

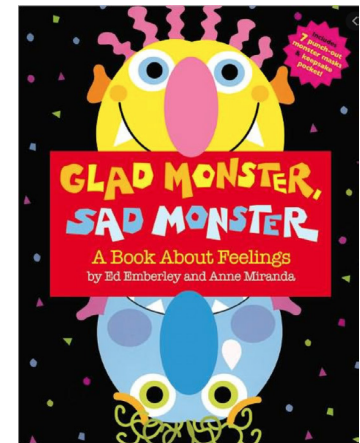
SOCIAL-EMOTIONAL STORY HOUR



Glad Monster, Sad Monster: A Book About Feelings

Sad, Happy, Angry, Silly - Monsters have all kinds of feelings!

Glad Monster, Sad Monster helps us learn how to talk about how we are feeling - Even if it changes many times in one day! Did you ever think a monster could be scared? We all have different feelings or emotions, and they are all okay to have. When we talk about our feelings, our friends and adults can help us think about why we feel that way. Let's find out how these monsters are feeling!



By: Ed Emberley and Anne Miranda
Illustrated by: Ed Emberley
Publisher: LB Kids

Things to talk about

What do you look like when you're happy? Mad? Sad?

What makes you feel loved?

How can we help our friends feel better when they are sad or upset?

Try these fun activities at home

Feelings Walk

Take a walk together through your backyard, neighborhood, or through your home to find different items that make you feel happy, sad, mad, excited, and more! Did you hear a bird chirping that made you feel happy? Did you see your sibling who made you feel silly? Do you see your comfy pillows that made you feel calm?

Make Your Own Monster Mask

With a piece of paper or a paper plate, draw/decorate a monster feelings face with your favorite colors and materials. Is your monster happy? Scared? Excited? With the help of an adult or older sibling, cut out the eyes, nose, and mouth of your mask. If you'd like, you can tape or glue a popsicle stick to the bottom of the mask or make a small hole on either side of the mask and tie a string/ribbon/yarn through each hole to wear the mask! Try them on and talk about each of the feelings - Have you ever felt sad, glad, or mad?



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