

The book cover features a rich red, pebbled texture. A decorative gold-tooled border frames the cover, consisting of a double-line outer border and an inner border with intricate scrollwork and floral motifs. The central text is printed in a clean, white, sans-serif font.

THE BOOK OF  
WONDERFUL  
LITTLE  
MONSTERS



Imaginari  
Theatre



# THE BOOK OF WONDERFUL LITTLE MONSTERS



**Imaginari  
Theatre**



SPECIALY COLLECTED BY  
THE  
INCREDIBLE  
SCIENTIST OF EMOTIONS

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# DEAR SCIENTIST OF EMOTIONS,

We're super excited you're here! We've been on a big adventure to catch these amazing little creatures, and now we need your help to learn more about them.

Would you like to join us in our quest to investigate and study them? Each of these little monsters is known by their favourite emotion, and as we study them, we can also learn more about our own feelings.

Emotions are like secret messengers from your mind and body, and listening to them helps us understand ourselves and others better. We invite you to join us in exploring and researching these intriguing creatures:

Bally, The Happy

Zory, The Worry

Dalm, The Calm

Fenry, The Angry

Lurious, The Curious

Pad, The Sad

Nilly, The Silly

Fled, The Scared.

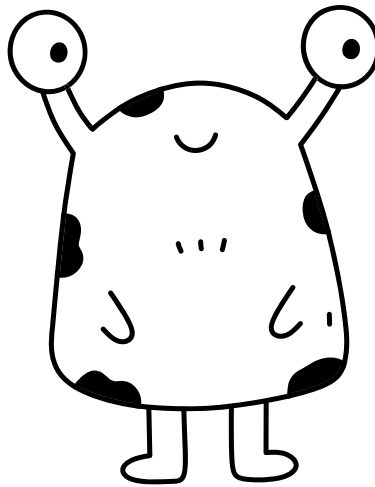
Each and every one of these fantastic little monsters is special. It's perfectly okay to feel sad, angry, scared, and even other tricky emotions sometimes. Do you know why? Because those feelings have their own special messages, and when you get to know them, they can help you make really smart choices. So, grab some colourful pens and pencils, get ready to have fun, and let's get started!

We're cheering you on as you dive into your research adventure!

*Dr. Ophelia and the Imaginari Theatre Crew*



# HI! I'M BALLY, THE HAPPY



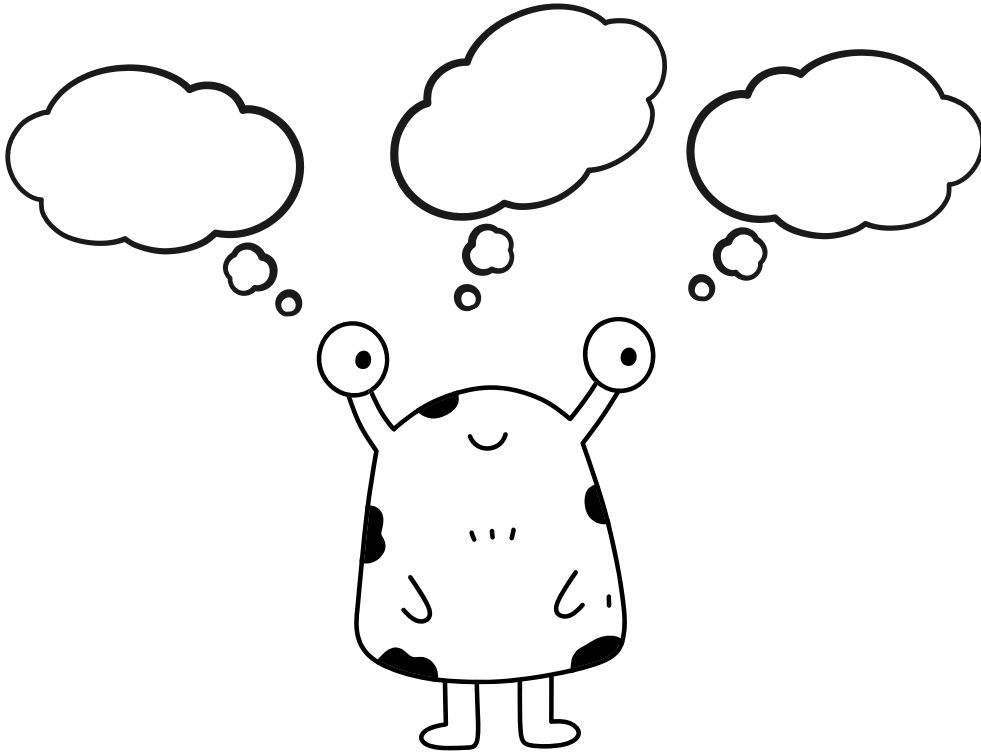
(Colour me in!)

Where does Bally, The Happy live? Can you draw her house and all the things that she loves to do? What's her favourite animal? What's her favourite colour? You can draw or write, if you prefer.



# BALLY, THE HAPPY & YOU

What do you think Bally, The Happy is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

What makes me happy is...

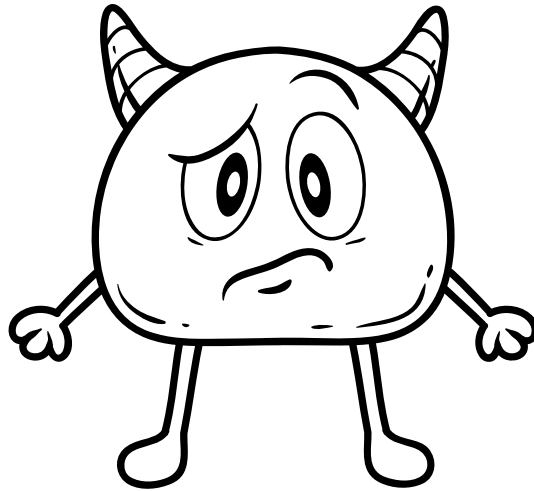
My tool box

What can I do to feel happy more often?





# HI! ZORY, THE WORRY



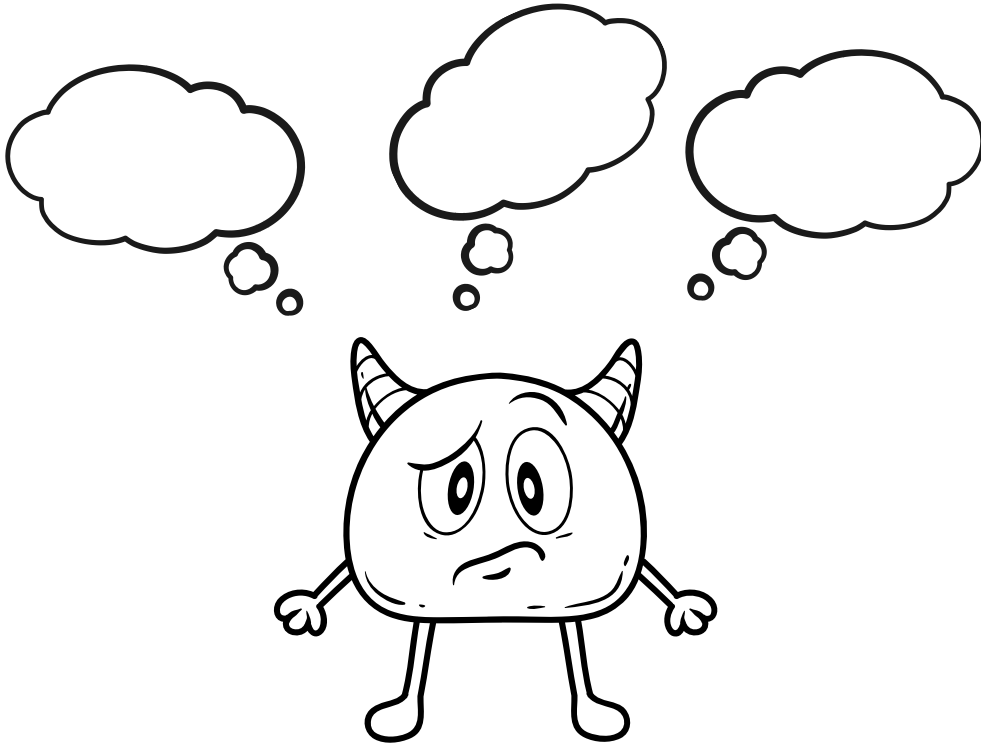
(Colour me in!)

Where does Zory, The Worry live? Can you draw his house and all the things that he loves to do? Does he has a favourite animal? Or maybe a favourite colour? You can draw or write, if you prefer.



# ZORY, THE WORRRY & YOU

What do you think Zory, The Worry is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

What makes me worried is...

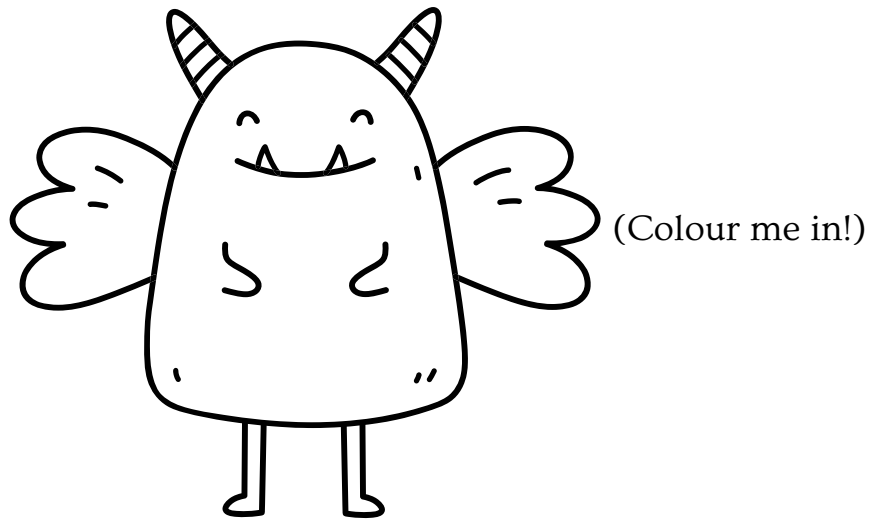
My tool box

What can I do when I am feeling worried?





# HI! I'M DALM, THE CALM



Can you draw Dalm, The Calm's house and all the things that he loves to do? Does he has a garden? What's his favourite food, animal and colour? Does he has friends? You can draw or write, if you prefer.



# DALM, THE CALM & YOU

What do you think Dalm, The Calm is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

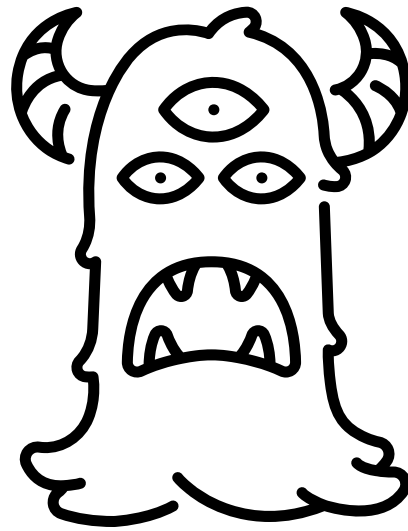
What makes me calm is...

My toolbox

Do I want to feel more relaxed? What can I do to feel more calm?



# HI! I'M FENRY, THE ANGRY



(Colour me in!)

What would be a great place for Fenry, The Angry to live? You can draw his house here. What does he like to do? Does he has a pet or a favourite hobby? What's his favourite colour? You can draw or write, if you prefer.

# FENRY, THE ANGRY & YOU

What do you think Fenry, The Angry is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

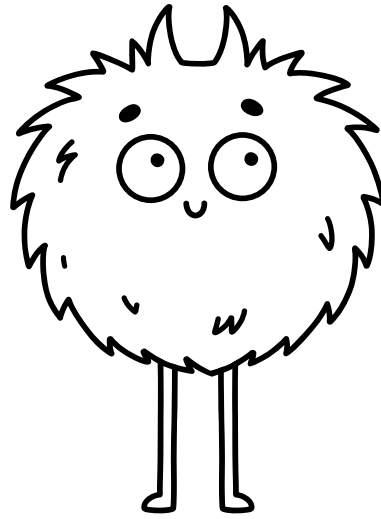
What makes me angry is...

My toolbox

What can I do when I am feeling angry?



# HI! I'M LURIOUS, THE CURIOUS

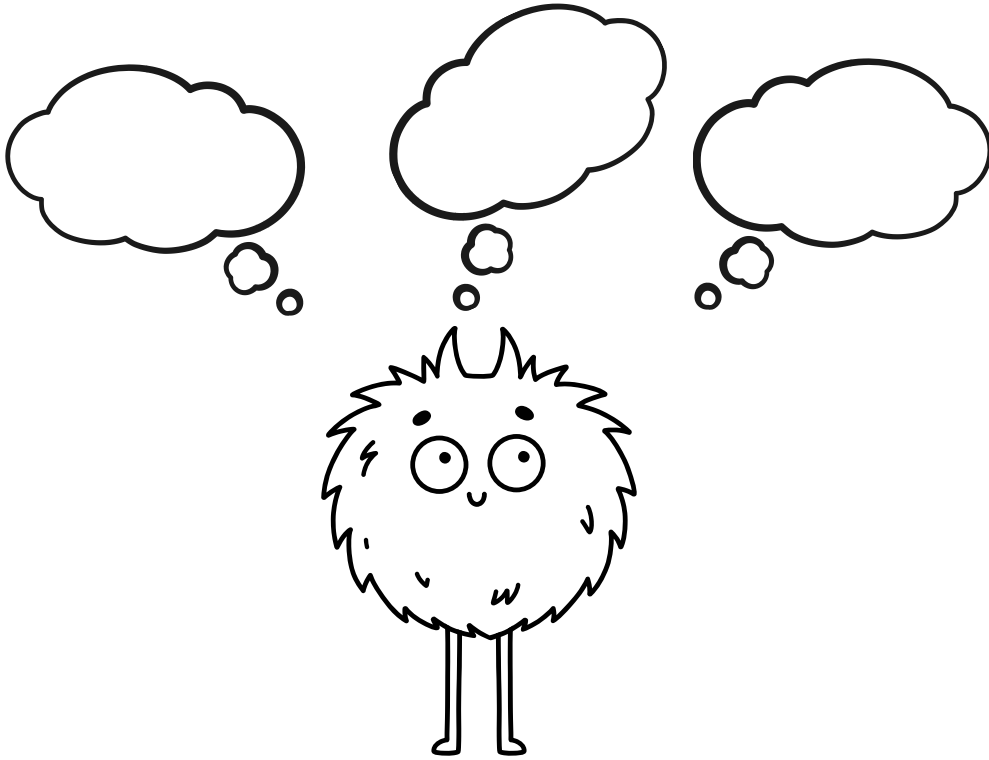


(Colour me in!)

Where does Lurious, The Curious live? Can you draw her house and all the things that she loves to do? What's her favourite animal? What's her favourite colour? You can draw or write, if you prefer.

# LURIOUS, THE CURIOUS & YOU

What do you think Lurious, The Curious is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

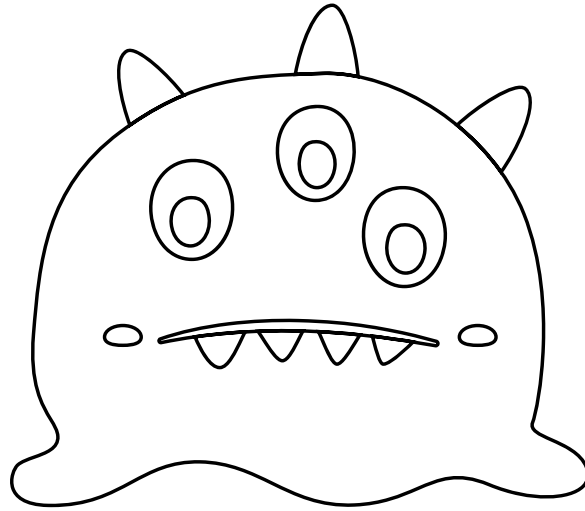
What makes me curious is...

My toolbox

How is your curiosity doing? Would you like to discover more things that are interesting to you? Or would you like to focus on what you're exploring now?



# HI! I'M PAD, THE SAD

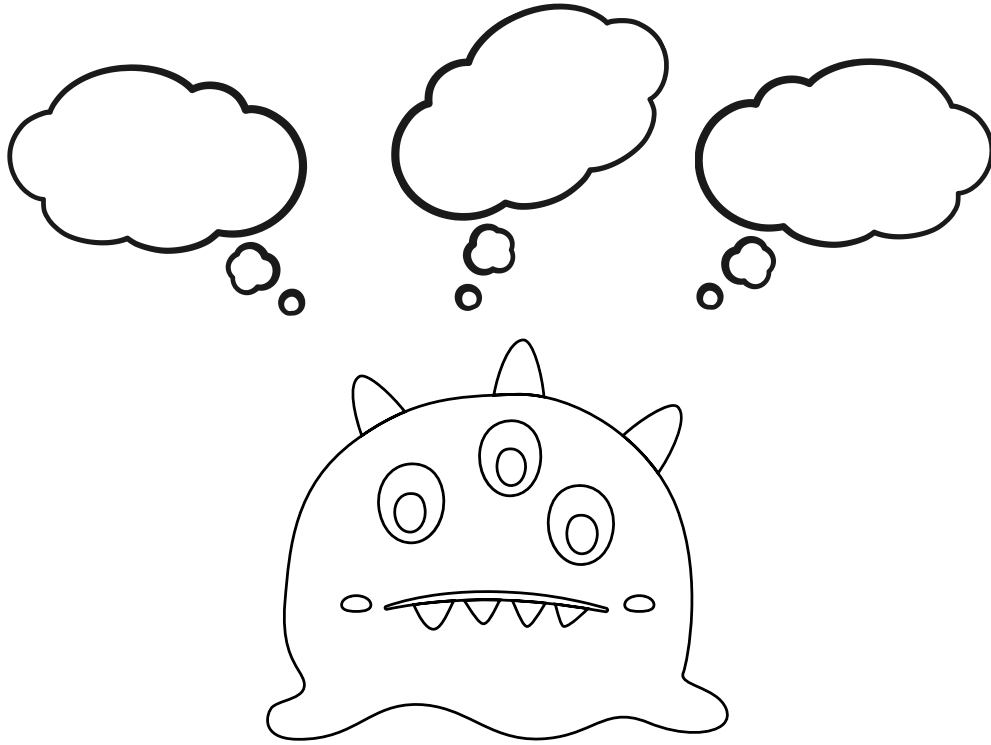


(Colour me in!)

Where does Pad, The Sad live? You can draw her house here. What are her favourite things to do during the day? And during the night? Does she has a pet? What's her favourite colour? You can draw or write, if you prefer.

