

To all my friends

How are you all feeling today?

I am furious with myself because I forgot to send these two jars in my last delivery.

I am so annoyed and have been stamping my feet, clenching my fists and shouting.

My body feels tight and hot and I am angry with myself for being so forgetful.

I really wish I could calm myself down, but I can't think of any ideas for what to do.

Can you help me please?



The Colour Monster

xxx

