet.

To change how they feel, they make friends, talk to others and get help to work out how to solve their problems.

Sad

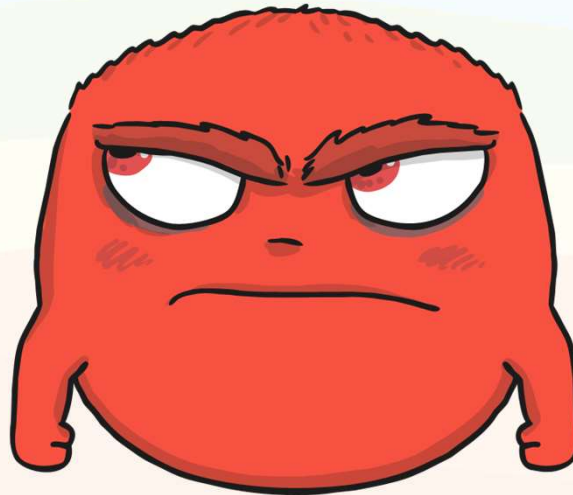
Mood Monster



Can you think of a time when
you have felt sad?
What helped you to feel better?
Do you think it is okay to feel
sad?
Where in your body do you feel
this emotion?

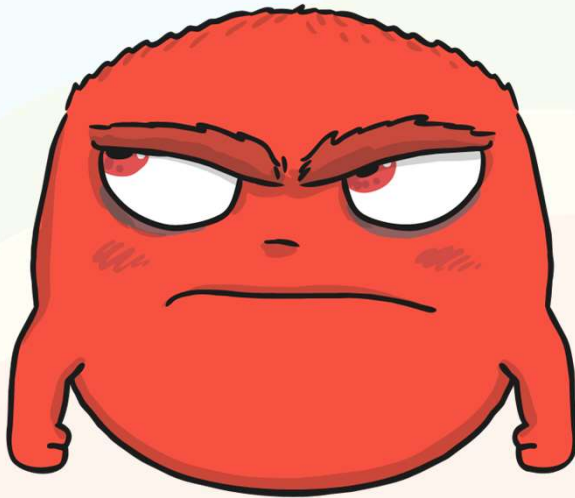
How do you think I am feeling?

Mood Monster



Angry

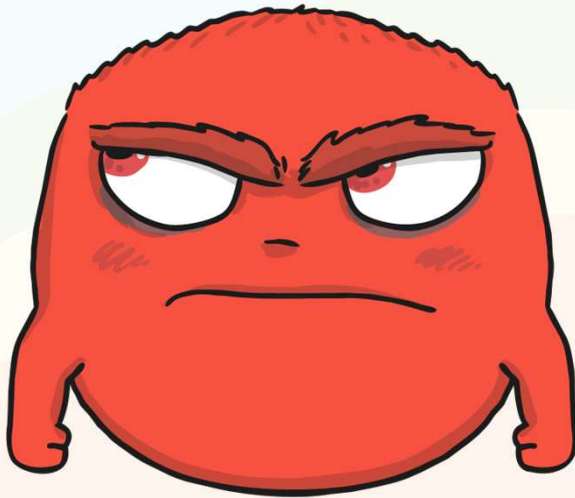
Mood Monster



When the monsters feel angry, they turn red! They feel cross and irritable. They stamp around and sometimes shout. They are often 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.

Angry

Mood Monster



Can you think of a time when
you have felt angry?

What did you do?

How do people know when you
are angry?

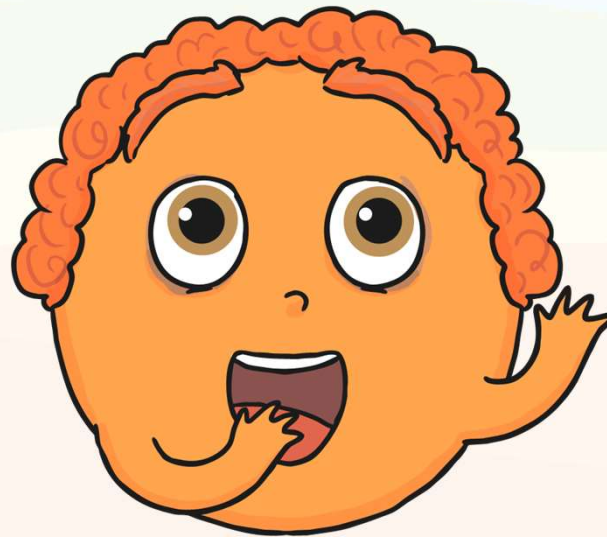
What helped you to feel better?

Do you think it is okay to feel
angry?

Where in your body do you feel
this emotion?