# PAD, THE SAD & YOU

What do you think Pad, The Sad is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

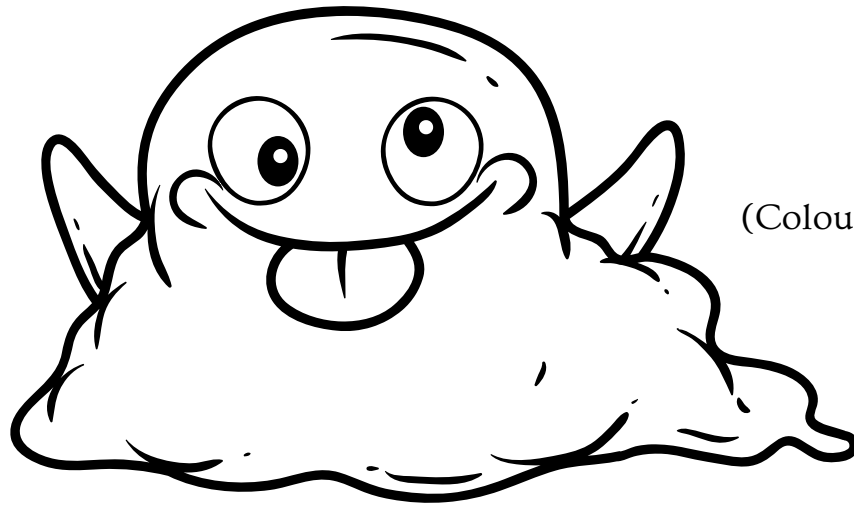
What makes me sad is...

My toolbox

What can I do when I am feeling sad?



# HI! I'M NILLY, THE SILLY

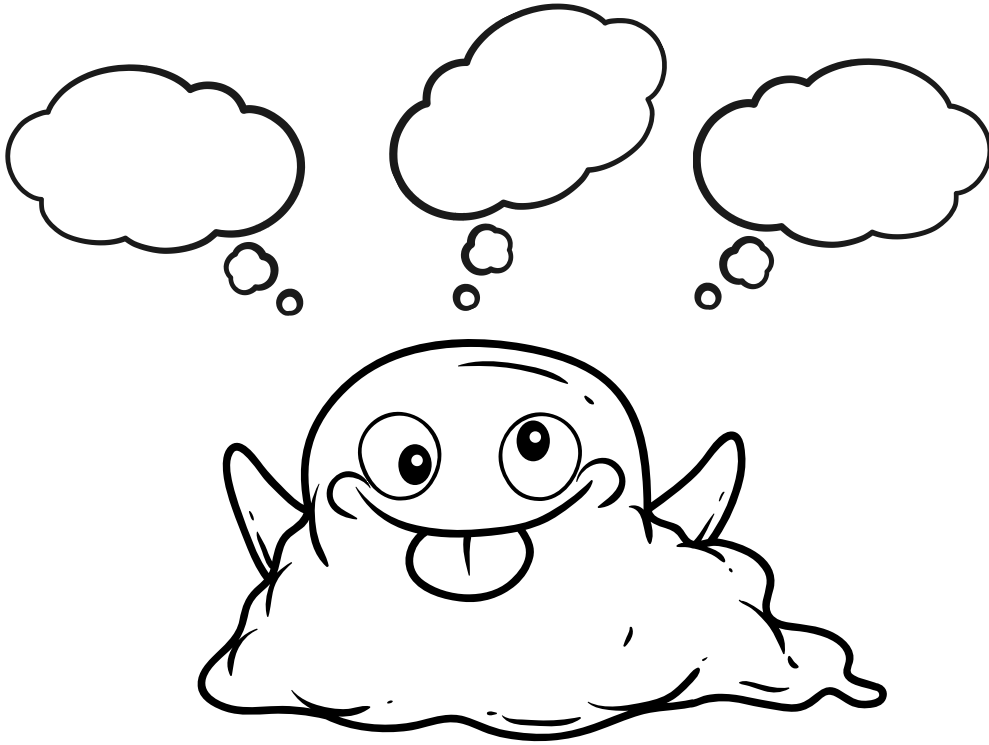


(Colour me in!)

Where does Nilly, The Silly live? What does she love to do? What's her favourite food? Does she has a pet or a favourite animal? Does she has many friends? What's her favourite colour? You can draw or write, if you prefer.

# NILLY, THE SILLY & YOU

What do you think Nilly, The Silly is thinking? Feel free to draw or write your ideas here.



