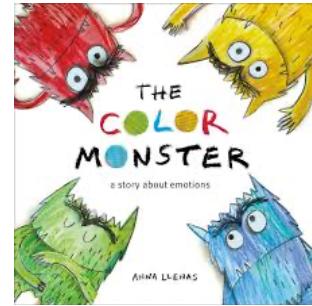


## The Color Monster: A Story About Emotions

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### Developmental Stage

Ages 2.5 to 4 years



**What Your Child is Learning:** Children are learning to name emotions, understand that feelings change, and practice talking about how they feel.

### School Readiness and Child Development

- Social-Emotional Development - Children begin learning to identify feelings, understand that feelings change, and recognize emotions in others.
- Language Development - Talking about emotions builds vocabulary such as happy, sad, calm, angry, and excited.
- Self-Regulation - Naming feelings help children begin learning strategies for calming and solving problems.
- Thinking and Reasoning - Children connect experiences to emotions and begin understanding why people feel different ways.

### During the Visit: Interaction Prompts

- Parents can ask about feelings: "What color do you think the monster is feeling now?" or "Have you ever felt this way?" or "What helps you feel better when you feel like this?"
- Let your child point to pictures, name feelings, and show the emotion with their face or body.

### How Children of Different Ages May Engage with this Book:

Age	Typical Ways Children Engage
Age 2	Begin labeling basic emotions such as happy, sad, and mad. Focus on naming colors and copying facial expressions. Need adult help connecting feelings to situations.
Age 3	Start describing why they feel a certain way. Connect emotions to daily experiences. Begin practicing simple calming strategies with support.
Ages 4	Recognize that people can feel different emotions at the same time. Show early empathy and discuss coping ideas together. Connect the story to real-life situations.

### Ideas for Families! Extend the Learning and Connection to Everyday Life

- Create a "feelings check-in" routine where your child names how they feel each day (ex: during bedtime or dinnertime).
- Draw different feelings together using colors that represent each emotion.
- Create a calming basket with items that help your child relax such as books, stuffed animals, or drawing materials.
- Role-play situations and practice what to do when feeling upset, excited, or frustrated.