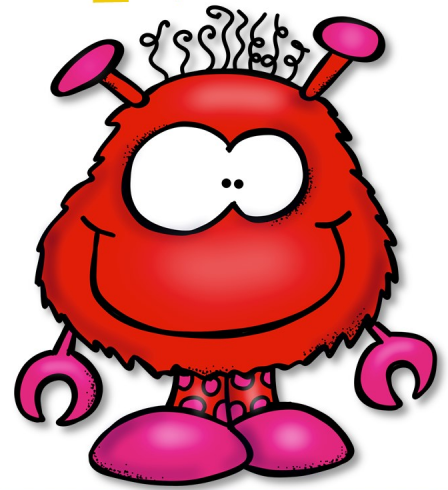


THE COLOR MONSTER



calm

ANGER

happiness

sadness

?????

FEAR



Companion Activities

FEELINGS JAR

Assemble:

- Print and cut both feelings jar pages and the feelings square page. Laminate if possible/needed.
- Cut out the feelings squares and jars, making sure to leave on the rectangle edges on the blank jar.
- Fold the rectangle tabs backwards on the blank jar.
- Hot glue the front and back pieces to the jar.
- Put the feelings squares inside.

Play:

- Students take turns (or you take turns with your student if using during an individual session) closing their eyes or looking away and putting their hand in the jar and taking out a feeling.
- Students state when they have that feeling ("I feel happiness when the sun is out and we get to play outside for recess.") or tell about a time they had that feeling ("I had fear when we had the tornado warnings last week").
 - The pink feeling is left with question marks as it is unnamed in the story. You can decide with your student(s) which feeling to make it, or if working with a group, allow the student who pulls it out to pick.
 - *Consider listing some related emotions for fear (shy, worried, nervous) that students can speak on.
- You can either put the feelings cards back in the jar after each turn, or leave them out until you've gone through each.

The Color Monster

Full of Feelings





FEAR

calm

happiness

?????

sadness

ANGER

MINI-BOOK

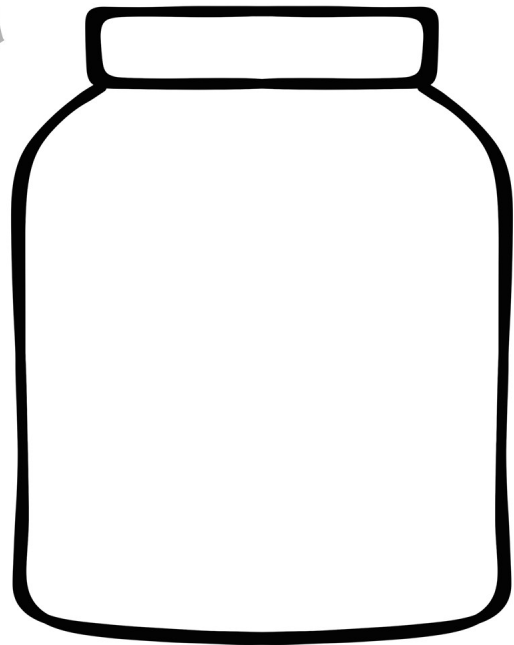
- Each book is eight pages (two pieces of paper).
- Students select their own monster, color it, cut around it, and glue it to their book cover.
- In the blank space under each jar, students write an example of something that gives them that feeling or a time they had that feeling.
- Students color in the jar for each feeling, using either the colors from the book or whatever color they attach to the emotions. They color to show the amount or frequency of the feeling in their life (i.e. color the anger jar very full if you feel angry a lot, color the fear jar just a little bit if you don't have much fear).
- One jar doesn't have a feeling word next to it, representing the unnamed pink feeling in the book. You or the students can choose what feeling to put there (loved and proud are the two I use most often with my students).
- Cut dashed lines and assemble (order does not matter beyond the cover in front and the "created by" page in back) and staple.

My Color Monster

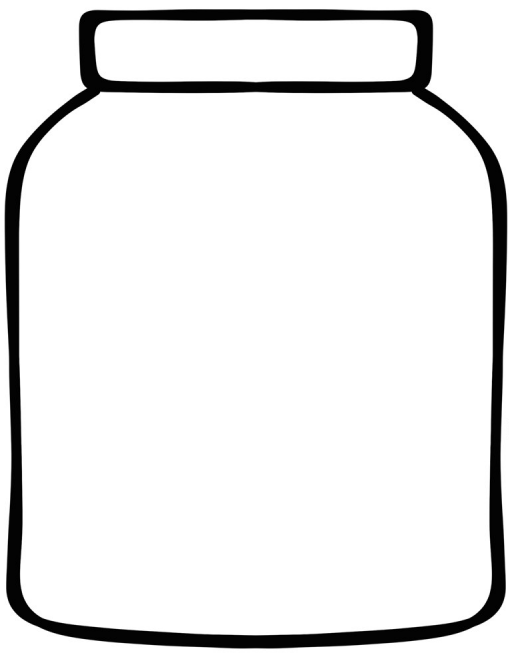
Full of Feelings



happiness



ANGER



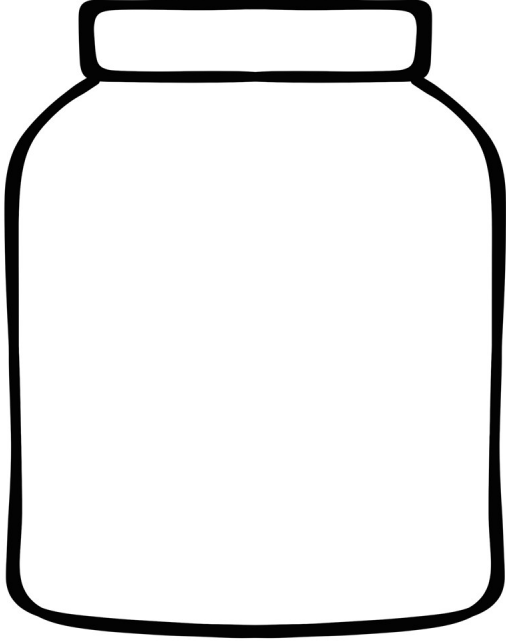
sadness

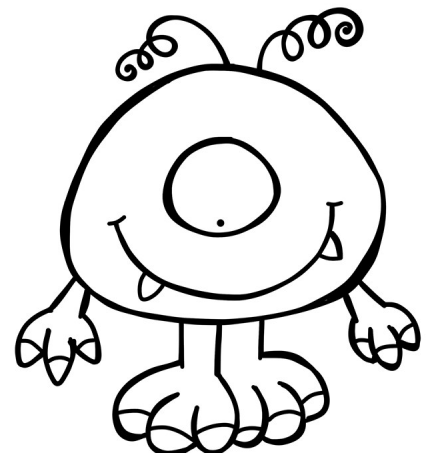
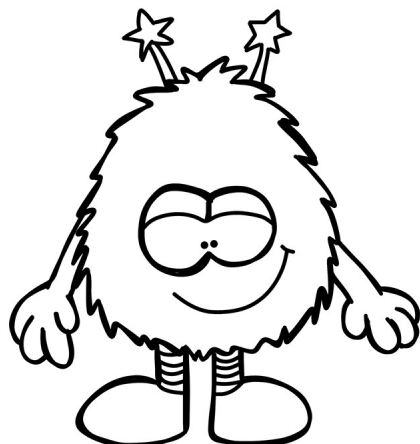
