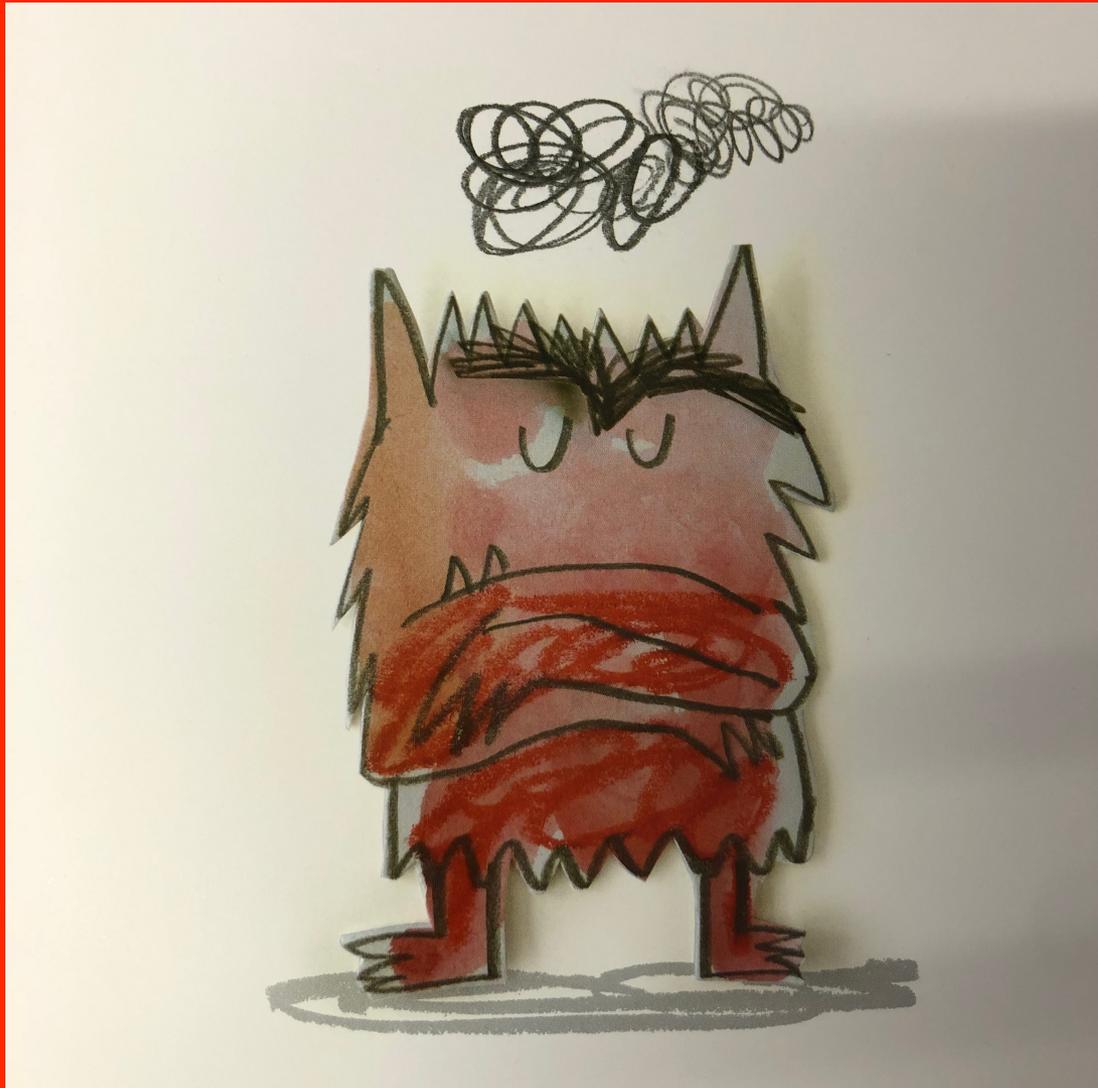




This is happiness.
It shines yellow like the sun and
twinkles like the stars.



This is sadness.
It's gentle like a blue rainy day.



This is anger.
It blazes red like fire.



This is fear.
It is black like the night and hides in
shadows like a scaredy cat



This is calm.
It's quiet like the trees and soft like
their leaves.

Today's Task

Choose a feeling and have a go at describing what it is like. You could try comparing it to something else by using a simile. Describe how you behave when you are feeling the emotion.

Draw a picture to illustrate what it's like when you feel the emotion. Think about how you can use colour to express your feeling, like the in book.