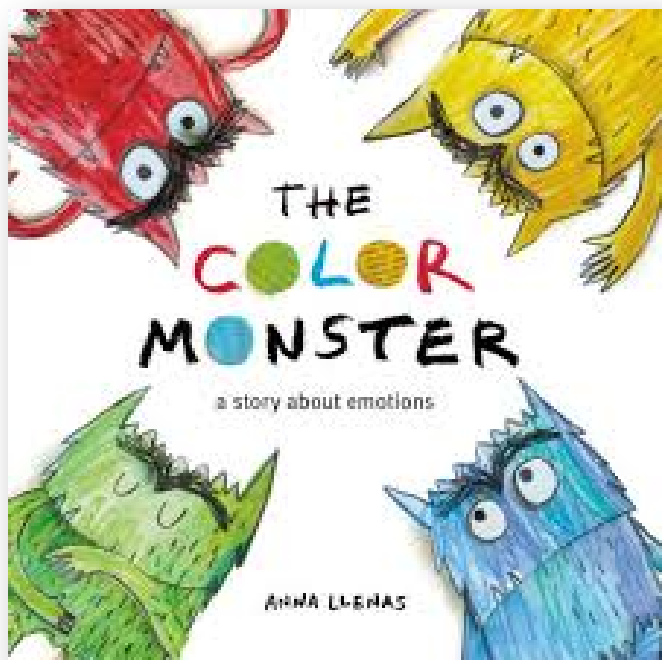


# The Color Monster: A Story About Emotions

By: Anna Llenas



**R**eaders will follow the Color Monster on a journey through different emotions. The Color Monster will learn to identify different emotions with the help of a caring friend. This toolkit was created to encourage youth to practice mindfulness.

## Vocabulary

**Body Language:** the shifts of posture, gestures, and facial expressions that communicate nonverbally, sometimes supplementing and sometimes diverging from or contradicting verbal communication.

**Curiosity:** the desire to learn or know

**Emotions:** feelings individuals have

**Gratitude:** the feeling of being thankful

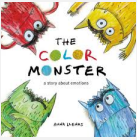
**Mindfulness:** awareness of your feelings

**Self- Regulate:** to control one's behavior, emotions, and thoughts in the pursuit of long-term goals

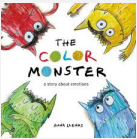


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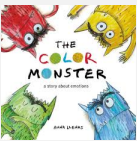
# Early Literacy Schedule



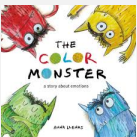
Monday: Book Walk Warm-Up Activity, Read Aloud, Introduce Vocabulary, Word Association Connection Activity



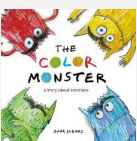
Tuesday: Feelings Warm-Up Activity, Review Vocabulary Connection Activity, Connection Activity Worksheet



Wednesday: Warm-Up Activity, Connection Activity, Vocabulary Review



Thursday: Warm-Up Activity, Connection Activity, Bonus Activity: Movie & Popcorn



Friday: Warm-Up Activity, Connection Activity, Connection Activity Worksheet



# Day One

## Warm-Up Activity: Book Walk

*How much can you learn about the story by exploring book covers inside and out?*

Start at the front cover. Walk your fingers through the inside and outside covers of your Color Monster book reading as you go along! What do you see? What do you learn from your book walk?



## Read Aloud Link:

[The Color Monster – Read Aloud by Mr. Joshua Brooks](#)

## Connection Activity:

Play a word association game! Ask children to give you one word that comes to mind for each emotion in the story!

## During Reading:

Once a new emotion is presented ask children about a time when they felt that emotion.

\*Remember not to put children on the spot or force them to share.

## Comprehension questions:

1. What are some things that make you happy?
2. What is one thing you can do to help you get from blue to yellow? From sad to happy?
3. Fill in the blank:  
If anger is like a fire, kindness is like\_\_\_\_\_?



