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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 feelings 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

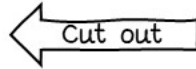
Design a feeling monster



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What's BEE-hind you?



Cut out and round off the corners. This is your bee for hiding.

Cut out the hives with the emotion monsters. Place them on a flat surface and ask the child to hide their eyes. Hide the bee behind one of the hives. The child has to pick an emotion, say what it is and they can then look behind the hive to see if they can find the bee. Repeat until the bee has been found.

Extension activity

- Make the emotion with their faces
- Say when they felt that way
- Talk about body signs when feeling that emotion
- Talk about thoughts they might have with that emotion
- Talk in the tone of voice you would use with that emotion.