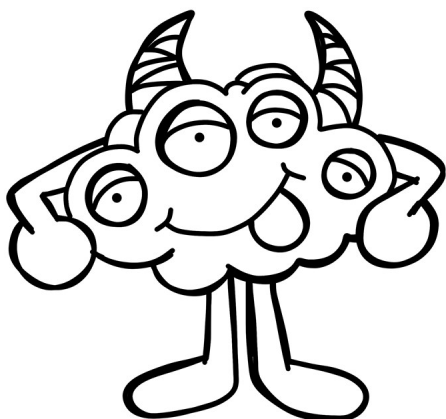
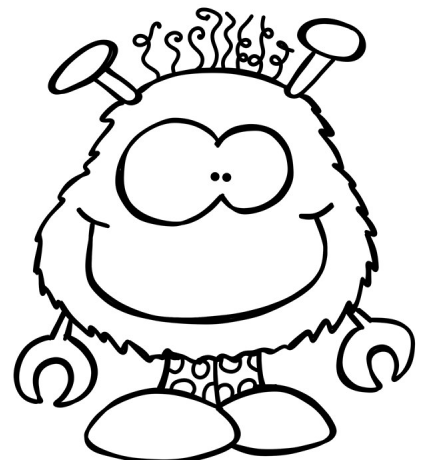
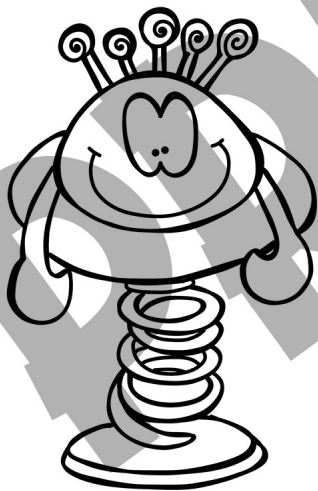
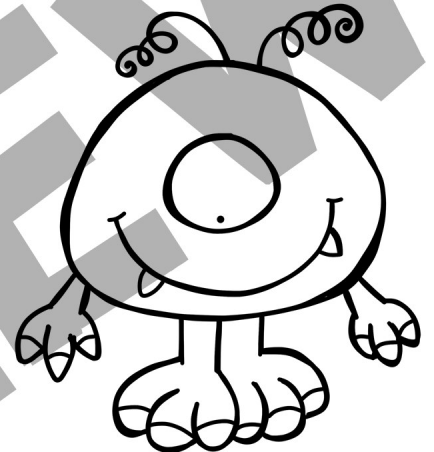
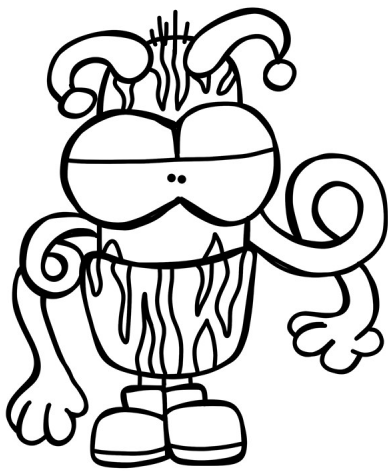
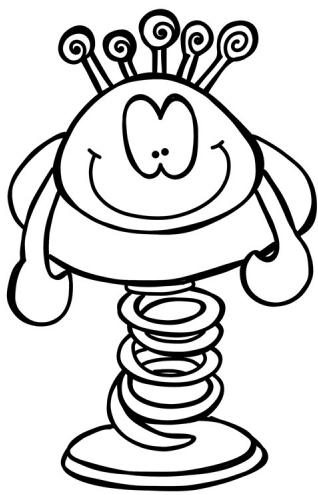


