



## **The Colour Monster (A pop-up book)**

Written and Illustrated By Anna Llenas

2015 (20 pages)

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## NOVEL STUDY

### *The Colour Monster by Anna Llenas*

#### SUMMARY

The colour monster is all mixed up and confused. He's made of all the colours of the rainbow and so his friend helps him to put all his colours into jars and look at the different feelings they represent. Each colour represents a feeling: Happy, sad, scared, calm, angry and love. This book is available as a wonderful pop-up book.

#### MAIN CHARACTER REVIEW

The Colour Monster  
Girl

#### *SEL THEMES IN THE BOOK*

- Feeling more than one feeling at once
- It's OK to feel our feelings
- Feelings – happiness, sadness, anger, fear, calm, love

## STUDY QUESTIONS

- 1. How can you tell the colour monster is confused?**  
All his colours are mixed up
- 2. What colours can you see in the colour monster?**  
Yellow, red, blue, green, black, pink
- 3. Can you feel more than one feeling at once?**  
Yes – discuss how you might be happy/excited and also a bit afraid at the same time.
- 4. Why does the girl say we should put the feelings in a jar?**  
So we can look at them more closely
- 5. What colour is happiness?**  
Yellow
- 6. Why is yellow happy?**  
It is bright and light
- 7. What makes you feel happy?**  
Discuss children's responses.
- 8. What colour is sadness?**  
Blue
- 9. How can you tell if someone is sad?**  
They might cry / practice making sad faces together
- 10. What makes you feel sad?**  
Discuss children's responses.
- 11. What colour is anger?**  
Red
- 12. What does the colour monster say anger feels like?**  
Fire and makes you want to stomp and shout
- 13. Is it ok to feel angry?**  
It's ok to feel angry but you need to make the right choice with your behavior like talk to someone.
- 14. What colour is fear?**  
Black
- 15. Why can night time be scary?**  
Because it's dark like the pictures and you can't see anything
- 16. What might help you feel less afraid and safer at night?**  
Being with a friend or a family member might make you feel safer or having a light when it's dark.
- 17. What colour is calm?**  
Green
- 18. What other things do you know that are green?**



Trees, grass etc.

### 19. When do you feel calm?

Discuss children's responses.

### Practice hot chocolate breathing to feel calm

Reveal the bottles and see if the children can remember which colour is which emotion

### 20. What feeling do you think the pink colour shows?

Love

## Activities from The Colour Monster

### ART

- Children colour in pictures/sort onto different colours different scenes with the colour that they feel eg. Colour playing with friends yellow and breaking a toy blue or red or a mix
- Children make their own colour monster collage or painting and pick the colours of how they are feeling.

### SEL

- I feel angry when...I feel calm when... etc discussion
- Use SEL resources to sort pictures of people feeling the different emotions with the correct label/colour
- Children have to act out one of the feelings in the colour monster and class guesses which one it is.

### LETTER WRITING

- Children to practice writing/tracing/colouring words Happy, Sad, Angry, Scared, Calm in the colour of the emotion

### DT

- Make jars with a sliding part like in the book and children can put their feelings in the jars.

### MATHS

- Children to count/ sort different objects of different colours