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Charity Number 1153273

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# MONKEY BEAU'S RAINBOW



First Published 2020  
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Printed in United Kingdom



The colours in the forest glimmered like treasure in shades of lush green, golden orange and tiny flecks of yellow that sparkled in the sunlight. Monkey Beau wore a twinkly bow in her hair that made its own little rainbow when the sun shone down.

Monkey Beau was really clever. She was often the first to finish her work or create beautiful drawings. Monkey Bob, Monkey Billy and all the other monkeys at Forest School thought she was magnificent, brightening up the classroom with her colourful pictures.

Forest School was a happy place for the monkeys to play, laugh and have lots of fun together.

Monkey Beau's friends loved her very much, but Monkey Beau felt sad inside.

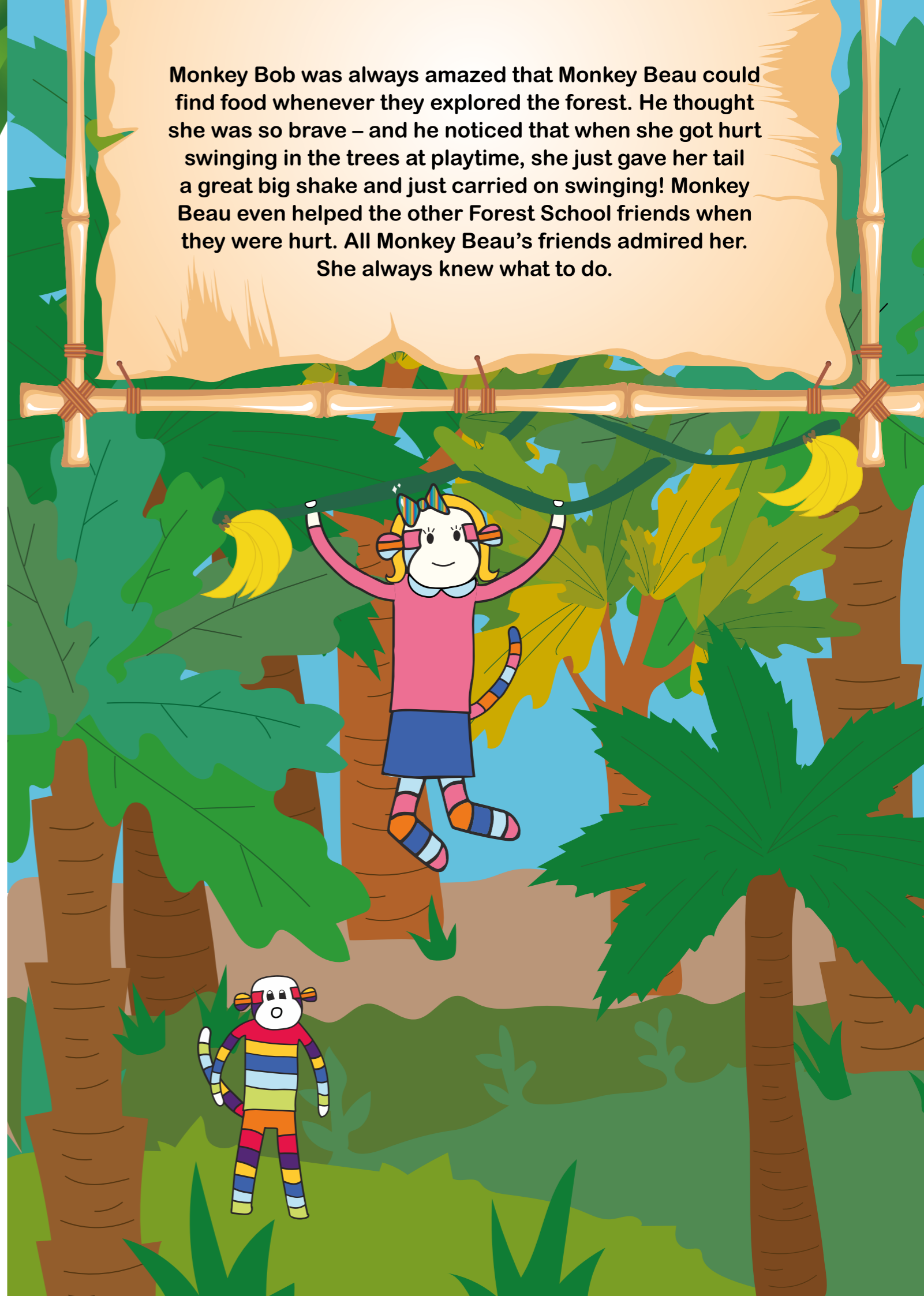
You see, Monkey Beau didn't have a grown-up monkey to take care of her. Nobody to keep her safe. Nobody to give her hugs or kiss her goodnight. It seemed like all her friends had a special monkey to take care of them. But in Monkey Beau's house, there was just a lot of scary shouting.

