

顏色妖怪

The Color Monster



Overview

在這本國際暢銷書《情緒妖怪》，利用顏色來解開情感，幫助小朋友讀者識別情緒並更加掌控自己的感受。顏色妖是一個情緒亂糟糟的小妖怪，他的朋友，一位小女孩，用不同的顏色來解釋每一種情緒的含義。通過整理和定義混亂的情感，這可愛的妖怪學會了辨識自己的情緒，獲得了自我認知和平靜。

1. 情緒辨識：通過顏色妖怪的故事，幫助孩子認識不同的情緒，包括快樂、憂傷、生氣、害怕和平靜。
2. 情緒管理：了解情緒的含義有助於孩子更好地處理自己的情緒，讓情緒不再亂糟糟的。
3. 自我認知：通過學習情緒辨識，幫助孩子認識自己的感受和情緒變化，增強自我認知。
4. 友誼與幫助：書中的小女孩為顏色妖怪提供了幫助，這也鼓勵孩子在朋友之間傾聽和幫助彼此。
5. 顏色概念：除了情緒辨識，這本書還通過顏色的呈現，讓孩子們了解不同情緒之間的聯繫和區別。

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Glossary

- 顏色 (yánsè) - color
- 妖怪 (yāoguài) - monster
- 糟糟 (zāozāo) - chaotic
- 整理 (zhěnglǐ) - organize/tidy up
- 快樂 (kuàilè) - happy
- 吶喊 (nàhǎn) - shout
- 玩耍 (wánshuǎ) - play
- 分享 (fēnxiǎng) - share
- 憂傷 (yōushāng) - sad
- 靜靜 (jìngjìng) - quietly
- 生氣 (shēngqì) - angry
- 渺小 (miǎoxiǎo) - tiny/small
- 無助 (wúzhù) - helpless
- 害怕 (hàipà) - scared
- 平靜 (píngjìng) - calm
- 和緩 (héhuǎn) - gentle
- 陰影 (yīnyǐng) - shadow
- 困難 (kùnnán) - difficult
- 愉悅 (yúyuè) - joyful/happy
- 遺忘 (yíwàng) - forgotten

Follow-up questions

- 1 當你覺得非常開心的時候，你覺得那種感覺是什麼顏色呢？
- 2 當你感到平靜寧靜的時候，你能想到那種感覺是什麼顏色嗎？
- 3 如果你的朋友感到難過，你覺得他們的情緒會是什麼顏色呢？你可以怎麼幫助他們呢？
- 4 我們來一起玩不同的情緒！給我看看你的開心舞蹈，平靜寧靜的姿勢，或者生氣地跺腳。

顏色妖怪

The Color Monster



Color Monster (顏色妖怪) is an international bestseller that follows the story of Color Monster, a creature who experiences a mix of emotions, including anger, happiness, calmness, sadness, and fear, all at once.

Color Monster's friend shows him that each feeling has a special color. For example, happy is like a bright sunny yellow, and sad is like a soft blue. As Color Monster learns about these colors, he starts to understand and sort out his feelings. And guess what? He feels much better and peaceful inside!

Key Takeaways:

1. Know Your Feelings: This book helps you learn about different feelings and how to know what you're feeling.
2. All Feelings Are Okay: It's okay to have many different feelings, and they can change throughout the day.
3. Be a Good Friend: Color Monster's friend is kind and helps him. You can be a good friend too and help others with their feelings.
4. Sorting Feelings: You can organize your feelings just like sorting your toys. It's easier to understand them that way.
5. Colors Are Fun: The book not only teaches about feelings but also about colors. It's a fun way to learn!



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- 1 Can you tell me about a time when you felt really happy, like Color Monster? What color do you think that feeling would be?
- 2 What makes you feel calm and peaceful, like Color Monster when he learned about his emotions? Can you think of a color for that feeling?
- 3 If one of your friends is feeling sad, what color do you think their feelings would be? How can you be a good friend and help them feel better?
- 4 Let's pretend to be different feelings! Show me your happy dance, your calm and peaceful pose, or your angry stomping feet.

顏色妖怪

yán sè yāo guài
Color Monster



我的朋友是個顏色妖怪。
wǒ de péng yǒu shì gè yán sè yāo guài.
My friend is a Color Monster.

不知道為什麼，他今天看起來心情亂糟糟的。
bù zhī dào wèi shén me, tā jīn tiān kàn qǐ lái xīn qíng luàn zāo zāo de.
I don't know why, but he looks all mixed-up today.

妖怪，看看你！
yāo guài, kàn kàn nǐ!
Monster, look at yourself!

你真是糟透了。
nǐ zhēn shì zāo tòu le.
You are really a mess.

你把你的情緒都弄亂了。
nǐ bǎ nǐ de qíng xù dōu nòng luàn le.
You've messed up your emotions.

連你身上的顏色都變得好亂啦。
lián nǐ shēn shàng de yán sè dōu biàn dé hǎo luàn la.
Even the colors on you are all mixed up.

我知道了！
wǒ zhī dào le!
I know!

你可以把你的心情分開整理一下，
nǐ kě yǐ bǎ nǐ de xīn qíng fēn kāi zhěng lǐ yí xià,
You can sort out your feelings,

並且放在不同的罐子裡！
bìng qiě fàng zài bù tóng de guǎn zi lǐ!
And put them in different jars!