calm



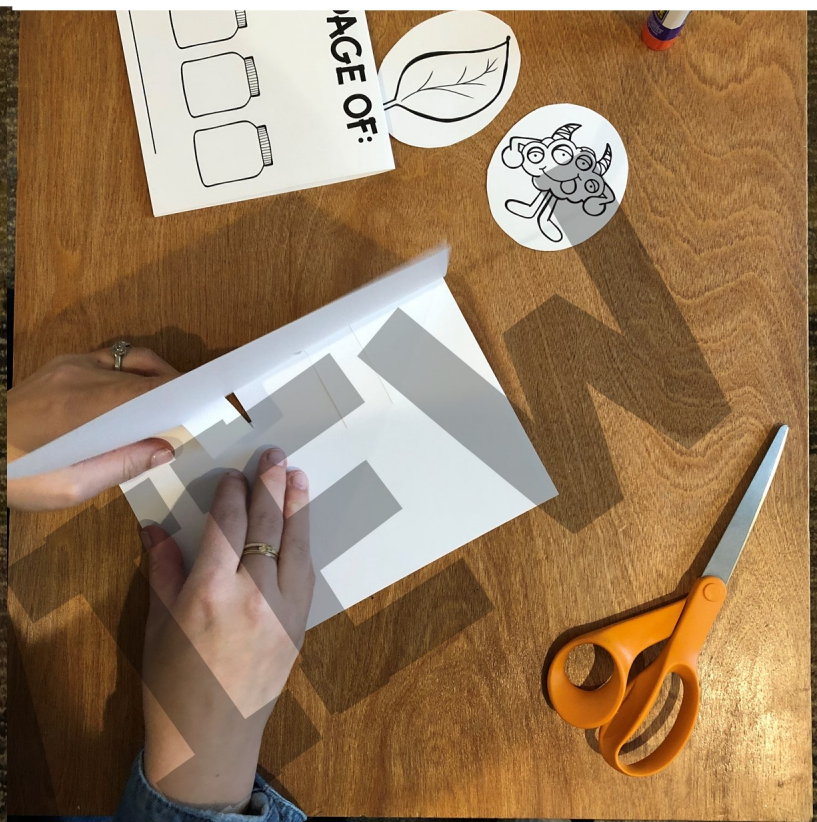
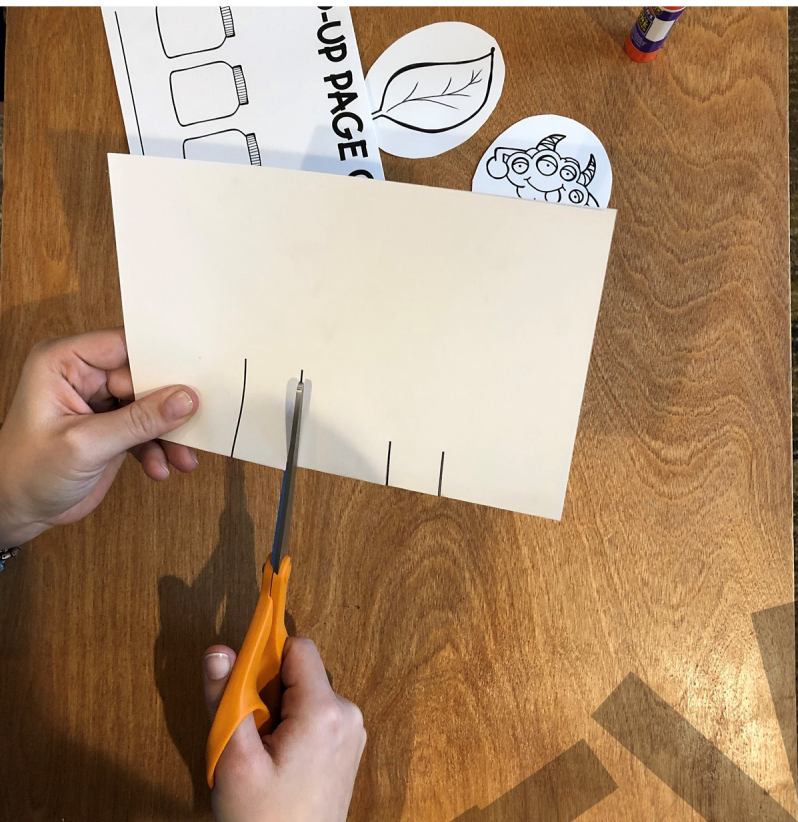
FEAR

