

The Color Monster

The Color Monster woke up feeling confused, and he doesn't know why. His feelings are all jumbled up and now he has to separate his emotions and put each one where it belongs. Will you help him?

To do so, you will have to think about things that make you feel happy, sad, angry, afraid, or calm, and then tell everyone what those things are.

With your help and help from his little friend, he is sure to be able to do it!



The Color Monster is a children's book written and illustrated by Anna Llenas. Her story helps very young children (and even those of us who are not so young) to be aware of and to deal with their emotions. Now you can also enjoy it in the form of a cooperative game: the one you are holding in your hands.



components

1 game board

1 Color Monster piece

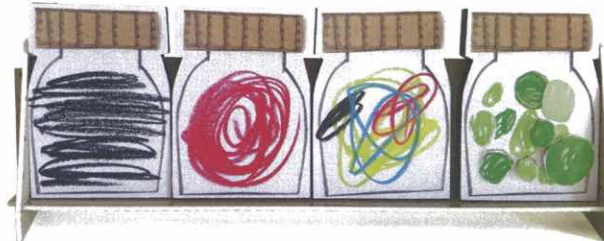
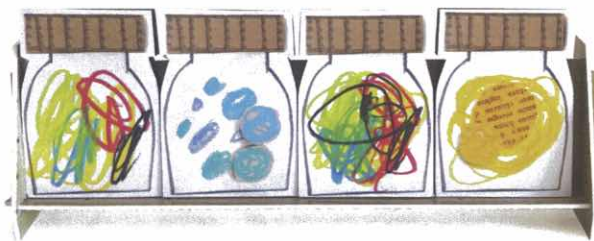
1 girl piece

1 die

8 jars to keep the emotions in

2 shelves for the jars

5 counters for the emotions



how to play

SETTING UP THE GAME

Unfold the game board and place it on the table. Then put each emotion counter on the space of the game board with the same color, with the drawings on the counters face up.

Place the Color Monster and the girl together on the pink starting space.

Finally, mix up the jars and place 4 of them on each shelf with the opening (the hole) facing forward so that the drawing on the back cannot be seen.

Place the shelves and the die next to the game board. The youngest player at the table can start the first turn by rolling the die!

A PLAYER'S TURN

During his or her turn, the player rolls the die and carries out the action that matches the roll:

1 2

1 or 2 - The player moves the Color Monster the number of spaces shown on the die in whatever direction he or she wants.



Spiral - The player moves the Color Monster to any space on the board.



Girl - The player moves the girl piece to the same space as the Color Monster.

THE GOAL OF THE GAME

The players must work together to move around the board and collect all the emotion counters and put each one in its proper place.



identifying



the emotions

When the Color Monster finishes his move on a space that has an emotion counter, the player who moved him has to tell the other players something that causes him or her to feel the emotion that matches the color of that space. It could be an event, a memory, an object, or a moment in time.

After the player has explained what causes the feeling, he or she chooses one of the jars on the shelf and turns it around:

- If the jar shows the same color as the counter, he or she can put the counter inside the jar and put the jar back on the shelf so everyone can see what emotion is inside.
- If the jar is not good for holding that emotion because it has a different color, the player has to put the counter back on the board and the jar back on the shelf as it was before (with the opening facing forward).



happiness



sadness



anger



fear



calm

Example of Play:

Paul moves the Color Monster to the yellow space, which means happiness. Paul tells the rest of the players that he felt happy when his grandfather came to pick him up at school and brought him candy. Now he can take the happiness counter and choose a jar to keep it in. Paul turns one of the jars around, but it shows mixed colors. He must put the jar back on the shelf, but with the side that shows the jumbled colors facing out. Then he changes the positions of two random empty jars, and puts the happiness counter back on the board.

The other players can help the player who is taking their turn by reminding them which jar is the right one for the emotion, if they know where it is. However, the player whose turn it is always has the final choice of which jar to take from the shelf.

After a jar is chosen and turned around to see if it matches, the player's turn ends, and the player to their left begins their turn by rolling the die.

