

SEL – LESSON 1 – The Colour Monster

Curriculum: Social-Emotional; Literacy

STORY: The Color Monster, a story about emotions – by Anna Llenas

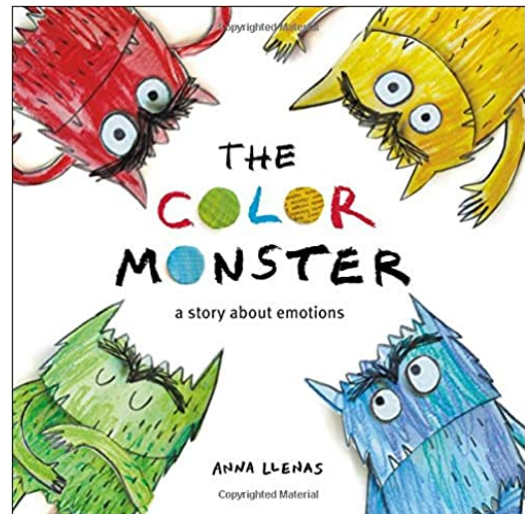
<https://www.youtube.com/watch?v=W6wIEp-M4tg>

Learning Goals:

- Learning the vocabulary that helps us recognize, share and manage our feelings and emotions is an important aspect of the Personal Awareness and Responsibility core competency.
- Having a variety of words gives us power to explain to others and ourselves how we feel inside.

Read the story: **The Color Monster**

This story is about a little monster who is confused by his mixed-up emotions. He feels angry, happy, sad and scared all at once. He is helped by his friend who shows him what each of the colours mean.



After you have read the story and looked at the pictures, answer the questions:

1. Can you identify the colours? Find a page where there is blue. Find a page where there is red. Find a page where there is green.
2. What did you learn about what each of the colours mean? Eg. “red” is... “yellow is...
3. Choose some colours from your crayon box and draw a picture that shows yourself or your family when you are calm. Show your picture to your family and tell the story.

Extension: 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?

Challenge: This week when you are feeling sad or scared or happy, tell someone how you are feeling.