## 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 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.

## 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.