

LITTLE FEELINGS MONSTER

THIS ACTIVITY EXPLORES:

Feelings, confidence and asking for help

HOW TO SET-UP?

Offer examples such as brave, worried, left-out, shy or joining-in. Keep the discussion general and gentle.

YOU WILL NEED:

- Paper
- Colouring pens

TIME NEEDED: 15-20 MINUTES

HOW TO RUN IT

1. Explain that feelings can sometimes feel big, silly, wobbly or brave. Ask children to draw a little monster that shows a feeling. Their monster could be a brave monster, worried monster, left-out monster, joining-in monster, shy monster or "I want to choose" monster.
2. Ask them to give their monster a name.
3. Invite anyone who wants to share their monster to say what feeling it shows.

QUICK DEBRIEF

- What feeling does your monster show?
- Who could help when a feeling gets big?

Make it easier

Give them a simple monster outline to colour in.

Make it harder

Ask them to add a speech bubble showing what their monster might say.

KEY MESSAGE

Big feelings can make choices harder.
Noticing the feeling and talking to a trusted adult can help.