



Louie's Colorful Feelings



A Dragon's Guide
to Rainbow Emotions

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Meet Louie! He's no ordinary dragon.
He doesn't breathe fire . . .

. . . Louie breathes his own colorful feelings!



Louie loves being outdoors.
The warm sun, colorful butterflies,
and singing birds make Louie
happy.

Louie spends all morning gathering a basket of berries. He can't wait to gobble them up!



But then . . . *zip-snatch!* A group of sneaky chipmunks takes the *whole* basket! Berries go everywhere! Louie is so **angry!**



He takes a deep breath. Sometimes, when Louie feels angry, a change of scenery, like going to the pond, can help.



Louie is walking in the woods when he sees a glowing light. What could it be?

“Wow! It’s sparkly bugs! They’re magical!” he says to Flicker the Fox. Louie feels a sense of wonder.

Louie plays ball with Rosie the rabbit.
They take turns bouncing the ball
with their feet and noses.



Suddenly, the ball takes a wild bounce! *Bing!*
Bang! Boing! Louie feels so happy and
playful!



“How will we get the ball back?”
Rosie asks Louie. Louie takes a deep breath.

The cave looks dark, but
Louie knows Rosie needs
him. He takes a brave
step inside.



There it is! Louie picks up his bouncy ball.
Relief washes over him. “We can play again!”
he exclaims, feeling **triumphant**.

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Louie the Dragon doesn't breathe fire—
he breathes feelings!

Join Louie on an amazing journey through
a rainbow of emotions, from yellow joy to blue
sadness. With each puff of colorful smoke,
children learn to name and understand
their feelings in a playful, gentle way that
encourages empathy, self-awareness,
and open-hearted conversations.



Perfect
for children
3-7



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