如果你需要，我可以幫助你。
rú guǒ nǐ xū yào, wǒ kě yǐ bāng zhù nǐ.
If you need, I can help you.

快樂應該是這樣子的！
kuài lè yīng gāi shì zhè yàng zi de!
Happiness should be like this!

它和太陽一樣，都會散發出黃色的光。
tā hé tài yáng yī yàng, dōu huì sàn fā chū huáng sè de guāng.
It's like the sun, radiating yellow light.

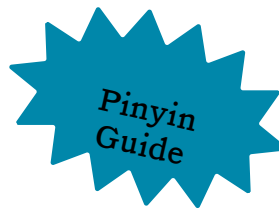
它和星星一樣都會一閃一閃的，很迷人。
tā hé xīng xīng yī yàng dōu huì yī shǎn yī shǎn de, hěn mí rén.
And like stars, it twinkles, very charming.

當你快樂時，你會笑。
dāng nǐ kuài lè shí, nǐ huì xiào.
When you're happy, you'll smile.

會吶喊，會玩耍。
huì nà hǎn, huì wán shuǎ.
You'll shout and play.

還會想跳一跳。
hái huì xiǎng tiào yī tiào.
You'll even want to jump.

你會想把這種感覺
nǐ huì xiǎng bǎ zhè zhǒng gǎn jué
You'll want to share this feeling



分享給身邊的人!
fēn xiǎng gěi shēn biān de rén!
with the people around you!

那憂傷又像什麼?
nà yōu shāng yòu xiàng shén me?
What about sadness?

它像雨天一樣顯得既溫柔又十分不愉快。
tā xiàng yǔ tiān yī yàng xiǎn de jì wēn róu yòu shí fēn bù yú kuài.
It's like a rainy day, gentle but very unpleasant.

當你傷心時，你也許會想哭。
Dāng nǐ shāng xīn shí, nǐ yě xǔ huì xiǎng kū.
When you are sad, you may want to cry.

會想一個人靜靜待著。
huì xiǎng yī gè rén jìng jìng dāi zhe.
You might want to be alone quietly.

那生氣呢?
nà shēng qì ne?
And what about anger?

它正燃燒著
tā zhèng rán shāo zhuó zhe.
It's burning.

火紅的火焰。
huǒ hóng de huǒ yàn.
With fiery flames.

當你生氣時，
dāng nǐ shēng qì shí,
When you're angry,

你會想跺腳。
nǐ huì xiǎng duò duò jiǎo.
You might want to stomp your feet.

大吼大叫，
dà hǒu dà jiào,
Yell loudly,

甚至大聲說，這是不公平的!
shèn zhì dà shēng shuō, zhè shì bù gōng píng de!
Even loudly say, "This is unfair!"

像這樣子，那就是害怕。
xiàng zhè yàng zi, nà jiù shì hài pà.
Like this, that's fear.

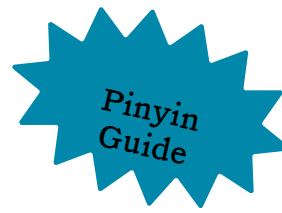
它常常躲在黑色的陰影裡。
tā cháng cháng duǒ zài hēi sè de yīn yǐng lǐ.
It often hides in the dark shadows.

當你害怕的時候，
dāng nǐ hài pà de shí hòu,
When you're afraid,

你會覺得你很渺小，很無助。
nǐ huì jué de nǐ hěn miǎo xiǎo, hěn wú zhù.
You'll feel very small and helpless.

害怕也使勇敢變得很困難。
hài pà yě shǐ yǒng gǎn biàn dé hěn kùn nán.
Fear also makes courage difficult.

那平靜呢?
nà píng jìng ne?
And what about calmness?



它像風飄過來的
tā xiàng fēng piāo guò lái de
It feels just like the breeze blowing in.

綠葉子一樣輕盈。
lǜ yè zi yī yàng qīng yíng.
As light as green leaves.

當你平靜時，
dāng nǐ píng jìng shí,
When you're calm,

你的呼吸會很和緩，很平順，
nǐ de hū xī huì hěn hé huǎn, hěn píng shùn,
Your breathing will be gentle and smooth,

你會感到無比舒坦愉悅。
nǐ huì gǎn dào wú bǐ shū tǎn yú yuè.
You'll feel incredibly comfortable and joyful.

現在每一種心情都回到
xiàn zài měi yī zhǒng xīn qíng dōu huí dào
Now every emotion has returned

他們的位置了！
tā men de wèi zhì le!
to its place!

當他們沒有混在一起時，
dāng tā men méi yǒu hùn zài yī qǐ shí,
When they are not mixed together,

就比較容易容易被理解。
jiù bǐ jiào róng yì róng yì bèi lǐ jiě.
They are easier to understand.

憂傷
yōu shāng
Sadness

生氣
shēng qì
Anger

害怕
hài pà
Fear

平靜
píng jìng
Calmness

快樂
kuài lè
Happiness

但是。。。等等！
dàn shì... děng děng!
But... wait!

還有一種心情被遺忘了！
hái yǒu yī zhǒng xīn qíng bèi yí wàng le!
There's still one emotion forgotten!

會是哪種心情呢？
huì shì nǎ zhǒng xīn qíng ne?
What emotion could it be?