For this reason, Monkey Beau decided she needed to be strong and tough.

She taught herself how to take care of things:  
"Be brave."  
"Don't cry."

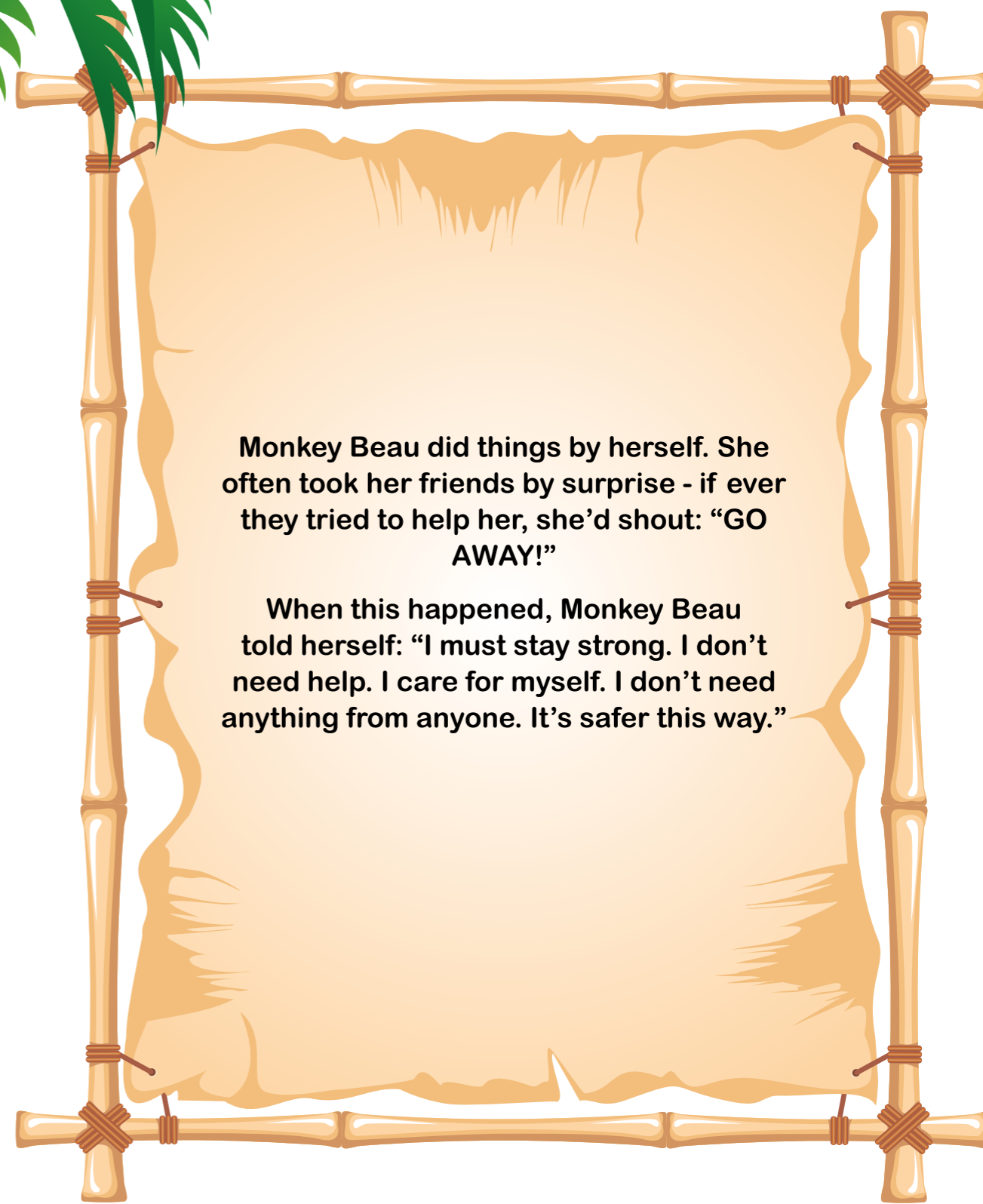
Monkey Beau knew how to look for food when her tummy got hungry. She knew nobody would wipe away her tears like she'd seen the grown-up monkeys do for her friends. She was determined to be brave: "Nobody's going to care for me if I'm feeling scared," she said.