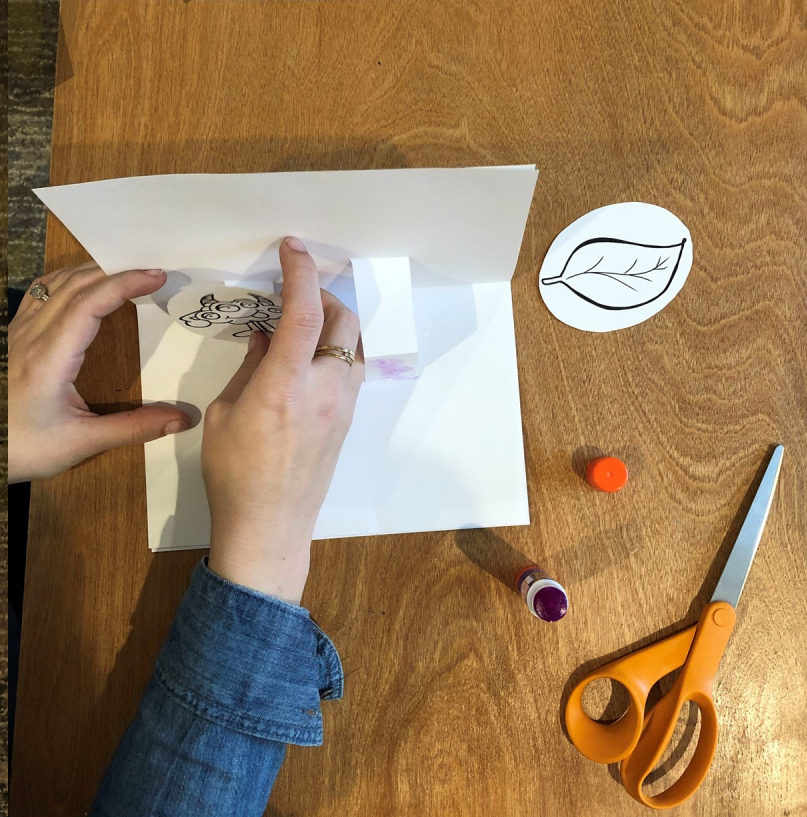
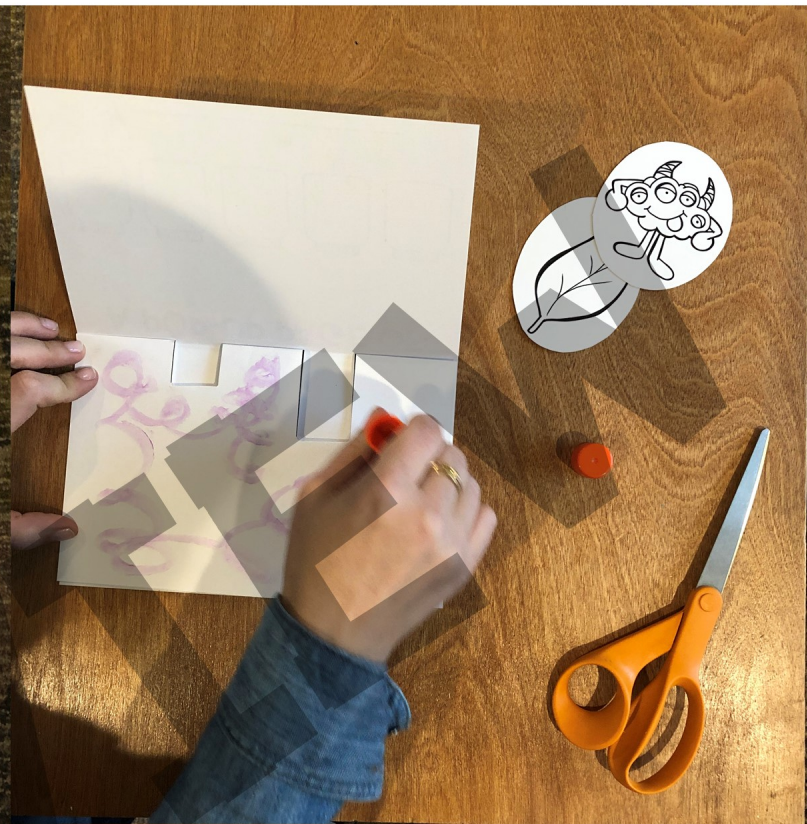
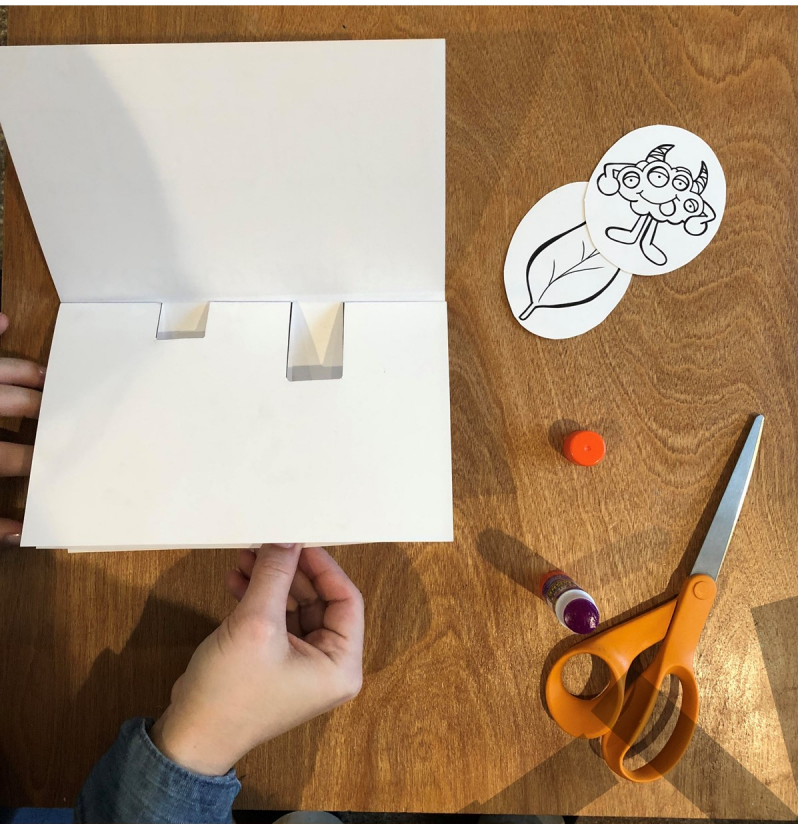