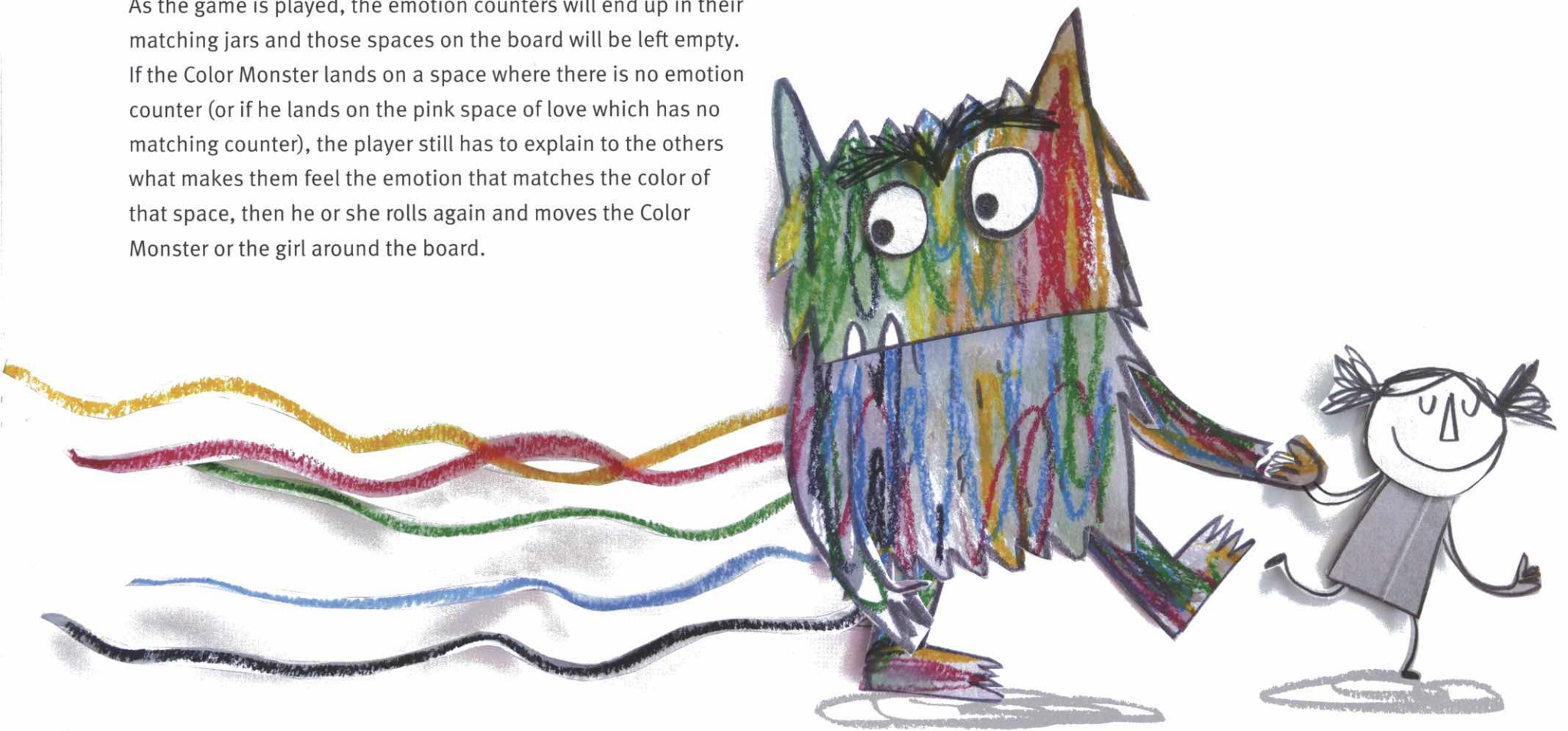


GETTING RID OF THE JARS WITH MIXED COLORS

The girl will try to make sure that the Color Monster is not overcome by his jumbled emotions. Each time the Color Monster ends up in the same space as the girl or when the girl moves to the same space as the Color Monster after a die roll, the player can turn one of the jars showing mixed colors around so it is hidden again. If there is no mixed color jar showing, the player just rolls and moves again.

SPACES WITHOUT ANY COUNTER

As the game is played, the emotion counters will end up in their matching jars and those spaces on the board will be left empty. If the Color Monster lands on a space where there is no emotion counter (or if he lands on the pink space of love which has no matching counter), the player still has to explain to the others what makes them feel the emotion that matches the color of that space, then he or she rolls again and moves the Color Monster or the girl around the board.



THE END OF THE GAME

The players win if they are able to help the Color Monster get all five emotion counters into their matching jars before the three mixed color jars are revealed on the shelves.

suggestions for parents and professionals



A fundamental part of our education and growth as people is the ability to identify and deal with our emotions in a positive manner. However, quite often young children find it difficult to identify them and talk about them because of the strong feelings they invoke.

That is why *The Color Monster* is a good tool to help kids work with their own emotions. The Color Monster must separate his confused emotions, and by helping him, the children are naturally able to reflect on what causes each emotion and share that with the others. Since each boy and girl is completely unique and different and you know them best, we offer the following suggestions on ways to enjoy the game and to get the most out of it:

HOW WE FELT

When the game has finished, it is an excellent time to talk with the children about how they felt during the game. Ask them if they know all the emotions the monster feels, and whether they sometimes feel as though their own emotions are garbled. You can involve them in a discussion about whether it is important to be able to separate their feelings and how this helps children to understand themselves and better know what we like and what worries us.

LITTLE MONSTERS

It is often hard for very small children to talk about themselves. If this is the case, when it is their turn to explain what makes them feel a certain emotion, we can instead suggest they explain why the Color Monster feels that way. For example, “Why do you think the monster is angry?”



COLORS OF THE DAY

Once the children are familiar with the world of *The Color Monster*, the colors can be used to talk to children about how their day went in a way that is simple for them. They can also match up new colors with new feelings. For example, “How was your day? Blue or yellow? How come?”

OUR OWN EMOTIONS GAME BOARD



The Color Monster is played with a game board made up of the things that frighten him and please him, that make him afraid and make him happy; but everyone has their own personal game board of emotions. Working with the children, you can all draw your own game board together, or each player can make their own card describing their emotions as a way to continue sharing feelings. Do they know any other ones?

