



# A STORYTIME WITH THE COLOR MONSTER BY ANNA LLENAS

*The Color Monster explores a colorful rainbow of feelings and emotions.  
Create your own color monster storyboard!*

IDEAL AGE: 3+

## LEARN TOGETHER

Sometimes emotions can be hard to share and understand. Naming feelings and having open conversations will help your child be able to recognize and manage their feelings.

## MATERIALS

- Cardboard, cardstock, or other sturdy paper
- Markers
- Scissors
- Large paper or string
- Mirror or camera (optional)
- Velcro (optional)

## MAKE TOGETHER

Enjoy a reading of [The Color Monster](#) by Anna Llenas.

Just like the Color Monster, talk about the different feelings we all experience. What does your face look like when you're happy, sad, afraid, angry, peaceful, or loving? What other feelings do you experience and what does each look like? Make each face in the mirror, to each other, or take a picture to remember!

Make a mix and match face with different eyes, noses, and mouths to express different feelings:

- 1 On cardboard, cardstock, or sturdy paper draw different pairs of eyes, noses, and mouths. Make each drawing medium to large.
- 2 Cut each piece out.
- 3 On a large piece of paper, draw a shape to represent a face, like an oval or a circle.
- 4 Take turns creating and describing different faces using the mix and match face pieces.
- 5 For continued play, you can add velcro to the back of the pieces and to your face shape.

CMOM's friends at [Vroom](#) share tips that are easy and fun reminders to connect with children at home and return to moments of calm.

For more fun activities, please go to  
[cmom.org/resources](https://cmom.org/resources)

