





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.