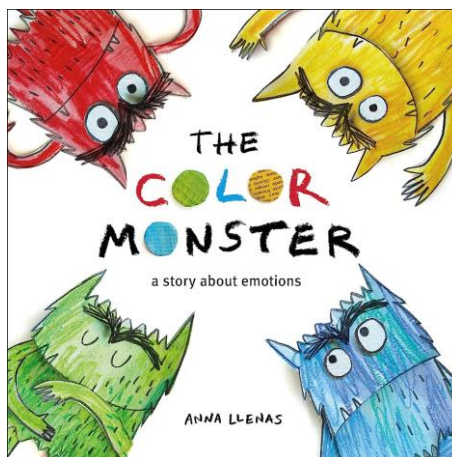


Book 9 (Reception/F2) The Colour Monster by Anna Llenas

Prime Areas of Learning

COMMUNICATION AND LANGUAGE

- How many emotions words can you think of, and can you talk about a time when you have felt that emotion?
- Read other colour story books like 'The Rainbow Fish' and 'Elmer'.



PSED

- Play Simon Says using the Colour Monsters help and visually act out the emotions for example show afraid (child to hide behind hands) and show calm (child to close eyes and breathe deeply)
- Watch Story Bots 'Emotions' ["Emotions" - StoryBots Super Songs Episode 8 | Netflix Jr - YouTube](#)
- Paint stones in different colours to help soothe you when you hold them and help you talk about your emotions when you are feeling them.



PHYSICAL DEVELOPMENT

- Play Pom Pom Avalanche – trap pom poms in a colander using skewers or pipe cleaners. Take turns to pull the sticks out until there is a Pom Pom Avalanche!
- Talk about different feelings and how your body reacts when you feel them for example when you feel anxious, calm, excited, angry.
- Go on a mood walk. When the adult shouts an emotion react accordingly for example happy = skipping, angry = stamping, calm = floating
- Do some basic yoga stretches to feel a sense of calm [5 Calming Yoga Poses For Kids](#) | [Cosmic Kids - YouTube](#)