Monkey Bob was always amazed that Monkey Beau could find food whenever they explored the forest. He thought she was so brave – and he noticed that when she got hurt swinging in the trees at playtime, she just gave her tail a great big shake and just carried on swinging! Monkey Beau even helped the other Forest School friends when they were hurt. All Monkey Beau's friends admired her. She always knew what to do.





**GO  
AWAY!**



Monkey Beau did things by herself. She often took her friends by surprise - if ever they tried to help her, she'd shout: "GO AWAY!"

When this happened, Monkey Beau told herself: "I must stay strong. I don't need help. I care for myself. I don't need anything from anyone. It's safer this way."

Monkey Teacher had been watching Monkey Beau. She noticed how she kept the forest class decorated for the monkeys. She noticed when she went in search of food. And she noticed when she took care of others.

Monkey Teacher noticed that Monkey Beau wouldn't let Monkey Bob, Monkey Billy or the others help her. She also noticed that she looked sad when all the monkeys went home with their grown-up monkeys and when she went back home where nobody noticed her.

Monkey Teacher wanted to help Monkey Beau, but he wasn't sure how. She thought about what might help and came up with a plan.

Monkey Teacher invited Monkey Beau and some of her monkey friends to come to Forest School early. They made breakfast and had fun before the other monkeys arrived. Monkey Beau wasn't hungry during the school day anymore. Breakfast times were great fun and – of course – bananas were always on the menu! Very tasty.



Monkey Beau enjoyed getting to school early. One day at Forest School, they were busy planning a showtime that even the grown-up monkeys had been invited to. They all practiced for the show. They made posters and banners. They prepared a delicious spread of food. They were all really excited.

Monkey Beau wasn't sure she would have a grown-up monkey to come to the showtime. All the time she hid her fears away, keeping busy and making sure everything was perfect for this special day.

