

How are YOU?

Explore your feelings with Love Monster and Tiniest Fluffiest Bunny!



Draw around all the words that describe you.

kind

playful

calm

caring

chatty

funny

brave

friendly

What other words describe you? Tell your grown-up!

curious

Draw to show how you're feeling each day.



Doodle corner!

Colour and draw with Tiniest Fluffiest Bunny.



Like Love Monster, your little one might be full of feelings. Encourage them to show these in healthy ways. They could try using up any frustrated energy by clapping or jumping.

Colouring helps me feel calm! What helps you feel calm?

How are you feeling today?

Sleepy Happy Silly Worried

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday