

MOOOO MONSTERS



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MOOD MONSTERS

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ANGER



Imagine you have a “feelings volcano” inside you. Most of the time, it’s calm, with little puffs of smoke that represent your everyday feelings. But sometimes, when something doesn’t go your way—like when someone takes your toy or you spill your ice cream—your volcano starts to rumble.

That rumbling is anger!

When the rumbling gets stronger, your volcano might explode with hot lava! That lava is like shouting, stomping, or crying. It’s not bad to have a volcano; everyone has one! But just like real volcanoes, we need to learn how to keep our volcano calm. We can cool it down with things like deep breaths, counting to ten, talking to a grown-up, or doing something fun.

So, whenever your volcano starts rumbling, remember: you’re the volcano boss, and you can keep it calm!

SADNESS



Imagine your heart is like a little weather cloud inside you. Most days, it's sunny, with a few fluffy clouds floating by. But sometimes, when things don't go as you'd like—like when your best friend can't play, or your favourite toy breaks—the sun hides behind the clouds, and it starts to rain. **That rain is sadness.**

But here's the cool part: just like real rain helps flowers grow, sadness helps us understand our feelings and makes us stronger. And guess what? Rainy days don't last forever! You can brighten your weather cloud by doing things you love, talking to someone you trust, or giving yourself a big hug.

So, when your heart feels rainy, remember: you have the power to bring back the sunshine!

HAPPINESS



Imagine you have a little balloon inside you, and it fills up with joy every time something makes you smile or feel good. When you play with your friends, eat your favourite snack, or hear a funny joke, your happiness balloon gets bigger and brighter, lifting you up like **you're floating in the sky!**

Sometimes, your balloon might even be so full that it makes you giggle, skip, or dance around! It's like having your own little sunshine that you carry everywhere you go. And the best part? You can share your happiness balloon with others through kind words, big smiles, or hugs, and help fill their balloons too.

So whenever you feel your balloon floating high, enjoy the ride and spread that happy feeling around!

ANXIETY



Imagine you have a little worry monster living in your brain. Most of the time, the worry monster is quiet and small, just hanging out. But sometimes, when you have to do something new, like speaking in front of the class or going to the doctor, the worry monster wakes up and starts bouncing around. It whispers “what if?” questions, like “What if I forget what to say?” or **“What if it hurts?”**

The more it bounces, the louder it gets, and that’s when you start to feel nervous, like you’ve got butterflies in your tummy or your heart is racing. But guess what? You’re the boss of the worry monster! You can calm it down with deep breaths, talking about your feelings, or doing something you enjoy, like drawing or listening to music.

So when the worry monster starts to bounce, remind it that you’ve got this, and you can help it chill out and relax!

EMOTIONS

We all have them, and the more we talk about our feelings, the better we understand emotions, and understand ourselves.



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