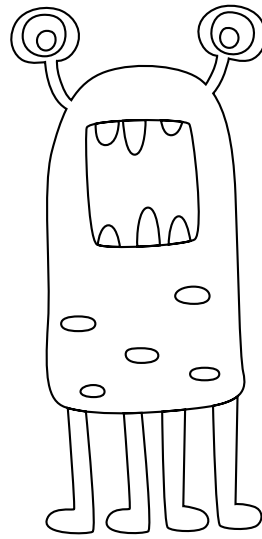
## NOW IT'S YOUR TURN

What makes me silly is...

My toolbox

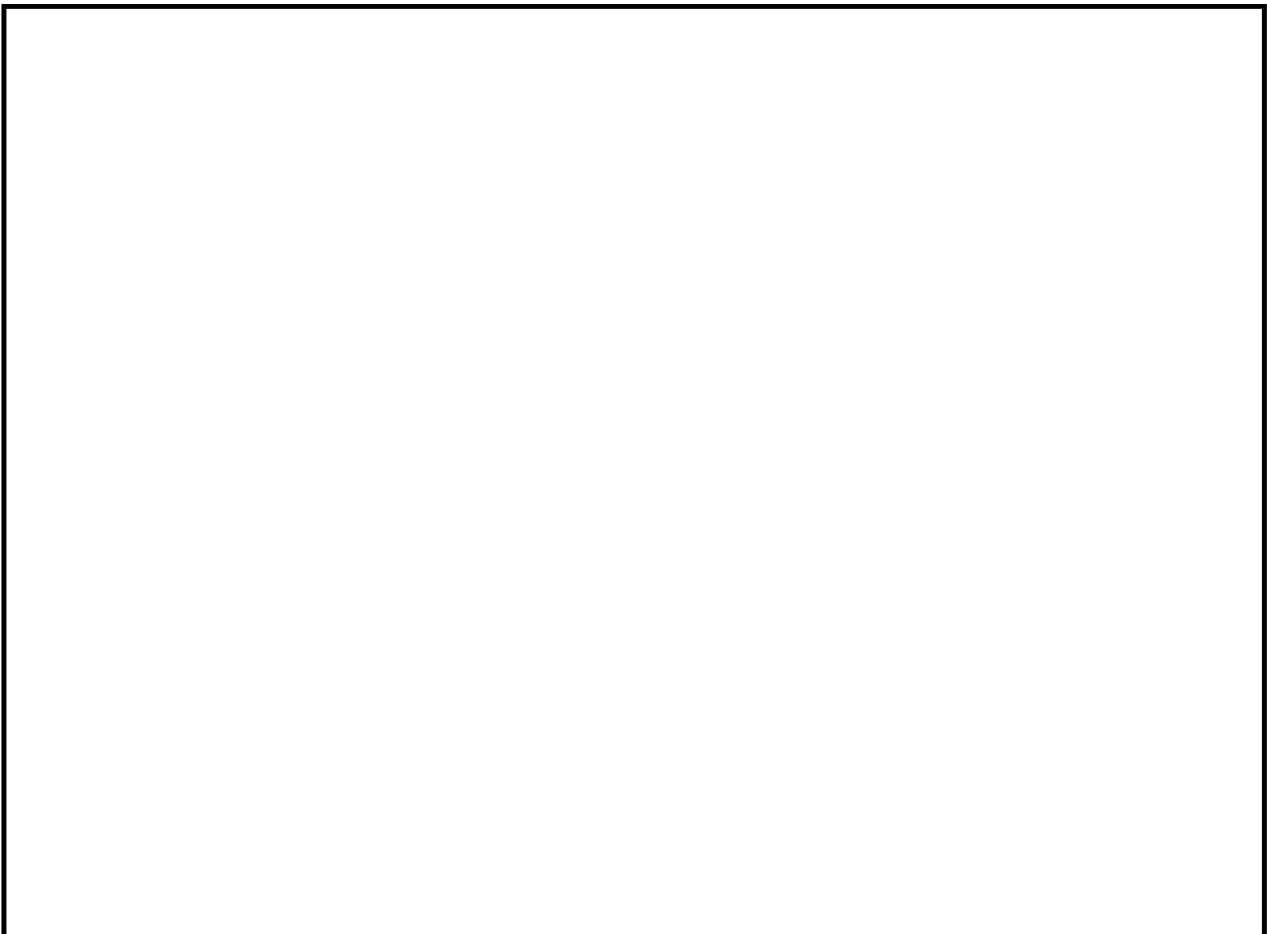
Would you like to feel more or less silly? What could you do?

