



Discovery Playtime
learning through play



UNDERSTAND YOUR EMOTIONS WITH THE COLOUR MONSTER

HOW TO USE THIS WORKSHEET

1. Allow the child to explore the different figurines and pay attention to the different features. If he comes up with questions or ideas just follow his lead. They can be used to create stories referring to the different emotions as the characters appear throughout the story.
2. Ask open questions like "what could have made him sad/angry/scared...", "how could we help him to feel better"... The child's answers, even if he is talking about the monster, will give you information about the child himself.
3. Use these jars to draw or write things that make the child feel that emotion. Don't do them all in one go. You could hang them on the wall and whenever something happens that triggers any of those emotions you can then add it to the jar. It is a way of recognising and accepting that emotion and learning how to make it better.

HOW DO YOU FEEL IN THESE

SITUATIONS?



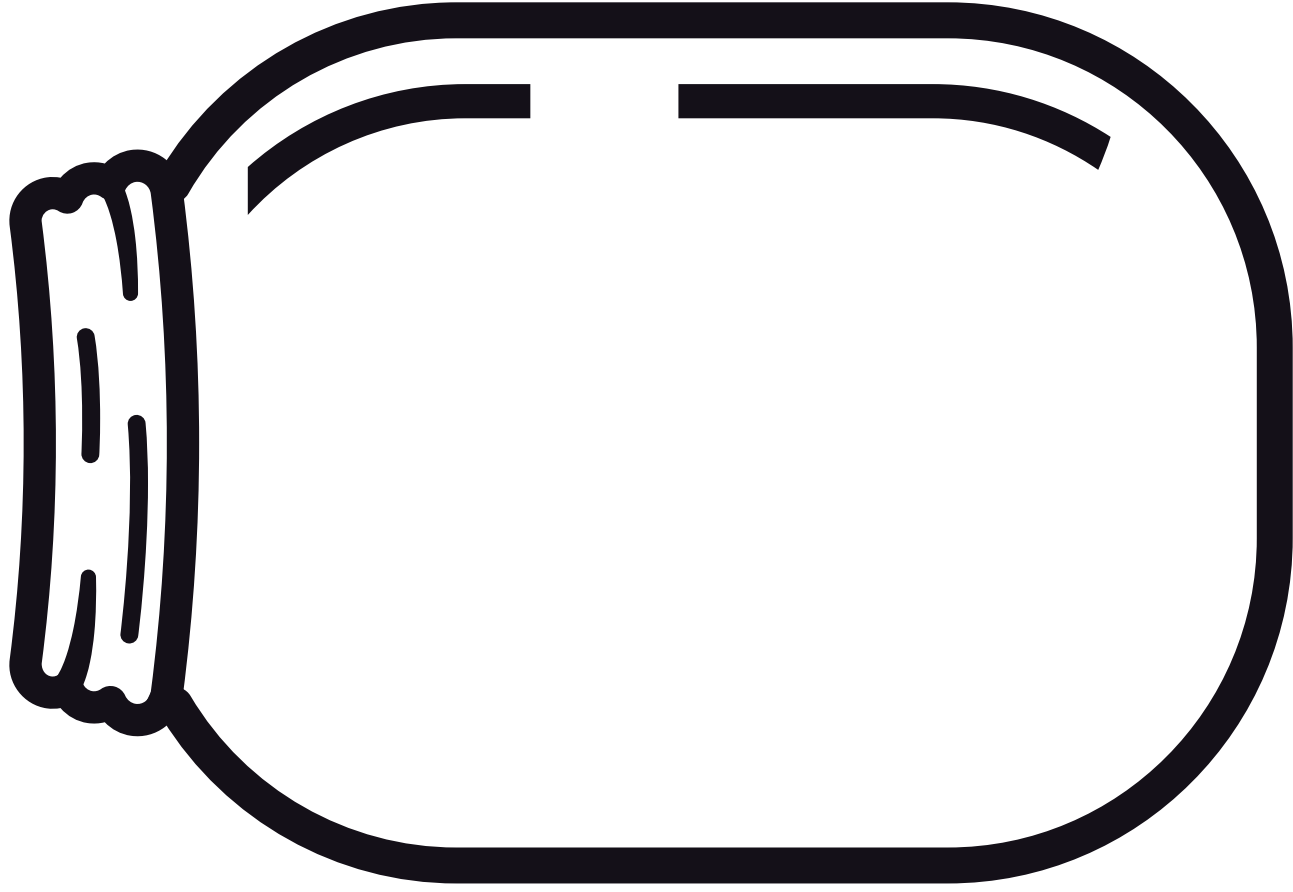
Let the child use the monsters to answer.

