

My Monster's Feelings: A Colour Monster Book Project

Subject: Social-Emotional Learning, Language Arts, Fine Motor Skills

Age Group: 4-Year-Old

Duration: 15-25 minutes per day, over 6 days

Materials Needed:

- The book 'The Colour Monster' by Anna Llenas
- 6 pre-made blank booklets (You can make these by folding 2-3 pieces of paper in half and stapling the fold)
- Crayons, markers, or colored pencils
- A pen or marker for the parent/teacher to write the child's words
- Optional: Stickers, glitter, yarn, or other collage materials

Overall Goal

This 6-day project helps your child explore and understand six basic emotions by creatively connecting them to colors and stories. By becoming the author and illustrator for each Colour Monster, the child develops empathy, language skills, and creative confidence.

Learning Objectives

By the end of this 6-day lesson, the student will be able to:

- Identify and name six emotions: Happiness, Sadness, Anger, Fear, Calm, and Love.
- Connect a specific color to each of these emotions.
- Practice fine motor skills through drawing, coloring, and decorating.
- Develop early narrative skills by creating and dictating a simple story for each monster.
- Gain confidence in expressing ideas and feelings verbally.

Lesson Procedure: A Daily Routine for Each Monster

Follow this simple, repeatable structure each day for one new monster. This creates a comforting and predictable routine. The suggested order is Yellow (Happy), Blue (Sad), Red (Angry), Black (Fear), Green (Calm), and Pink (Love).

Day 1: Yellow Monster (Happiness)

Step 1: Introduction & Re-reading (5 minutes)

- Sit together and re-read 'The Colour Monster'. When you get to the yellow monster, pause.
- Ask questions like, "What color is this monster? How is he feeling? What does being happy feel like in your body? Does it feel like sunshine?"

Step 2: Brainstorming Chat (5 minutes)

- Take out one of the blank booklets. Say, "Today, we are going to make a book all about the happy, yellow monster! You are the author!"
- Go through the pages together and brainstorm ideas.
 - **Where I live:** "Where do you think a happy monster would live? In a bouncy castle? In a field of sunflowers? In a toy store?"
 - **Why I'm feeling:** "Let's make up a story. Why is he feeling so happy today? Did he get to eat his favorite ice cream? Is he playing with a friend?"

Step 3: Book Creation (10 minutes)

- **Page 1: My name is...** Help your child write "Yellow Monster" or let them choose a name. They can decorate the page with yellow scribbles or drawings.
- **Page 2: My favourite colour is...** Ask them the color and have them fill the page with yellow. They can draw yellow things like the sun, a banana, or a rubber duck.
- **Page 3: Where I live...** Ask them to draw the place they decided on. You can help them draw the basic shapes. As the scribe, you write down their description (e.g., "He lives on a big, yellow slide.").
- **Page 4: Why I'm feeling...** Ask them to draw a picture of their story. You write down the story they tell you (e.g., "He is happy because he got to splash in puddles all day.").

Step 4: Read and Celebrate! (2 minutes)

- Read their newly created book back to them with excitement. Praise their wonderful ideas and beautiful drawings.
- Place the finished book in a special spot to admire.

Days 2-6: The Other Monsters

Repeat the four steps above for each of the remaining monsters, one per day.

- **Day 2:** Blue Monster (Sadness)
- **Day 3:** Red Monster (Anger)
- **Day 4:** Black Monster (Fear)
- **Day 5:** Green Monster (Calm)
- **Day 6:** Pink Monster (Love) - Celebrate completing the whole collection!

Differentiation and Inclusivity

- **For Extra Support:**
 - Provide simple sentence starters. "The monster is sad because..."
 - Offer stickers or pre-cut shapes if drawing is frustrating.
 - Focus more on the conversation and less on the final product. The goal is expression, not a perfect book.
 - **For an Extra Challenge:**
 - Encourage the child to try writing a few letters or their name in the book.
 - Ask them to add more detail to their stories or drawings. "What else is in the calm forest with the green monster?"
 - Have them act out the feeling of the monster they are working on.
 - **Note on Inclusivity:** Emphasize that all feelings are okay. When discussing anger or sadness, you can say things like, "It's okay to feel angry sometimes. What's a safe way we can get our anger out?" This validates their emotions and opens the door for healthy coping strategies.
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Assessment (Informal)

- Observe your child's ability to name the feeling associated with each color.
- Listen to the complexity and creativity of the stories they dictate.
- Note their engagement and willingness to express ideas. The finished collection of six books serves as a wonderful portfolio of their learning and creativity.