

Parent Sheet for our Book Of The Month

The Colour Monster written and illustrated by Anna Llenas

Link to the online reading of the story:

<https://www.youtube.com/watch?v=IY6d1jyvmVg>

What is the overarching theme/message of the book? Can we encapsulate this into one word or phrase that is easy for everyone to understand?

- This book is about emotions and how we can distinguish them.
- Linking feelings to colours.
- Knowing you can feel more than one feeling at any time.
- 'Expressing', managing feelings.

Why is the message or theme entrenched in the book important to disseminate with everyone in our community?

- Coronavirus etc, mixed emotions.
- The book helps to understand how we can separate emotions.
- What makes you feel like that?
- Why do we feel different emotions?
- Knowing how to express emotions can help to calm you down.
- It opens up talking about different feelings and acknowledging feelings.
- Refer to the book when feeling a certain feeling emerges and you want to explore more with your child.

Thinking about the theme/message, what quotes from the book jump out at you that relate to the theme or message?

"Today is all mixed up, doesn't know why?"

"Put each feeling into a different jar."

"How do you feel now?"

Here are some activities that you can do with your child in regards to exploring the book's themes

Activity:	Target Audience:
Empty bottles with facial prompts and children to link a colour to that emotion. (The colour of the bottle relates to a particular feeling).	All children.
Using paint colours to talk about the emotions and then mixing the colours up to visually express how our feelings and emotions can get mixed up as well.	All Children



Dancing to express different emotions, streamers, music etc.	All children
Yoga to build strategies to find peace and calm when things are too hectic. Here is a link to help support: https://www.youtube.com/c/CosmickidsYoga	All children
Music sessions – expressing feelings through music/instruments. Even using pots and spoons and plastic bowls are great make at home instruments.	All children
Paint/ draw a large rainbow with different colours.	All children
Usedolls or soft toys to get your child to talk about feelings and emotions. Sometimes it is easier to talk through a third person.	All children
Take pictures of how they are feeling, express different feelings through facial expressions.	3-4 year olds
Make their own colour monster – label what each colour means to them.	3-4 year olds
Sorting coloured objects into corresponding jars.	2-3-4 year olds
Labelled expression jars – coloured jars to place corresponding coloured object into it when feeling that way, for example when feeling angry put a red object in to the red jar – angry jar.	All children