

A guide for families

Colour Monsters

Help your child express their feelings with Colour Monsters. Learning to articulate our emotions is a skill that needs constant honing and may take a lifetime to perfect.

Young children, in particular, may not have the words to describe how they're feeling, which is why they can end up experiencing emotional outbursts. At Hordle, children's wellbeing is our number one priority. To help the children develop an understanding of their emotions we use a key text 'The Colour Monster'.

The Mental Health Foundation says, 'One of the most important ways parents or guardians can help (in supporting good mental health) is by listening to their children and taking their feelings seriously.' This is where picture books come into their own, as they offer a safe way to explore complex emotions and provide a distraction free space to discuss the day's events and help children find ways - and words - to express how they feel.

Meet the Colour Monsters

The Colour Monster by Anna Llenas is described by Book Trust as 'deceptively simple, surprisingly powerful and satisfyingly reassuring'. A book about feelings (and colours) it features a friendly, fuzzy monster who appears in different colours when they are feeling different emotions. Some of which can be found below:



In the story, a child helps the Colour Monster name feelings and explore how these emotions might feel before putting each emotion into a separate jar.

What is particularly powerful is that each emotion is treated with equal weight and aims to ensure children understand that negative emotions are as justified as more positive ones and should not just be brushed aside.

At Team Hordle, we support children to express their feelings using Colour Monsters by:

- ★ Helping children become familiar with the language used to describe the range of feelings that we all experience
- ★ In Nest, focusing on the emotions happy, sad, and angry; in Wild, exploring loved, calm, and scared; and in Year R, consolidating all of these while introducing additional vocabulary to describe emotions more precisely, such as upset or miserable instead of simply sad
- ★ Regularly sharing the story of The Colour Monster so children develop a secure understanding of how different emotions can make them feel
- ★ Providing Colour Monster soft toys for children to use as a tool to communicate how they are feeling
 - ★ Encouraging children to name their feelings and supporting those who may find this challenging
 - ★ Offering coloured sensory bottles that correspond with the Colour Monsters
- ★ Supporting children in developing a broader understanding of emotions and recognising how others may be feeling

Attached are some resources you could use at home to support your child in articulating their emotions. You could use them to help facilitate a conversation with your child about when they feel these emotions or to help in a moment of dysregulation when you are trying to work out what emotion they are actually feeling.

happy excited
cheerful



caring helpful
friendly



calm content
relaxed



angry fuming
raging



What Colour is Your Monster Today?



confused unsure
mixed up



worried scared
nervous



upset unhappy
sad



Colour Monster



Colour Monster

happiness



happiness

calm



calm

sadness



sadness

confused



confused

anger



anger

fear



fear

love



love