

# Health and Safety-The Colour Monster



## Early Learning Goals and Key Outcomes:

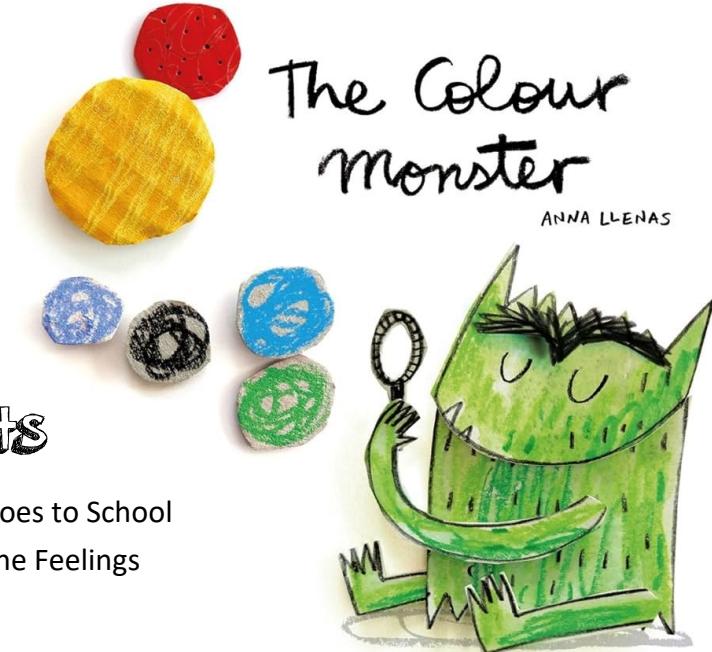
- Express the normal range scale of feelings and emotions and moderate their own feelings socially and emotionally.
- Show resilience and perseverance when faced with a challenge
- Know and talk about things that support their own mental health and wellbeing.

## Learning Points:

- Learn the names for different emotions and how they make our bodies feel.
- Link feelings to events, commenting on how certain things make us feel.

## Linked Texts

- The Colour Monster: Goes to School
- The Colour Monster: The Feelings Doctor
- Daisy's Dragons
- Ruby's Worry



## Key Vocabulary

## Possible Experiences:

- Use mirrors or iPads to make facial expressions to match emotions.
- Discuss things that make us feel different ways.
- Take part in a range of 'self-care' activities (yoga, going for a walk, meditation, drawing).
- Create mood boards to represent things that make us feel certain ways.
- Role play different emotions and emotive actions, discussing which emotion is being represented and why.
- Complete colour monster fine motor sorting (tweezers and coloured items), matching colours to facial expressions.
- Explore different textures to assess how they make them feel.

Angry	A strong feeling of being upset or cross about something.
Calm	When you are not feeling a strong emotion.
Emotions	An inner feeling that relates to what has been happening to you.
Fear	A negative emotion caused by something that makes a person feel unsafe.
Feelings	What happens to your body and mind when you experience something.
Wellbeing	When someone feels comfortable, happy and healthy.