# FOREST SCHOOL SHOWTIME

MUSICAL PERFORMANCES  
FROM MONKEY BOB,  
MONKEY BILLY AND MONKEY  
BEAU



6pm-8pm

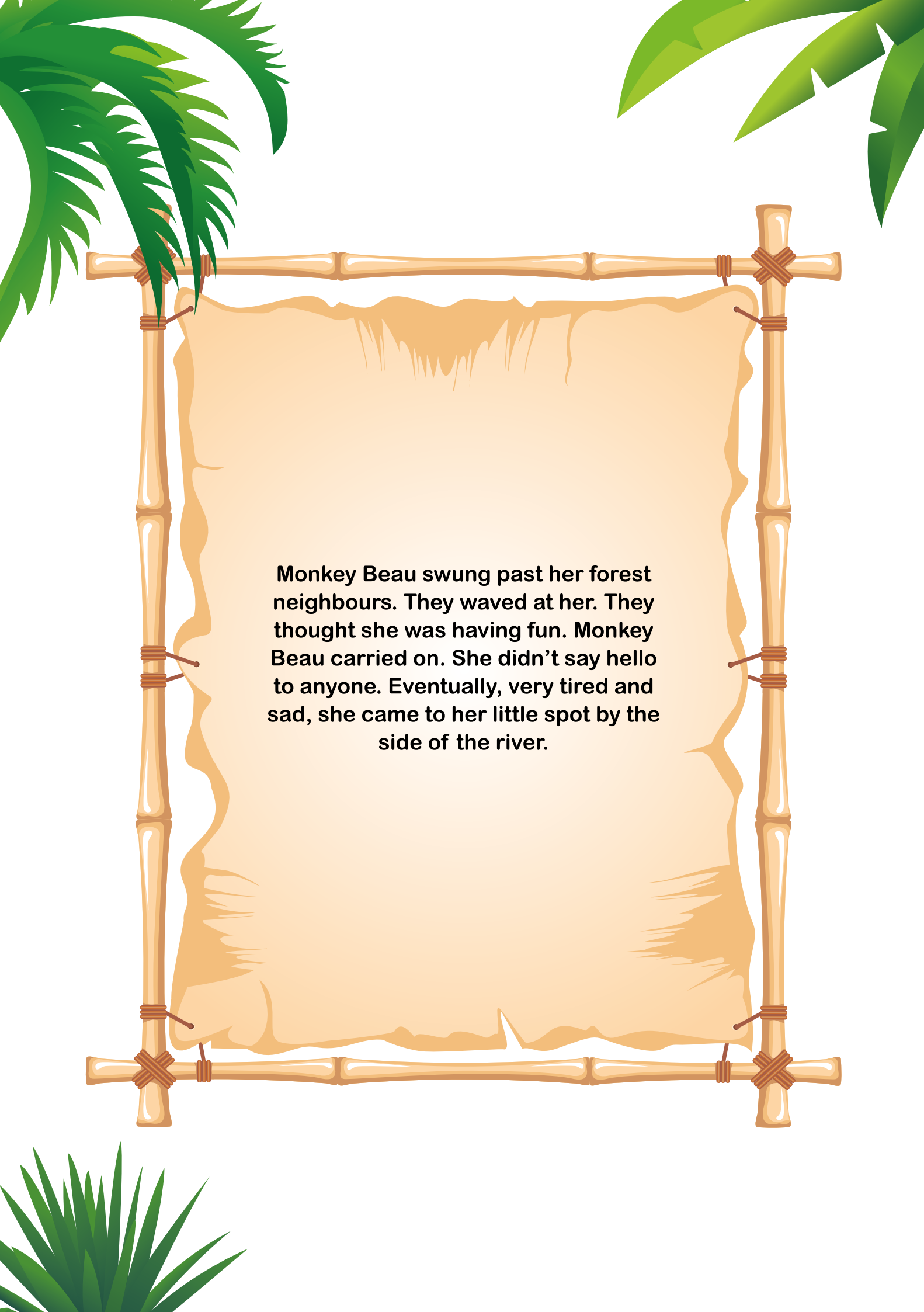
FREE ENTRY



The day before the showtime, Monkey Beau woke up feeling really sick. Her tummy was whirling and somersaulting all over the place. She had nobody to tell and didn't want to miss out on the final preparations. She got up and went to Forest School even though her tummy hurt. At breakfast time, Monkey Beau didn't eat any banana pancakes. She didn't have her cup of banana milk. And she didn't want to join in.


Monkey Teacher was worried and asked if everything was okay. Monkey Beau didn't want Monkey Teacher to help. After all, she always took care of things herself. She swung away through the trees and disappeared into the monkey forest. Alone.





