

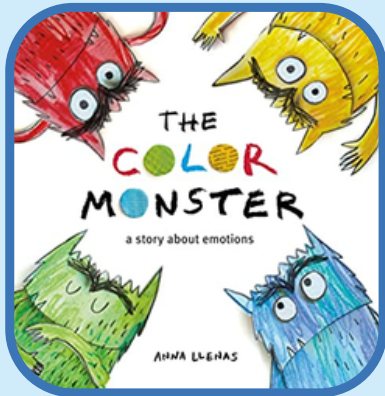
## BOOK OF THE MONTH:

### The Color Monster

by Anna Llenas

Ages 4-8

#### 1. Introducing the book:



#### Exploring the Cover

Ask children to describe what they see. What colors are the monsters? Pay attention to their face expressions. Are they the same? Can you tell the difference among their face expressions?

#### Building Background

Ask children to name their emotions, such as sadness, happiness, angry, etc. Ask them to explain what it is like when they feel happy or sad. Tell them that talking about their emotions helps them to understand what they are feeling inside.

#### 2. Reading the book:

Ask children if the stated colours could have represented other emotions/feelings?...

- Yellow - could yellow be anxious instead of Happiness?
- Blue - could blue be Calmness instead of Sadness?
- Red - could red be Embarrassed instead of pink?
- Black - could black represent Bravery instead of Fear?
- Pink - could pink represent excitement instead of Love?

Do you think other colours could have been included for the monster?...

- Orange, purple, grey, brown, white,?
- And which feelings and emotions could they provoke? -
- Orange - Excitement? Grey - Moody?

#### 3. After reading the book:



#### Lego Emotions

Have the children build some Lego characters and then use a dry erase pen to draw faces expressing a variety of emotions. Use this for role-playing with the group and ask children to take turns and talk about their characters' emotions. What could you do if you were feeling "blue" and wanted to be happy? Are there strategies that the little monster used that might help you?



#### The Book Of Emotions

Follow the instructions to create a mini-book about emotions. Children can color the monsters based on the colors shown in the book or choose other colors to represent their emotions.

*Materials:*

- scissors
- markers/ colored pencils/ crayons



#### References and resources

- Book activity template
- <http://ost.phila.gov/wp-content/uploads/2020/12/Color-Monster-Toolkit-Final.pdf>

#### Legend



Cognitive



Socio-emotional



Language



Physical