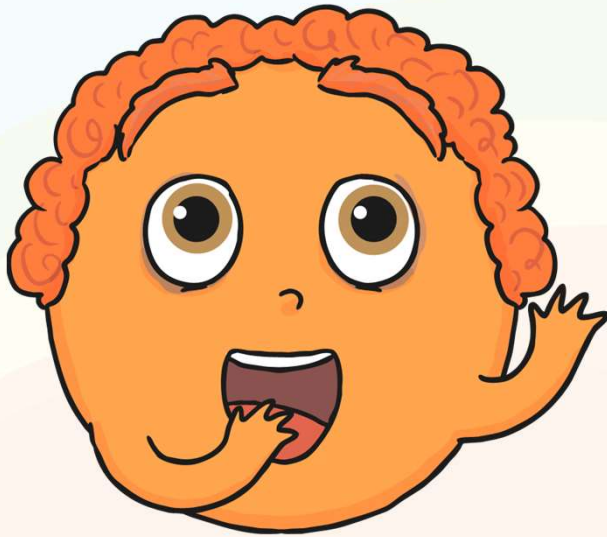
How do you think I am feeling?

Mood Monster



Surprised

Mood Monster



When the monsters feel surprised, they turn orange! They feel happy and a little shocked! They never know what to expect and sometimes jump in surprise! They have big eyes and a big round mouth. They have big bushy eyebrows which are often high up near their hair!

Surprised

Mood Monster



Can you think of a time when
you have felt surprised?
What did you do?
What makes a good surprise?
Where in your body do you feel
this emotion?

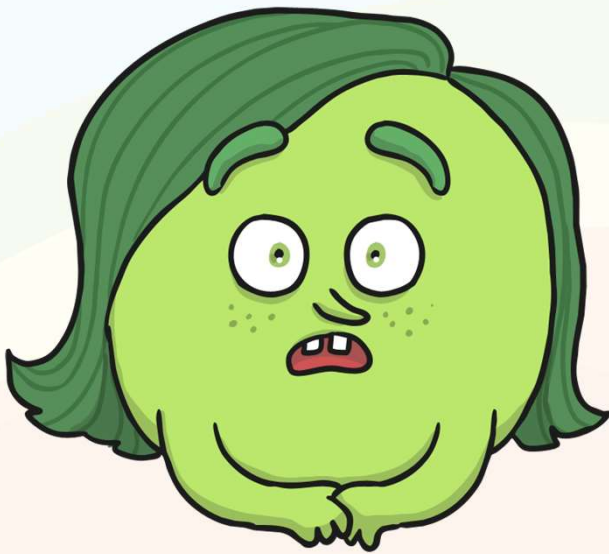
How do you think I am feeling?

Mood Monster



Scared

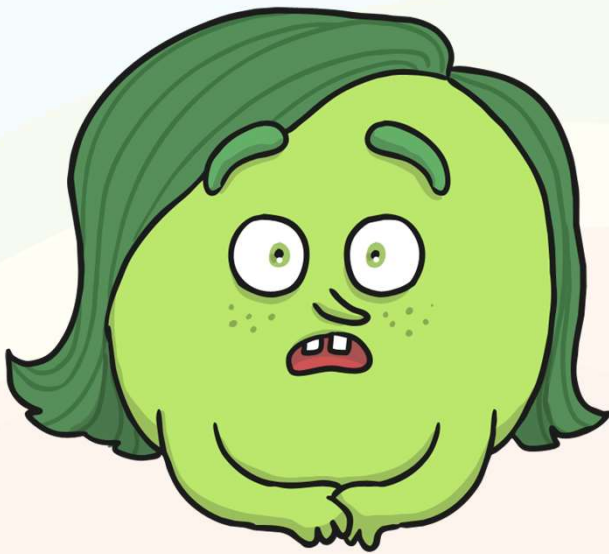
Mood Monster



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.

Scared

Mood Monster



Can you think of a time when
you have felt scared?

What did you do?

How do people know when you
are scared?

What helped you to feel better?

Do you think it is okay to feel
scared?

Where in your body do you feel
this emotion?

How do you think I am feeling?

Mood Monster



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 tire themselves out. Sometimes they have to stop to rest before bouncing around again!

Excited

Mood Monster



Can you think of a time when
you have felt excited?

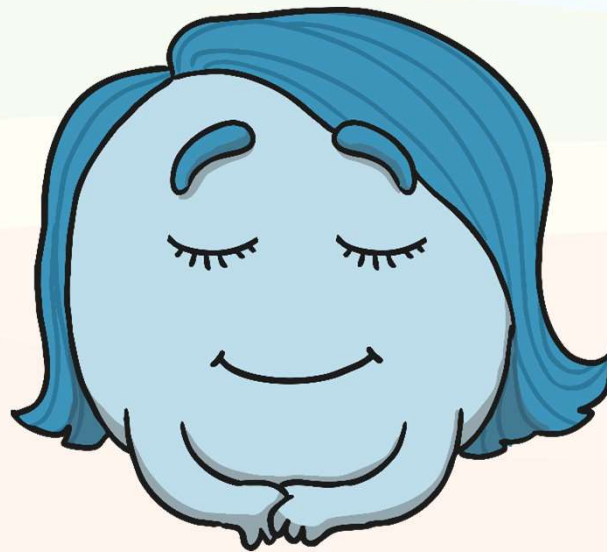
What did you do?

