**“The color of emotions “**

**(**traduction by Ida Lutgen**)**

1. This is the color monster. Today, he got up on the wrong side of the bed. He feels strange … In his head and his heart, everything is confused and jumbled!
2. But what are you doing’ said her friend, the little girl. Here you are all smeared. Did you get your brushes mixed up again?
3. Well, come on, follow me.
4. Look at this mess! Your emotions are all over the place! Your heart is a real mishmash. How can you find your way around?
5. I will give you a tip: your emotions, start by separating them, then put each one in a labeled bottle. That way, you will see them more clearly. If you want, I can help you to recognize them and to put them in order so that you find your well-being. Do you agree?
6. Let’s start with … joy. Joy is contagious, wonderful. It shines like the sun, and makes the heart vibrate like a bee.
7. When you are happy, you want to laugh, to jump, to play and to dance. And you want to share your joy with those you love, with the whole world!
8. Sadness overwhelms us. Immense as the sea, melancholic as a rainy day, it chills our heart and numbs it.
9. When you are sad, you don’t want anything. If you miss someone, you feel alone, abandoned. Sometimes tears flow from your eyes.
10. Anger is devastating. It bursts like a storm. It ignites our heart and burns everything in its path, like a destructive flame.
11. When you are angry, you feel like you are exploding. You pour out your rage on others, sometimes you scream and can't stop.
12. Fear is cowardly, devious. It chokes our heart like a snake, it hides in the night like a thief.
13. When you are afraid, you feel small, weak, unable to act calmly. And you can become mean.
14. Serenity rocks us. It is soft like a mother, light like a leaf in the wind.
15. When you are calm, your heart breathless slowly, life goes on easily. Everything seams easy.
16. These are the emotions which were overwhelming you this morning! You see, they each have a different color.
17. And when they are tidy, it becomes easier to understand them. It’s better that way, isn’t it? Knowing what you feel is important. Joy, sadness, anger, fear, serenity.
18. But what happens to you now?
19. Let’s see, can you tell me what you feel?
20. And that is the end of the story. Everything is well that ends well! Goodbye / See you again!