Monkey Beau swung past her forest neighbours. They waved at her. They thought she was having fun. Monkey Beau carried on. She didn't say hello to anyone. Eventually, very tired and sad, she came to her little spot by the side of the river.



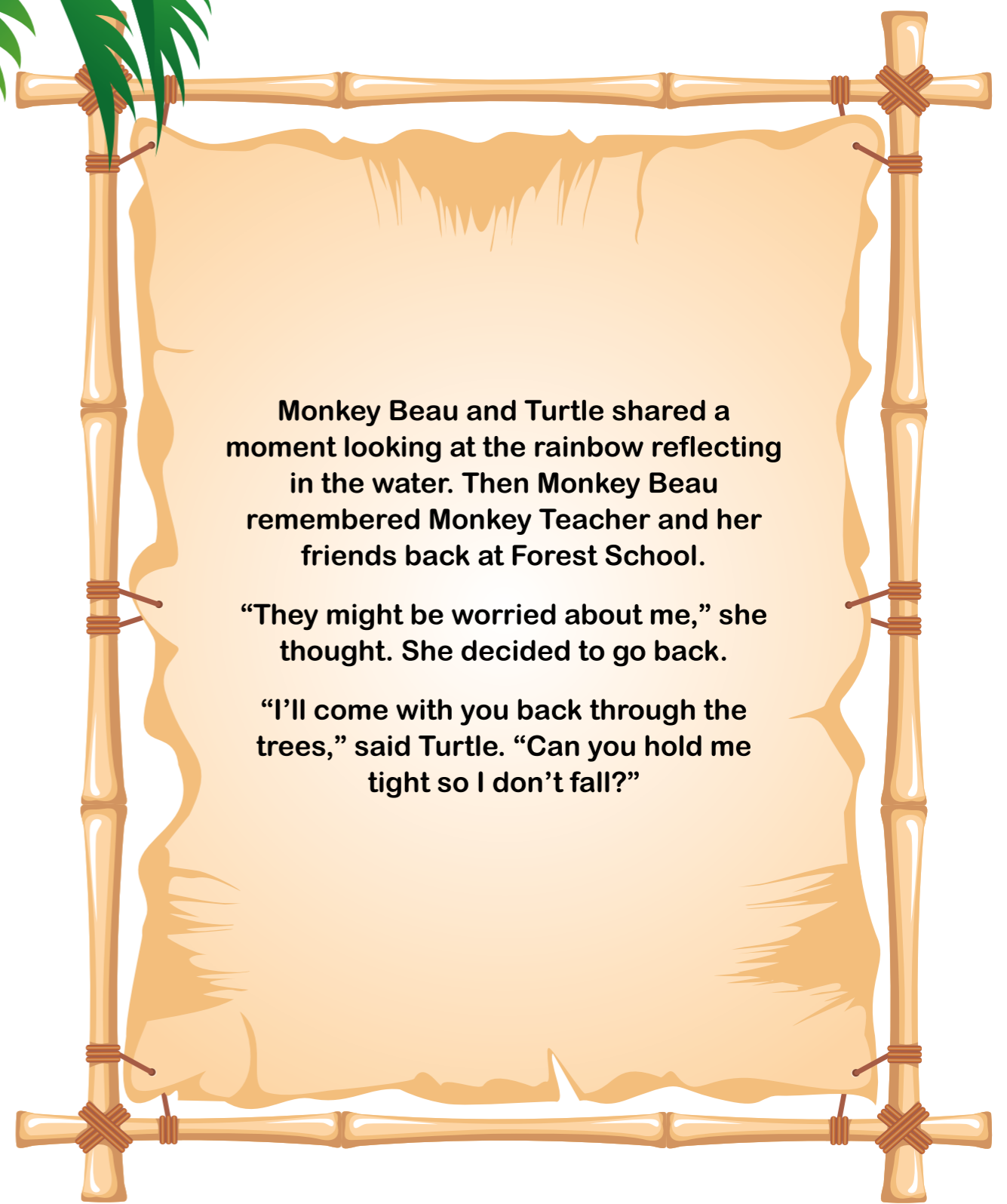


She sat and looked at her reflection in the twinkling water. Ripples and bubbles appeared on the surface and Monkey Beau sat popping them one by one. Then a little turtle emerged.