POP-UP PAGE

- The pop-up page is made with two full sheets of paper and some additional pieces glued on.
- The first page is the “cover” or outside of the page.
 - Print and fold along the dashed line.
 - Students choose which feeling to make their page for and write that in.
 - Students select a color to go with that feeling and color it inside of one of the jars.
- The next page is the inside page.
 - Print and fold along the dashed line so the solid lines are on the outside.
 - Cut along the solid lines.
 - Open the page back up.
 - Push the cut portions to reverse the fold line. This will create “steps” when you hold the page at a 90 degree angle. It sounds tricky/confusing but will make more sense once you’re doing it!
- Use stick glue to glue the inside page to the back of the cover page, avoiding getting glue on the step pop-out pieces.
- The final page has monsters. Students select a monster to color, cut, and glue onto one of the pop-out steps.
- Students draw and color something else, representing the emotion, to cut and glue onto the other pop-out steps (or select from the second page of visuals provided).
- As time allows, students can draw, color, and/or write on the blank spaces on the inside page.





A POP-UP PAGE OF:



By: _____

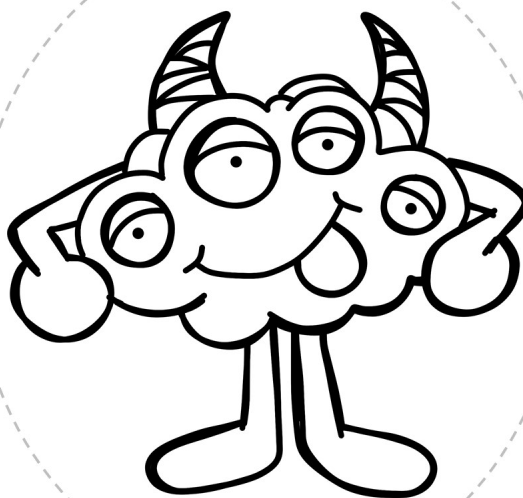
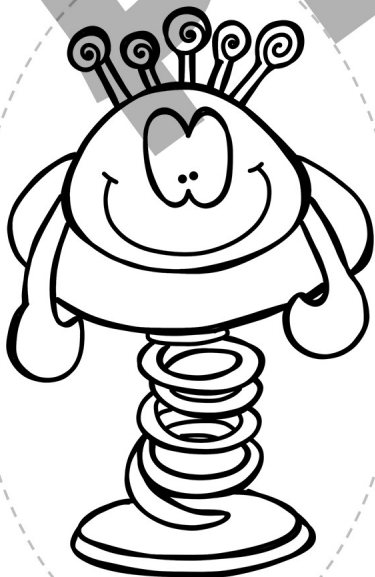
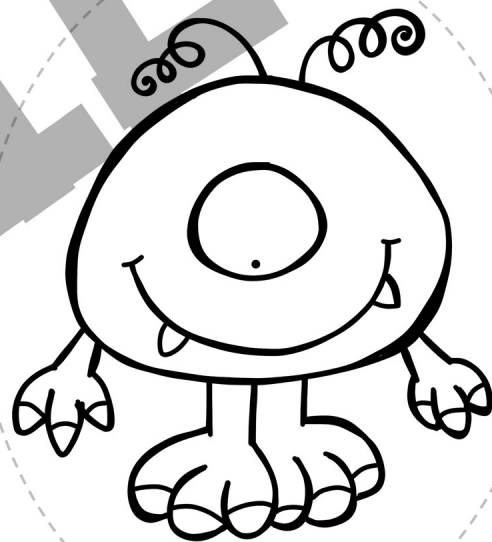
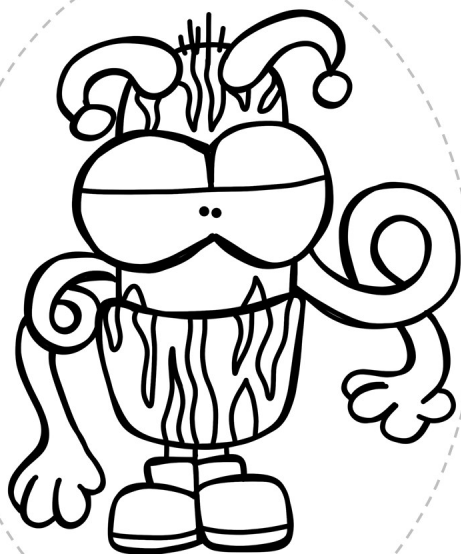
PREVIEW

