

The feelings Monsters a Children's book about Emotions

J Jameson





For every child learning to welcome all their feelings. Mia sits very still. She feels something warm in her chest. She puts her hand over her heart. Something magical is happening.





Mia closes her eyes. Suddenly, she sees a little house. It glows softly, right inside her chest. "A heart-house!" Mia whispers. Mia opens the door. She steps inside. The heart-house is cozy and warm. It has soft lights and colorful rooms.





A bright yellow monster bounces up. It has a huge smile. "Hi! I'm Happy!" it says. Mia smiles back. Mia and Happy dance around. They laugh and play. The heart-house feels wonderful. "I love having you here!" Mia says.





A blue monster appears. It has droopy eyes. "I'm Sad," it says softly. Mia's smile fades. A red monster stomps in. It has furrowed brows. "I'm Angry!" it announces. Mia steps back.





Mia looks at all three monsters. She likes Happy best. "I only want Happy here," she says. Sad and Angry look down. Mia takes Sad's hand. She walks toward the door. "You should go," Mia says. Sad follows slowly.





Mia points to the door. "You too, Angry," she says. "I don't need you here." Angry walks toward the door. Sad and Angry go outside. They look back at Mia. Their eyes are kind. Then the door closes.





Mia sighs with relief. "Just us now, Happy!" she says. They play together. But something feels wrong. The heart-house feels empty. Some rooms have no light. Mia tries to ignore it. Happy isn't bouncing as high.





The next day, Mia comes back. Sad is in the blue room. "How did you get in?" Mia asks. Sad just sits quietly. Mia leads Sad out again. She turns around. Angry is in the red room! "You're back too?" Mia says.

SADNESS



SADNESS





Mia finds locks for the doors. Click! Click! "Stay out!" she calls. She locks the blue and red rooms. But the locks don't work. Sad appears in the blue room. Angry appears in the red room. They always come back.





Mia tries hiding Sad. She puts a blanket over the monster. But Sad sits there patiently. The blanket doesn't help. Mia pushes Angry into a closet. She closes the door tight. But Angry comes right back out. Nothing keeps Angry away.





Mia runs from room to room. The heart-house feels wild. Happy watches quietly. Mia is so tired. Mia sits down on the floor. She looks at Sad and Angry. "Why won't you leave?" she asks. Her voice is small.





"Because we live here too," Sad says. Angry nods and adds, "We're part of you." Mia doesn't understand yet. Mia is too tired to fight. She leaves her heart-house. She feels confused. Nothing makes sense.





Outside, in the real world, Mia loses her favorite toy. She searches and searches. She can't find it anywhere. Mia goes to her heart-house. Sad is waiting in the blue room. Tears fill Mia's eyes. Her chest feels heavy.





Sad comes and sits beside her. "It's okay to cry," Sad says gently. Mia lets the tears fall. Sad stays close. After crying, Mia feels better. The heavy feeling is gone. "Thank you, Sad," Mia whispers. Sad smiles softly.





Another day comes. Someone takes Mia's swing. They won't give it back. Heat rises in Mia's chest. In the heart-house, Angry appears. Angry stands tall in the red room. "That's not fair!" Angry says. Mia feels the words inside.





Mia finds her voice. "Excuse me, it's my turn!" she says. Her voice is clear and strong. Angry helped her speak up. The other child gives back the swing. Mia feels proud. Angry nods with approval. "Good job," Angry says.





Back in her heart-house, Mia looks at Sad and Angry. "You both helped me," she says. Wonder fills her voice. Happy bounces over. Happy hugs Sad and Angry. "We're all a team!" Happy says. The three monsters smile.





Mia kneels down. She looks at Sad and Angry. "I'm sorry I pushed you away. I didn't understand before." "You belong here," Mia says. "Just as much as Happy does." She opens her arms wide. All three monsters belong.





The monsters gather around Mia. They hug her warmly. The heart-house glows bright. It feels complete now. The monsters move through the house. Each has their own special room. But they're all connected. They're all together.





"Sad helps me cry and heal," Mia says. She understands now. Sad smiles gently at her. "I'm here when you need me." "Angry helps me stand up," Mia says. "You show me when something's wrong." Angry stands proud and strong. "That's my job," Angry says.



Joy is for celebrating!



"Happy helps me feel joy," Mia says. "You help me enjoy good moments." Happy beams and bounces high. "I love making you smile!" "Together, you help me be me," Mia says. She looks at all three monsters. Love fills her heart-house. They all belong.





Now Mia visits every day. All three monsters live in harmony. Each has their colored room. The heart-house is home. Sometimes Happy is loudest. Sometimes Sad needs attention. Sometimes Angry has something to say. And that's perfectly okay.





Mia puts her hand on her chest. She smiles big and wide. "My heart-house is complete," she says. All her feelings are inside. "All my feelings have a home," Mia says. "They all live in here. And that makes me whole." The heart-house glows with warmth.





Mia stands in the real world. She feels confident and peaceful. Her chest glows softly. All her Feelings Monsters are home. A Note to Grown-Ups: All feelings are important. When children learn that every emotion has value and purpose, they develop emotional intelligence and resilience. Sad helps us process loss. Angry helps us recognize injustice. Happy helps us celebrate and connect.

