

The Colour Monster

The **STORY**
PROJECT



A Read-a-long Session for Nurseries



Let's get ready for our story.

Find a cosy spot to get comfy.

"Let's pretend to be 'The Colour Monster' and give each other big monster hugs."

You could also use a teddy.



I wonder what our book is about?

Look at the front cover together.

What is The Colour Monster doing? How do you think he is feeling?

"I think he is feeling happy. Look, I can see he is smiling"

"It looks like he is blowing bubbles, shall we can pretend to pop them!"



Emotion treasure hunt

While we're reading, let's see what emotions we can spot. Emotions are like feelings, it is how we feel inside our bodies when we're sad, happy and lots more.



Let's begin!

First few pages: *"The Colour Monster is all mixed up, can you see all his different colours? I can see blue, red, yellow.... His feelings are all mixed up too. That must be confusing for him."*

Look at all the emotions, stopping on each one and talking about what they look and feel like. You can describe how The Colour Monster is acting and what he is doing. For example:

Happiness: "The Colour Monster is feeling happy. I can see his big smile. He is waving and laughing too. That looks like a nice feeling. Can you show me a big smile like The Colour Monster's? Reading a story with you makes me feel very happy"

Anger: "I can see The Colour Monster is feeling angry. He looks cross and is stomping his feet. Everybody feels angry sometimes. I can help you if you ever feel like that. Can you show me what an angry face looks like?"



The feelings game

After the story, play the feelings game. Call out a feeling from the story and both you and the children must do an impression of that feeling.

Repeat a few times and have fun!

For young babies, talk to them about the different feelings and do impressions of each one. Use big facial expressions and clear language.

Remind children that it's normal to feel lots of different feelings, just like The Colour Monster. It's ok to ask for help with our feelings.

Over the next few days, when you see a character in another story or during a game ask children to think about how they are feeling.



About The Story Project

The Story Project is an award-winning, teacher-led organisation that uses the magic of stories to help children understand their own wellbeing and emotions.



Session Content

All our sessions follow our research backed STORY structure

-  **S Settle:** Start your session with a settling activity to encourage children to be in the right frame of mind for listening and learning about their wellbeing
-  **T Training:** Keep children's emotional literacy updated by spending a couple of minutes looking at a picture from the book and discussing the different emotions the characters are feeling
-  **O Objective:** Introduce a wellbeing objective for children to focus on when they are listening to the story
-  **R Read:** Read the story and discuss the story as a group
-  **Y You:** To finish the session children have the opportunity to reflect on the book and to relate the book to themselves

Why stories are so good for teaching wellbeing and emotions

Stories create a distance

Talking about our own experiences or feelings can be difficult, particularly if they bring up negative emotions. It can feel too raw and too vulnerable to open up about big issues, through fear, lack of confidence or not knowing the right words.

Its fun and memorable

Stories have been a method of entertaining for 1000s and 1000s of years. Whether oral or written, everyone has a story that they have loved and engaged with. Books and reading are a well-established part of finding joy and calm, for many of us.

Increased exposure to language and experience

Books are packed full of language and the more we read, the more we learn! Having a greater variety of vocabulary to explain different emotions, means we can explain how we feel and get the help we need.

Stories let us explore other worlds and people

Books are often referred to as 'windows, mirrors, and sliding doors' (Rudine Sims Bishop), meaning that the stories become portals to other places. Topics such as emotions are particularly good areas to teach using stories. Books allow us to see other people's experiences and to build empathy for people of all walks of life.

Stories help us understand ourselves

Seeing our own experiences and emotions helps us to understand who we are as people. This is especially important for young children as they begin to explore their likes and dislikes. All that extra language also helps them to express how they are feeling.



Find Out More: story-project.co.uk