



# I Feel You!

## Exploring Feelings

**Story:** *The Color Monster: A Story about Emotions* by Anna Llenas <https://bit.ly/3AEZSwY>

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**More Stories:** *Big Feelings* by Alexandra Penfold <https://bit.ly/3G55gKK>

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**Songs:** *The Feelings Song* by Miss Molly <https://bit.ly/3G1B4Qw>  
*Kids Feelings and Emotions Song* by Diane Alber <https://bit.ly/3rSZt5M>

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### **Craft:** Make Your Own Color Monster!

Make Your Own Color Monster!

You will need: Crayons or markers  
scissors  
yarn if you like

1. Print out the Monster on page 2.
2. Cut it out. You may want to glue it onto to cardboard if you choose to add yarn.
3. Color your monster in the color you're feeling. If your feelings are all mixed up, color your monster many colors. Wrap yarn around it to make it more colorful if you like.
4. Add eyes and a mouth to match the way you're feeling!



### **Have fun!**

We will have a new Storytime to Go available March 1.



Rolling Meadows Library • Youth Services  
3110 Martin Lane • Rolling Meadows, IL 60008  
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