Turtle sat beside Monkey Beau and watched as tears plop-popped into the water. Without talking, they sat side by side silently together.

You see, Monkey Beau needed time to let her tears out. It was ok to be sad. It was ok to cry. Having Turtle by her side saying nothing was just what Monkey Beau needed.

Monkey Beau's tears eventually stopped. She didn't feel alone anymore. As they both sat quietly, the water sparkled and twinkled. The sunlight caught Monkey Beau's sparkly bow and the most beautiful rainbow appeared.



Monkey Beau and Turtle shared a moment looking at the rainbow reflecting in the water. Then Monkey Beau remembered Monkey Teacher and her friends back at Forest School.

“They might be worried about me,” she thought. She decided to go back.

“I’ll come with you back through the trees,” said Turtle. “Can you hold me tight so I don’t fall?”

As they travelled back through the forest, Monkey Beau saw her forest neighbours smiling and waving. This time, she waved back. As she got closer to Forest School, she saw her friends and Teacher calling her name and searching high and low.

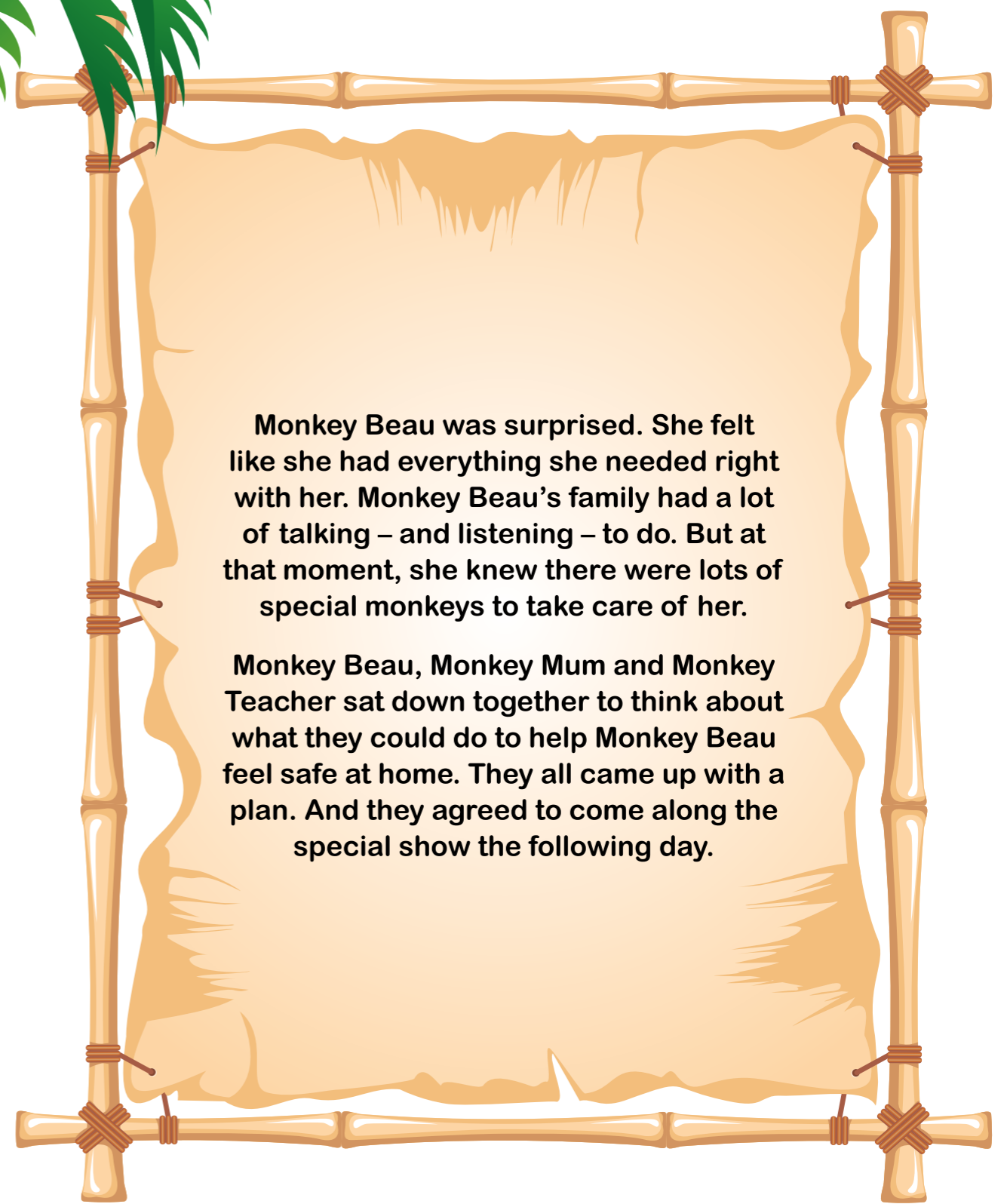
Someone else was there looking for her too - her mum.

