

# THE COLOUR MONSTER'S CALM DAY



BY [CHILDBOOK.AI](https://childbook.ai)

Colour Monster woke up feeling very excited. Today was art day at school! He jumped out of bed. His body felt like it was full of bouncing balls. "I feel so excited!" he said. His friend Blue Bird smiled. "Let's take three deep breaths together," said Blue Bird. Colour Monster breathed in and out slowly. "That helps," he said with a smile.



At breakfast, Colour Monster tried to pour juice. Splash! It spilled everywhere. "Oh no!" he cried. He felt frustrated. His face turned red. Teacher gently said, "It's okay. Mistakes happen." She showed him how to use two hands. Colour Monster tried again. This time it worked! "I did it!" he cheered happily.





The classroom was very noisy and busy. Colour Monster felt overwhelmed. Too many sounds! Too many friends! "I need space," he told Teacher quietly. "Good job asking," Teacher said proudly. She helped him find a quiet corner. Colour Monster sat with a soft cushion. After a few minutes, he felt much better.



Art time finally arrived! Colour Monster painted a beautiful rainbow. He used red, blue, yellow, and green. "Look at my picture!" he showed his friend Rabbit. "It's wonderful!" said Rabbit. Colour Monster felt so proud and happy. Creating art made him feel calm inside. He smiled a big, colourful smile.





After art, Colour Monster tried a puzzle. One piece wouldn't fit right. He pushed and pushed. "Why won't you work?" he said, feeling frustrated again. His hands felt tight. Teacher noticed. "Let's try turning it," she suggested gently. Colour Monster turned the piece. Click! It fit perfectly. He took a deep breath.



Teacher played soft, gentle music. "This helps us feel calm," she explained. Colour Monster closed his eyes and listened. The music sounded like water flowing. His shoulders relaxed. His breathing slowed down. "I like this song," whispered Colour Monster. Blue Bird nodded. "Music is like a hug for your ears," said Blue Bird sweetly.





Outside, Colour Monster ran and played. He climbed on the jungle gym. He swung on the swings. "Wheee!" he shouted with joy. Playing outside felt wonderful! His body needed to move and wiggle. After running around, he felt less wiggly inside. "Exercise helps too," Teacher explained. Colour Monster agreed completely.



Back inside, Colour Monster yawned big. His legs felt heavy. His eyes wanted to close. "I'm so tired," he told Teacher. "Your body worked hard today," she said kindly. Teacher brought him a cozy blanket. Colour Monster rested on the soft reading rug. Just a short break was all he needed.





Teacher read a peaceful story. Colour Monster listened quietly on his cushion. The story was about stars and moonlight. His breathing became slow and steady. Rabbit sat next to him. They looked at the pretty pictures together. "I feel calm now," whispered Colour Monster. Story time was his favorite quiet activity.



Snack time came next. Colour Monster ate crackers and apple slices. He chewed slowly and carefully. "Eating slowly helps us feel calm," said Teacher. Colour Monster noticed she was right. He wasn't rushing anymore. Blue Bird shared some grapes with him. "Thank you, friend," said Colour Monster. Friends make everything better.





During play time, Colour Monster started feeling frustrated again. But this time, he remembered his strategies. He took three deep breaths. He asked for space when he needed it. He listened to quiet music. "I'm using my tools!" he said proudly. Teacher gave him a high five. "You're doing great!"



At the end of the day, Colour Monster felt calm and happy. He had felt many emotions today. Excited, frustrated, tired, and calm. But he learned helpful strategies. "I can handle my feelings," he said. Teacher hugged him gently. "Yes, you can," she agreed. Colour Monster smiled. Tomorrow would be another good day.





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