

Glad Monster, Sad Monster

Primary Objectives

2b. Responds to emotional cues

Why It's Important

A child who attempts to mimic the feelings of others is developing the ability to recognize emotions. Before your child knows how to respond to the emotions of others, he must first understand what they are feeling. Reviewing examples of others' feelings prepares him for dealing with real-life emotional situations.

Materials

Book: *Glad Monster, Sad Monster* by Anne Miranda

What You Do

1. Find a space to read the book with your child. He will need to see your facial expressions and the illustrations in the book.
2. Invite your child to read the book with you. Talk about the "feeling" words in the title. *Do you ever feel glad? Do you ever feel sad?*
3. As you read, mimic the emotions illustrated on each page using your tone of voice and facial expressions.
4. Pause on each page so that your child notices the colors, activities, and faces of each monster. Ask your child to mimic the facial expressions he sees.
5. Invite him to describe what each face means. *Your eyebrows are squeezed together and your mouth is turned down like the monster's in the picture. What do you think he is feeling?*
6. Keep the book accessible so that your child can refer to it often. Encourage him to study and mimic the monsters in the book.