Monkey Mum spotted Monkey Beau and squealed with joy, swinging from tree to tree to hug her.





HOW CAN YOU FEEL SAFE AT HOME?



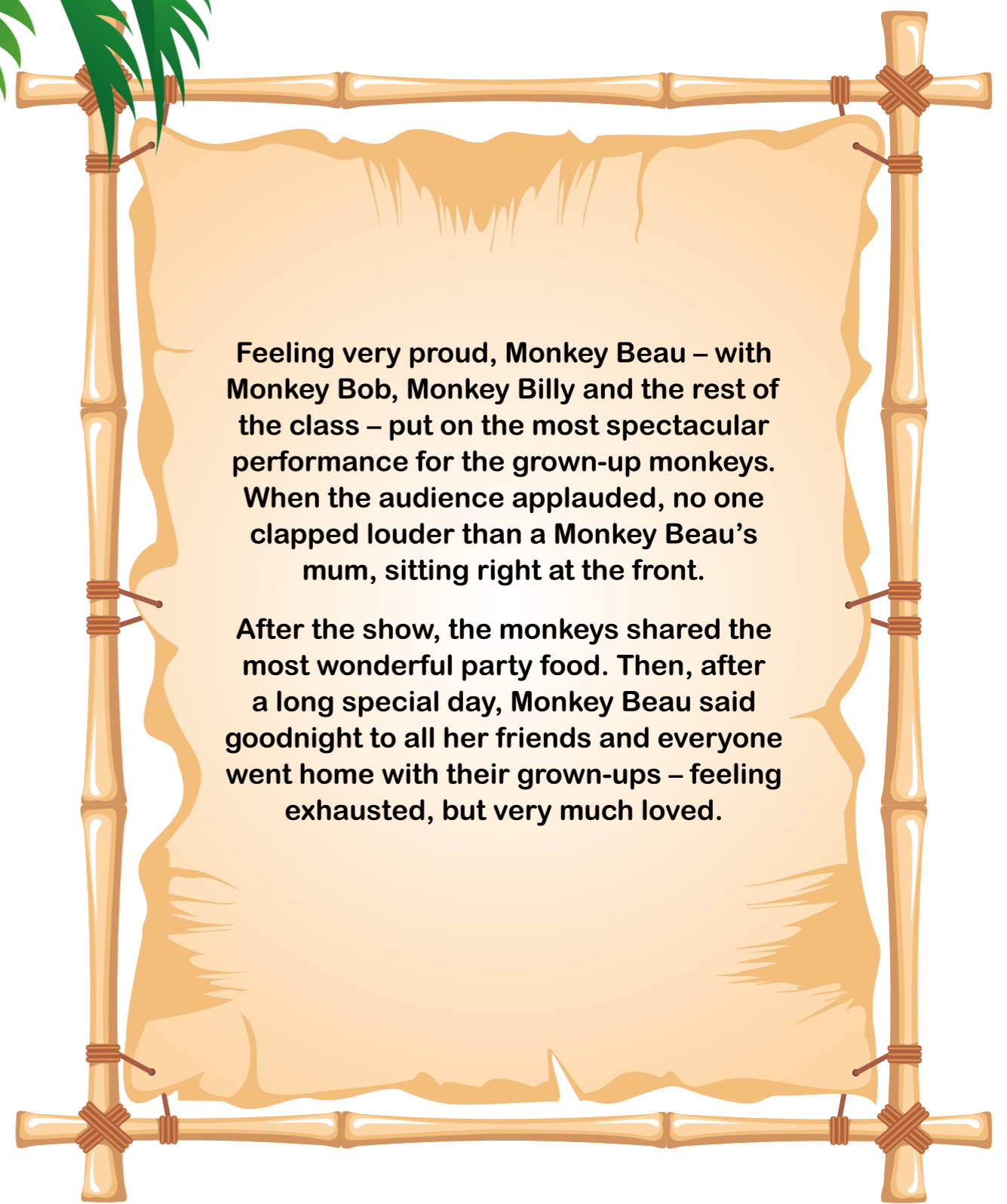
Monkey Beau was surprised. She felt like she had everything she needed right with her. Monkey Beau's family had a lot of talking – and listening – to do. But at that moment, she knew there were lots of special monkeys to take care of her.