How do people know when you
are excited?

Where in your body do you feel
this emotion?

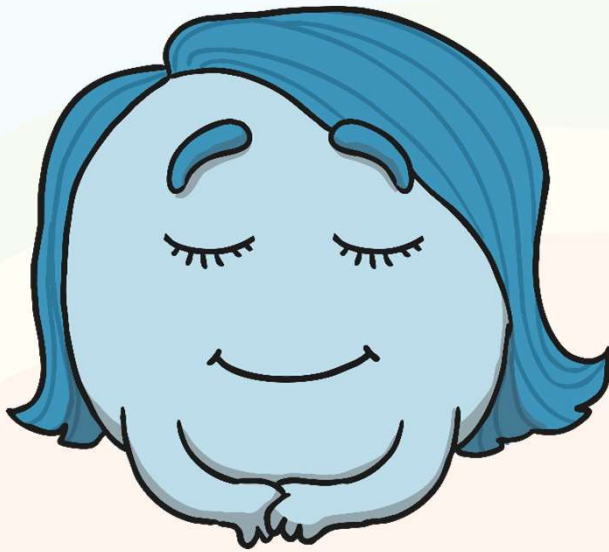
How do you think I am feeling?

Mood Monster



Calm

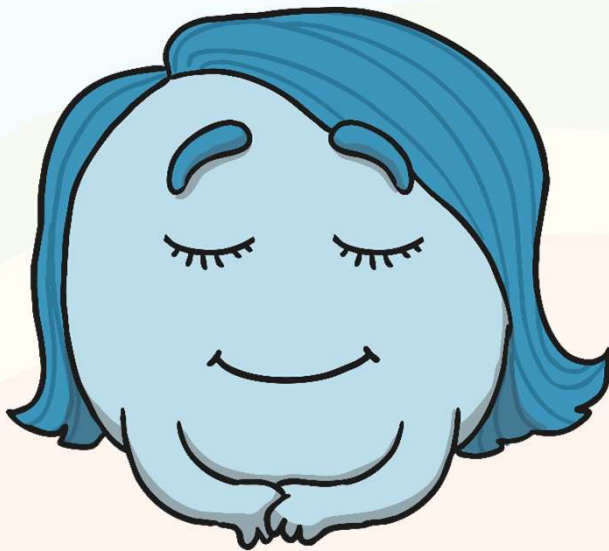
Mood Monster



When the monsters feel calm, they turn blue/grey! They are often relaxed, sitting comfortably and do not feel stressed. They have a clear mind and can make great choices when they are learning, making decisions or talking in front of others. They will often find the other monsters like to be near them and make the other monsters feel calm too.

Calm

Mood Monster



Can you think of a time when
you have felt calm?

What did you do?

How do you make yourself feel
calm?

Where in your body do you feel
this emotion?

How do you think I am feeling?

Mood Monster



Worried

Mood Monster



When the monsters feel tired, they turn green/grey! They often look pale and yawn a lot. Look out for dark circles under their eyes as a sign of feeling tired. They can be in a bad mood or feel angry and tearful without knowing why. Treat them gently and be patient as they will feel better after a good sleep!

Worried

Mood Monster



Can you think of a time when
you have felt worried?

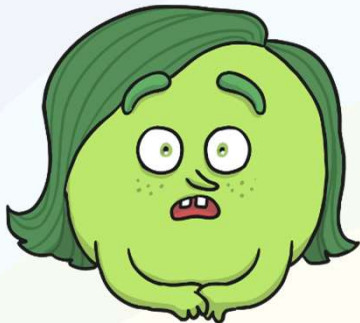
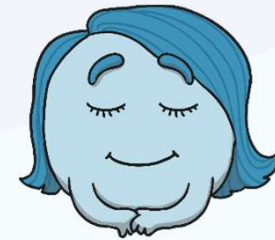
What did you do?

How do people know when you
are worried?

What helped you to feel better?

Do you think it is okay to feel
worried?

Where in your body do you feel
this emotion?



- Do you think we can feel more than one emotion at a time?
- How could we try and work out what we are feeling?

Let's look at this story by Anna Llenas

<https://www.youtube.com/watch?v=RCfKFEWZpEY> (stop at 3mins).