# HI! I'M FLED, THE SCARED



(Colour me in!)

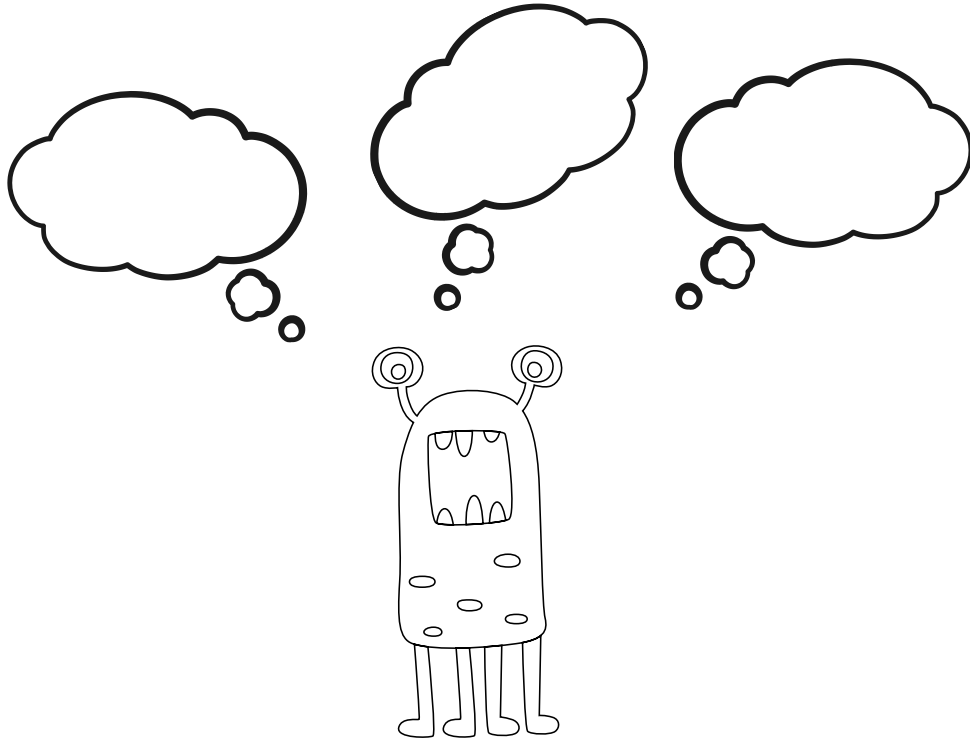
Draw Fled, The Scared's house here. What does it look like? Is it dark? Is it light? What's his favourite colour? Does he have a garden? Does he prefer to play with his friends or with his pet? You can draw or write, if you prefer.





# FLED, THE SCARED & YOU

What do you think Fled, The Scared is thinking? Feel free to draw or write your ideas here.



## NOW IT'S YOUR TURN

What makes me scared is...

My toolbox

What can I do when I am feeling scared?



# FANTASTIC JOB!

You've done an absolutely brilliant job. Your help means a lot and we're really excited about your new discoveries.

Now that you're here, let's dive into a few final questions:

What did you most like about your research?

Do you have a favourite little monster? Tell us why you like it!

And that's all... For now.

We always love hearing from you. You can share your awesome discoveries with us at [@imaginari.theatre](https://twitter.com/imaginari.theatre) or to [info@imaginari.org](mailto:info@imaginari.org).

Keep up the awesome work!

*Dr. Ophelia & the Imaginari Theatre Crew*