Monkey Beau, Monkey Mum and Monkey Teacher sat down together to think about what they could do to help Monkey Beau feel safe at home. They all came up with a plan. And they agreed to come along the special show the following day.



Feeling very proud, Monkey Beau – with Monkey Bob, Monkey Billy and the rest of the class – put on the most spectacular performance for the grown-up monkeys. When the audience applauded, no one clapped louder than a Monkey Beau’s mum, sitting right at the front.

After the show, the monkeys shared the most wonderful party food. Then, after a long special day, Monkey Beau said goodnight to all her friends and everyone went home with their grown-ups – feeling exhausted, but very much loved.



## Note for parent/carer or professional

Written for children aged 7–11, Monkey Beau’s Rainbow is a story that helps children make sense of their experiences, share their feelings, overcome fears and find hope for the future.

Monkey Beau’s Rainbow is an extension of the Monkey Bob Do You Feel What I Feel? toolkit, which was born in 2016. Monkey Bob has been used successfully with parents and professionals alike to encourage children across the UK to engage with their feelings. A friendly, likeable character, Monkey Bob helps Early Years children (those aged seven and under) to open up when they’re struggling with their feelings.

The key messages from the Do You Feel What I Feel? toolkit are:

- 1 It’s not ok for anyone to hurt or frighten you or anyone in your family.
- 2 It’s always ok to tell someone you trust if you’re worried or frightened.
- 3 It’s always ok to keep yourself safe if you’re afraid.

These key messages are ideal for helping children who have experienced – or are at risk of – domestic abuse. But they’re designed to help children develop the skills to communicate with the safe adults around them about all of their experiences – and to encourage healthy relationships with peers and adults – so they’re useful in lots of different settings.

Further information:

[www.monkeybob.org.uk](http://www.monkeybob.org.uk)

[www.mycwa.org.uk](http://www.mycwa.org.uk)

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find out more about Monkey Bob by  
visiting

[www.monkeybob.org.uk](http://www.monkeybob.org.uk)

Here you will find out more about  
Monkey Bobs Key messages

It's not ok for anyone to hurt or  
frighten you or anyone in your family.

It's always ok to tell someone you  
trust if you're worried or frightened.

It's always ok to keep yourself safe if  
you're afraid.

Here you will find a short film you  
can watch of Monkey Bob and his  
family.

