

I

♂

♀

♂

colori

● ●

● ●

delle

>

emozioni

ANNA LUDAS



oggi di notte  
G E N A L I D



Il  
▶ ♂

mostro

dei  
>

colori

si  
→

è  
—

svegliato

di  
>

uno  
◀ ♂

strano

umore

E'  
—

confuso

...

Non

riesce

a  
→

capire





che  
↓


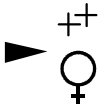
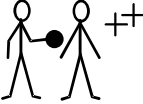

gli  
▶ ++  
♂



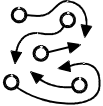
succede


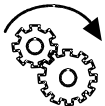
.



Hai	fatto	un	pasticcio
			

con	le	tue	emozioni
			

Così	tutte	mescolate
		

non	funzionano
	

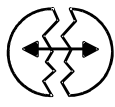
!



Bisogna



separarle



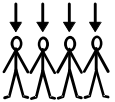
e



sistemare



ognuno



nel



suo



barattolo



.

Se

...

vuoi



ti



aiuto



io



!

Vieni



con

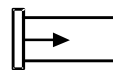


me





...


Iniziamo






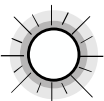
L'  



allegria  



è  


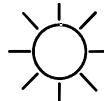
contagiosa  


.

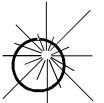
Splende  



come  


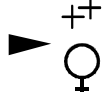
il  



sole  


,

brilla  


come  


le  


stelle  


.



Quando



sei



allegro



ridi



salti



balli



e



giochi



e



vuoi



condividere



la



tua



gioia





La	tristezza	è
▶ ♀		-

i l	rimpianto	di	qualcosa
▶ ♂		>	↓ ☆☆☆☆

è	lieve	come	il	mare
-			▶ ♂	

come	i	giorni	di	pioggia
	▶ ++ ♂		>	



Quando



sei



triste



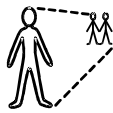
vuoi



stare



da solo



e



non



vuoi



fare





niente

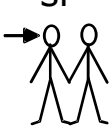



.




La  


rabbia  



si  


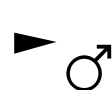
infiamma  


,


è  



feroce  



come  



il  


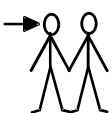
fuoco  


che  



divampa  



e  


non  


si  



riesce  


a  


spegnere  



.




