LESSON IDEA

Activities for 5 year olds with

Ideas about story telling as a therapy to develop emotional intelligence

... (Scoil Bhríde, Ireland)

Teacher: Tomasina/Collette

Time: 30 min

Developing Key Competenses: emotional intelligence, critical thinking

Outline of the activity:

Story book: The Colour Monster

1.Listen to the story.

2. in small groups, sort cards that include people with a variety of emotional expressions matching to correct colour.

3. ‘Simon says game’ for each emotion. Happy(Jump and Clap), Sad (Cry lots of tears), Afraid (Hide behind your hands) Angry (Growl and Stomp), Calm(Close your eyes and breathe deep).

4. Each child will colour their own monster according to how they are feeling today.

Necessary learning/teaching tools (*please, not which tools should be prepared by the hosts*): Storybook, coloured paper, cards of people displaying emotions, poster page for each emotion, colouring page.

Expected results:

Ability to name the five emotions mentioned.

Ability to match each emotion to a colour.

Ability to express each emotion with a matching action

Ability to recognise the emotion displayed by real people.

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**The Colour Monster by Anna Llenas**

This is my friend the colour monster.

Today he’s all mixed up and very confused. He doesn’t know why.

Look at you! You’re all over the place.

That’s because your feelings are all stirred together, so your colours are too.

I know! Let’s put each feeling in a different jar so we can look at it more closely. I

can help if you like.

This is happiness. It shines yellow like the sun and twinkles like the stars. You feel

bright and light. You laugh, you jump, you dance!. You want to share that feeling

with everyone.

This is sadness. It’s gentle like a blue rainy day. Sadness can make you cry. It can

make you feel alone. But if you’re sad, I’ll hold your hand.

This is anger. It blazes red like fire. Anger can make you want to stomp.....and

RRRROOOOAAAARRRR! and shout, it’s not fair.

This is fear. It is black like the night and hides in the shadows like a scaredy cat.

Being afraid can make you feel very small and alone. If you’re scared, tell me why

and we’ll walk through the forest together.

This is calm. It’s quiet like the trees and soft like their leaves. Now you’re calm,

you breathe slowly and deeply. Ah! You feel at peace.

There, we’ve finished! Here are your feelings, and each one has a different colour.

Let’s look at them together:

Yellow: Happiness

Blue: Sadness

Red: Anger

Black: Fear

Green: Calm