Read these situations to the child and let him pick the monster that best relates to the way he would feel in that situation. Don't jump to the next situation, allow space for a conversation. Remember, there is no right or wrong answer.

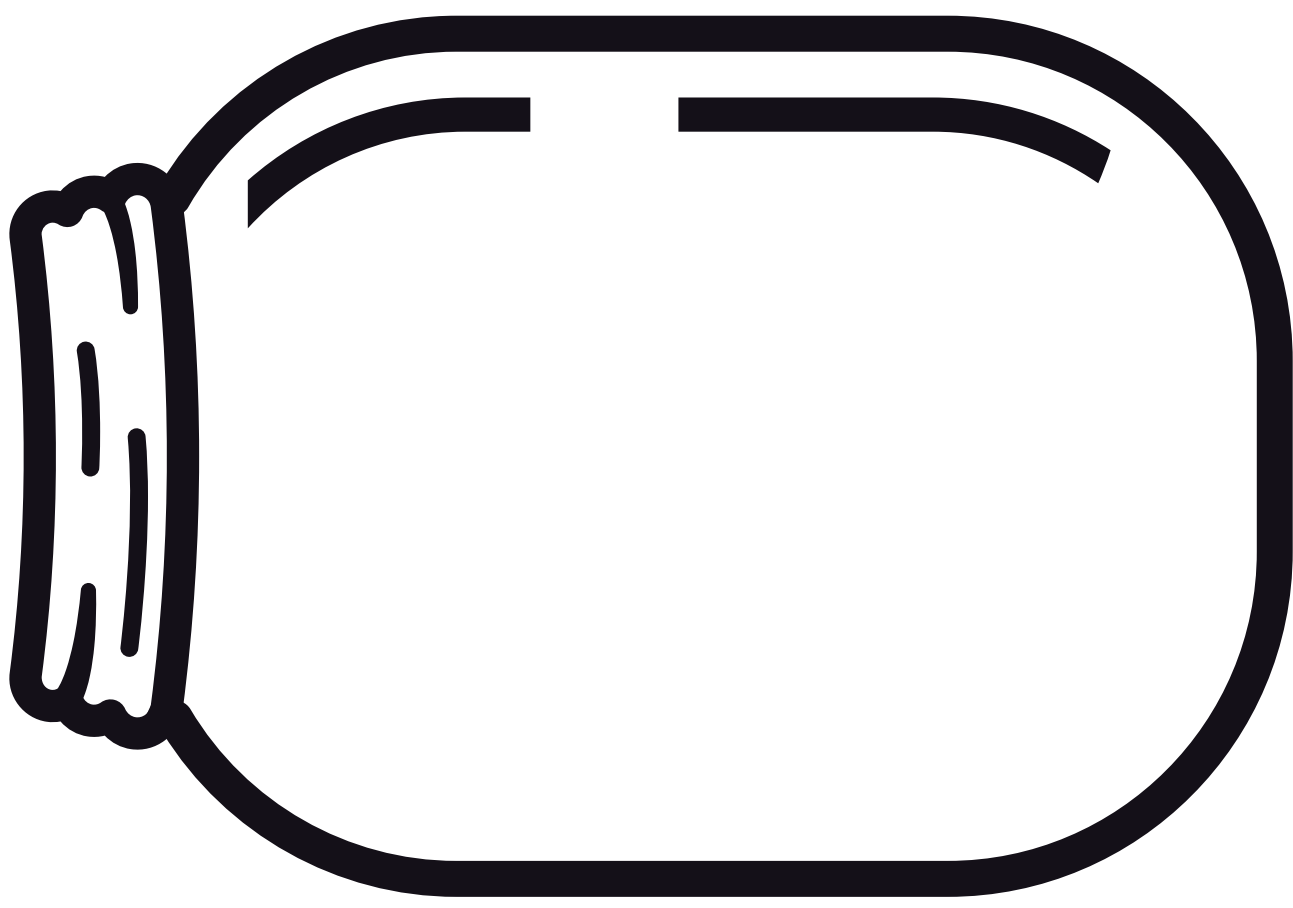
- When I go to school
- When I play with my friends
- When I help at home
- When my friends don't let me play
- When I go to a birthday party
- When I hear a loud noise
- When I see someone crying
- When someone gives me a hug
- When I help someone
- When I have to go to sleep
- When I don't like my lunch
- When I can't find my toy
- When someone breaks my toy
- When someone gives out to me
- When it's dark