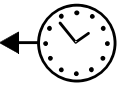
Quando  



sei  



arrabbiato  


senti  



che  


è stata  



commessa  



un  


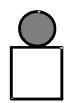
ingiustizia  

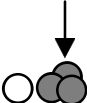

Vuoi  


scaricare  



la  



rabbia  



sugli  


altri  


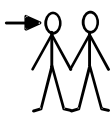


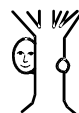
La  



paura  


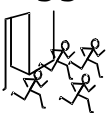
è  



vigliacca  



si  


nasconde  



e  


fugge  


come  


un  


ladro  


nell' oscurità  




Quando



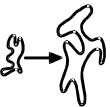
hai



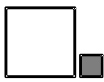
paura



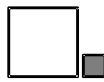
diventi



piccolo



piccolo



e



pensi



di



non



farcela

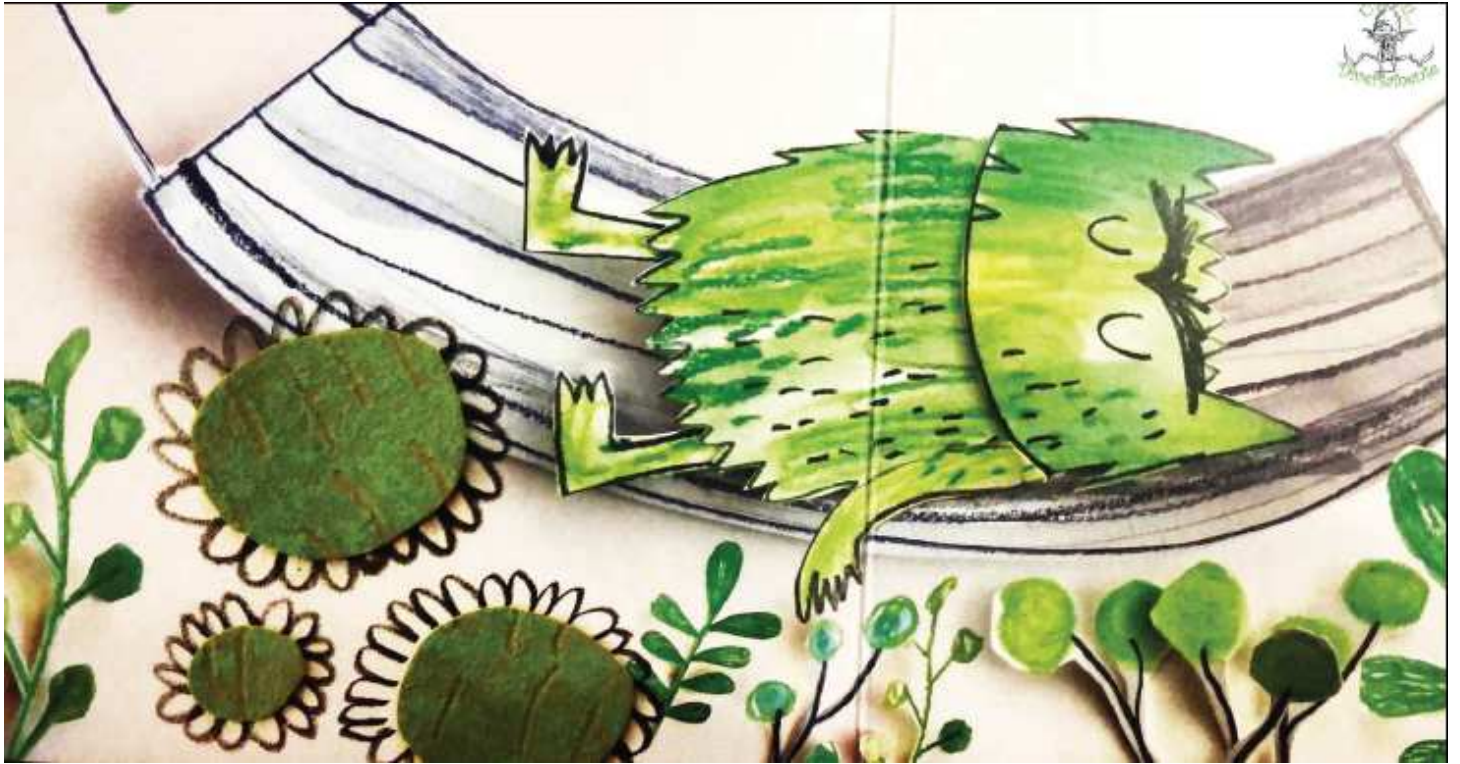




La calma è tranquilla

come gli alberi ,

leggera come una foglia al vento .



Quando



sei



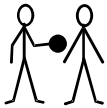
calmo



il



tuo



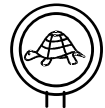
respiro



è



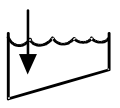
lento



e



profondo



e



ti



senti



in

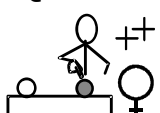



pace

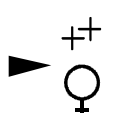


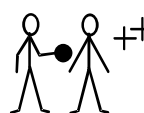
.

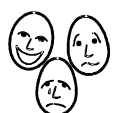



Queste  



sono  



le  


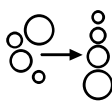
tue  


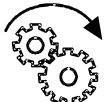
emozioni  


e  



se  


sono  



in ordine  



funzionano  


meglio  
 !

Allegria  


Tristezza  


Rabbia  


Calma  




Adesso

cosa

ti

sta

succedendo  
 ?

Un

altra

emozione  
 :

L'

amore  
 .