# Day Two

## Warm-Up Activity: Paint with a Twist

### Rules:

Facilitators will reread the story to children as they use a blank canvas to paint their feelings.



## Connection Activity:

### Books Make me Feel

### Directions:

1. Children will draw a picture of a color monster. Leaving plenty of room for colors.
2. Children will read the book independently while being mindful of their feelings change throughout the story.
3. Children will use a different crayon to color in their Color Monster when their feelings change.

### Literacy Rich Environment Tip:

### Display Children's Art!

#### In-person

- Make a bulletin board titled "Books Make Me Feel" showcasing their Color Monsters!

#### Remote

- Create an Art Gallery showcasing their Mood Paintings for families.



# Day Three

## Warm-Up Activity: Literacy Rich Environment

Create an anchor chart with the vocabulary of the week. Define “Self-Regulate” and “Gratitude” for youth before starting activity



**Vocabulary Review:** Allow youth to take turns producing words that rhyme with the vocabulary words.

## Connection Activity: Gratitude Journal Self-Regulation Activity

### Materials:

Journal or sheet of paper, and colorful pens or pencils

### Read:

Read article an article on gratitude.

### Discuss:

Why is it important to be thankful regularly?

How can being grateful help someone “self-regulate?”

### 5-Day Gratitude Challenge:

In a journal children will write 3 things they are grateful for each day. Children will do this for 5 days straight.

**Rule:** 3 new things each day! No repeats!



# Day Four



## Review Vocabulary

### Warm-Up Activity: Literacy Rich Environment:

Create an anchor chart showcasing selfies labeled for each emotion

### Awareness Tip:

Allow children to beautify their learning space with a mini anchor chart with their selfies.

### Connection Activity:

### Selfie Art Project:

Create a Mood Check Tool

**Directions:** Use an electronic device like a phone to take a selfie for each emotion listed below

Bored

Embarrassed

Happy

Kind

Angry

Sad

Scared

Surprised,

Curious

Calm

### Connection Activity: Movie & Popcorn

[Watch Inside Out](#)



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# Day Five

## Warm-Up Activity: Reflection Time

What did you learn about emotions this week?

Do emotions change?

Do they stay the same?

Can you change them yourself?

## Connection Activity:

Musical chairs is a group game that children know and love! You can make this into a social-emotional learning game.

Simply write different social-emotional topics on a piece of paper. Each round, tape one of the prompts on a random chair. Then, when the music turns off and students find their chairs, there is a student sitting at a social-emotional seat. You can then discuss that prompt or ask a question before moving on to the next round.

# Teaching Resources



**This is how I look when I am...**



happy



sad



angry



hungry



thirsty



sleepy

Draw eyes, eyebrows, a nose and a mouth to show each of these emotions!

# Feelings Word Search

## HOW ARE YOU FEELING?

Find and circle  
all of the words  
in the list  
below.



B	T	Z	R	A	N	G	R	Y	G
O	K	L	T	H	R	Q	N	M	L
E	X	C	I	T	E	D	A	T	A
H	S	U	R	P	R	I	S	E	D
D	B	C	E	R	A	F	H	K	G
S	V	A	D	O	N	E	Y	O	J
A	C	L	A	U	H	A	P	P	Y
D	X	M	B	D	K	L	Z	S	W

**HAPPY**  
**SAD**  
**SHY**  
**TIRED**  
**EXCITED**



**GLAD**  
**PROUD**  
**CALM**  
**SURPRISED**  
**ANGRY**

# Character Emotions Chart



angry



bored



confident



confused



curious



disappointed



embarrassed



excited



happy



hurt



jealous



kind



sad



scared



















surprised



















worried
















## Character Emotions Chart

			
angry	bored	confident	confused
			
curious	disappointed	embarrassed	excited
			
happy	hurt	jealous	kind
			
sad	scared	surprised	worried


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