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FEELING MONSTERS

Monster Cards

Ideas for using

- Lay out some or all of the monsters either with words or without words. Choose one monster. Why have you chosen that monster? Can you explain why?
- Lay out all of the cards without words. Can you find me a monster that looks sad? or Can you find me a monster that looks angry? Repeat with different feeling words.
- Choose one monster card and tell a story about this monster? What might have happened to him? Her?
- Pick two monster cards that they think might be friends. Why might they be friends?
- Choose a monster card of how you would like to feel? Why have you chosen that monster? What might you have to do to feel like that monster?
- Choose a monster that represents the worst feeling that you have ever felt? What happened to make you feel that way? Can you think of things you did to help you cope with that feeling?
- Choose a monster that represents how you feel, right now and one monster of how you would like to feel? How might you get there? What might you need to do?
- Give the child a card and ask them to act out that emotion. What might you do when you feel this emotion?
- Choose a monster card and talk about how you might speak when you feel that emotion. What might you say? How might you say it. Think about tone of voice. You could use a cut out speech bubble to write what the monster might say and then act it out.

20 DIFFERENT FEELINGS CARDS SMALL AND LARGE COLOURING SHEETS SUPPORTING RESOURCES

embarrassed angry

Design a feeling monster



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WELLBEING SHIELD

What does the monster need to do to help him stay happy? What shields him from sadness? Write or draw on the shield things to keep him staying happy then colour him in.