You can suggest any situation based on your child's experiences. The more connections he makes between the situation and the emotions, the easier it will get to recognise the emotions as they happen. Once the child recognises the emotions they become less overwhelming and easier to deal with.

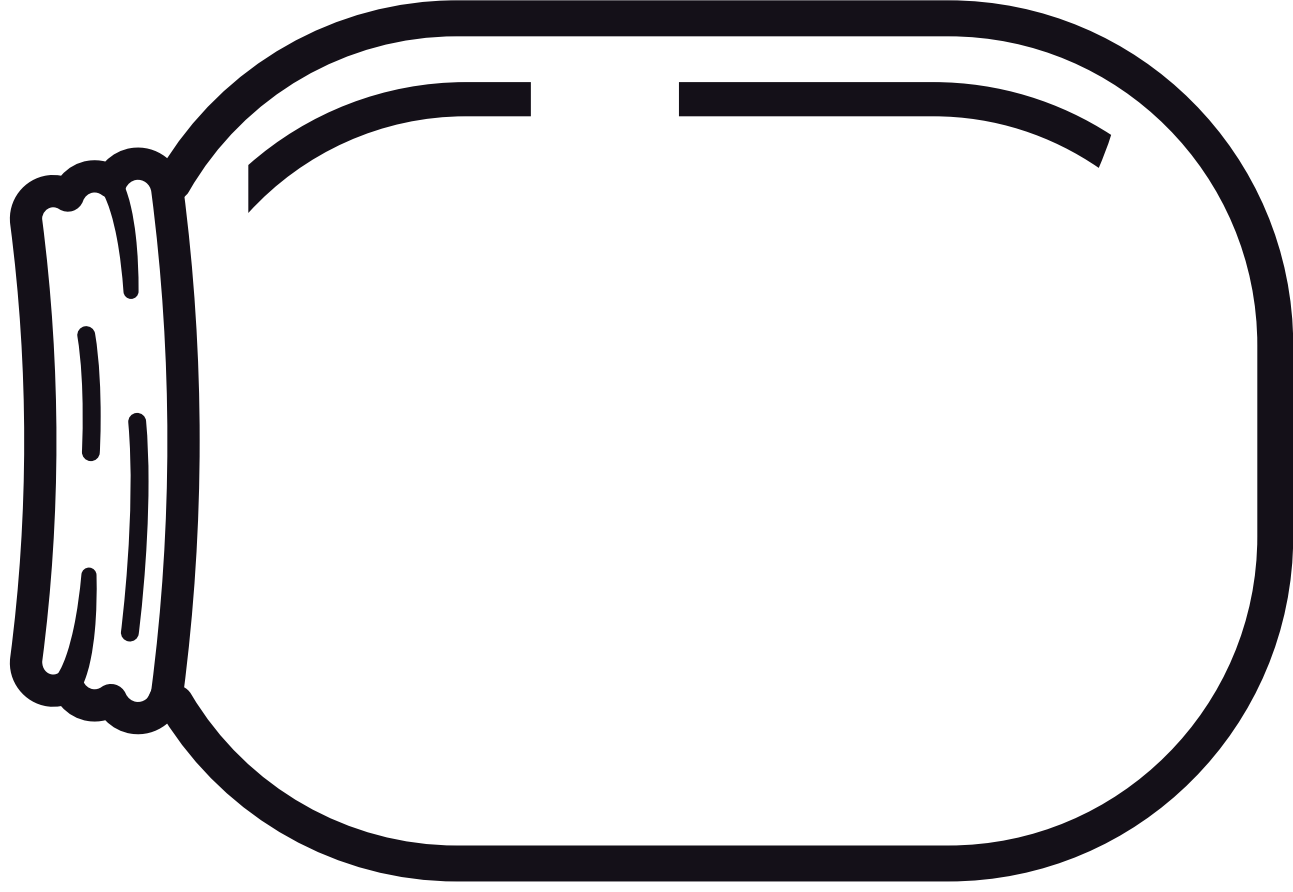
ANGRY



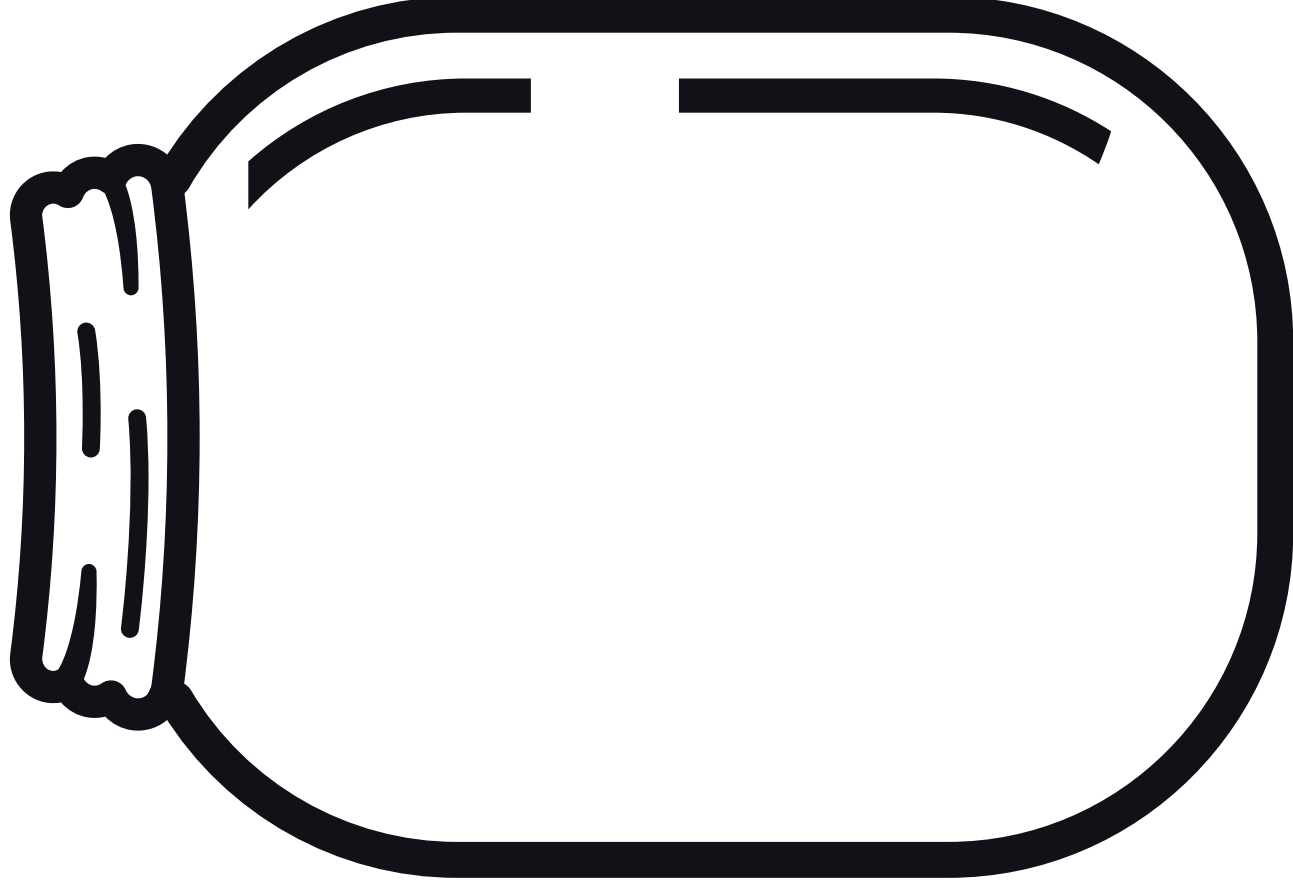
HAPPY



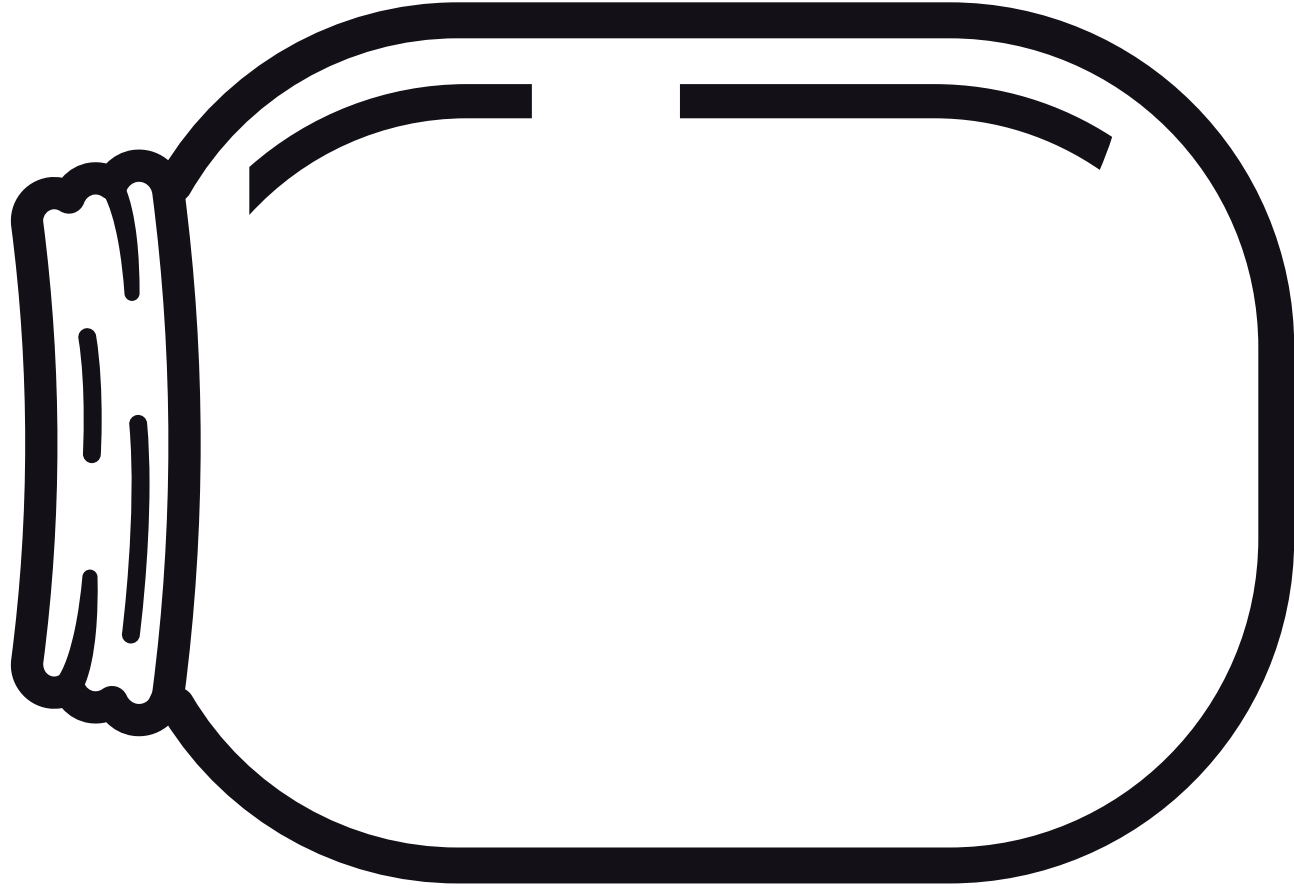
LOVED



SAD



CALM



SCARED