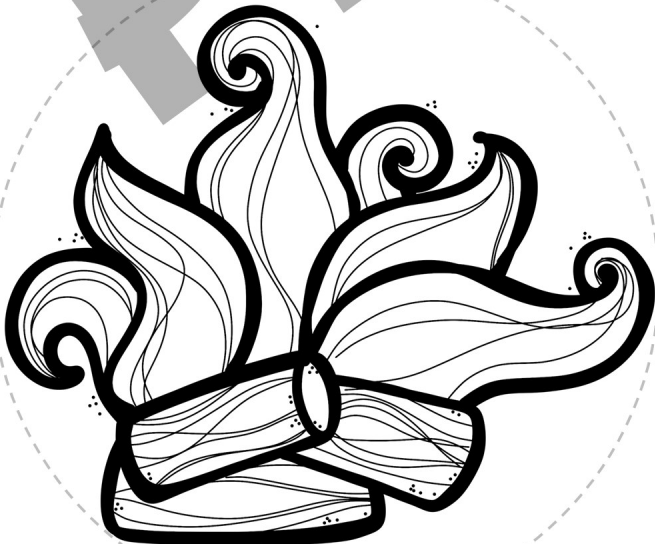
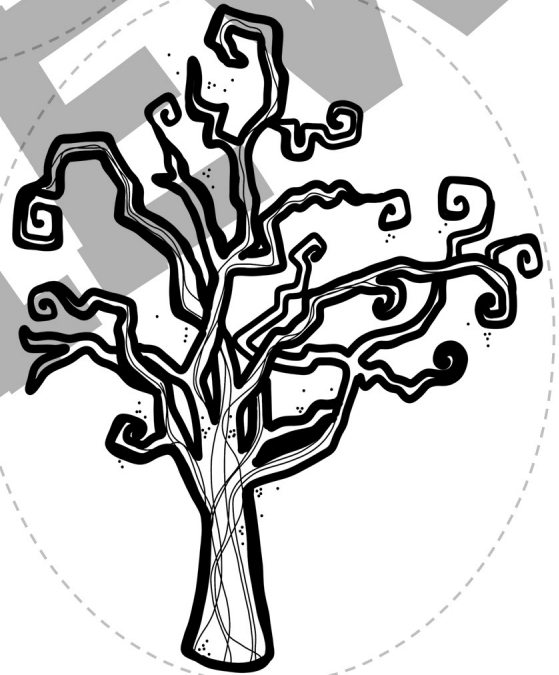
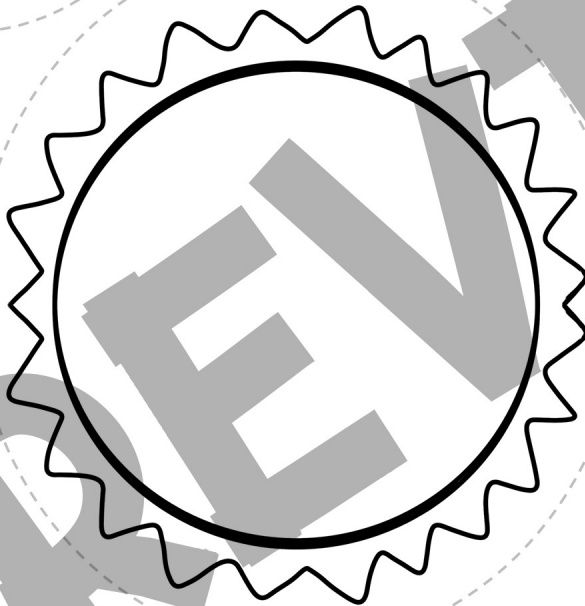
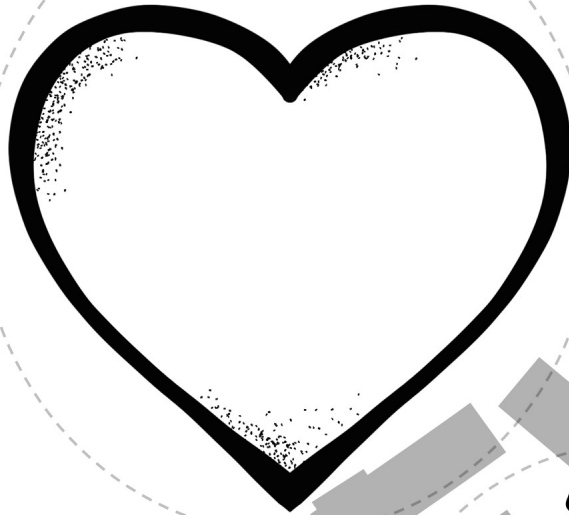
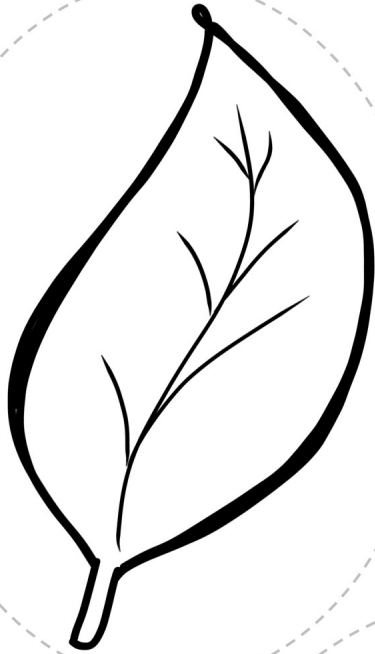
PREVIEW

PREVIEW

PREVIEW

PREVIEW





the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

