

ALL MIXED UP (Page 1 of 2)



Key Learning

To develop emotional literacy, normalize feelings, and promote self-expression.

What You Need

- The Colour Monster by Anna Llenas
- 1 large bowl
- 6 plastic cups or jars
- 6 labels
- Various small craft items in **black, green, blue, red, yellow** and **pink** (ex: pompoms, feathers, foam shapes, beads, etc.)

No. of Children

- 1 or more

This activity is inspired by the book, *The Colour Monster* (2012) by Anna Llenas and provided by **Kate Ross, MSc, CCLS**, and **Nicky Seligman, MSc, CLS Intern**. Nicky completed her child life internship under Kate at the Rotary Flames House (RFH), a pediatric hospice in Calgary, Alberta. The Child Life Program at the RFH provides developmentally appropriate therapeutic support to children with life-limiting illnesses, bereaved children, and their families.

Preparation Activities

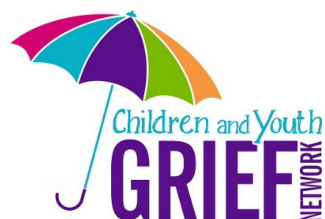
1. Gather a variety of small craft items in the following colours: **black, green, blue, red, yellow** and **pink**.
2. Mix all of the craft items together and put them in one large bowl.

How to Play

1. Discuss different grief feelings and how we can experience multiple feelings at the same time.
 - We can experience so many feelings at the same time that we may not even know how we are feeling.
 2. Read *The Colour Monster* by Anna Llenas.
 3. Take out the prepared bowl and explain that when we are all mixed up inside, it is really hard to tell someone how we are feeling. This activity helps us sort out all of those mixed up feelings.
 - The bowl represents what we look like when we are all mixed up inside.
 - Each colour represents a different feeling, as described in the book.
 4. Discuss the colours and practice labeling the colours as feelings.
 - *What feeling is yellow? Red? Black? Etc.*
 5. Sort out the mixed up feelings:
 - Choose a feeling and take all of the items in one colour out of the bowl and put them in a cup. Label the cup with the name of the feeling.
 - Repeat this process for all of the feelings in the book until the bowl is empty and all of the colours are divided into separate labelled cups.
- ⚠ During this process, engage the child(ren) in a discussion about each feeling:
- *What's something that makes you feel happy? Sad? Angry? Etc.*
 - *When have you felt loved? Calm? Scared? Etc.*
 - *What is something you could do to calm yourself when you feel angry?*



⚠ This activity can be completed one-on-one or in a group setting.



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6. Discuss the purpose of sorting out our mixed up feelings:
 - What do you think would happen if we didn't sort out our mixed up feelings?
 - When our feelings are all mixed up it can be hard for us to control how we think or act. By sorting out our mixed up feelings, we can have a better understanding of how we are feeling and we will be better able to control our thoughts and actions. We can communicate our feelings to a trusted adult and they can help us cope with big and hard feelings.
7. Teach the child(ren) and family how to use these feeling cups in the future:
 - Use the cups as tool to continue the conversation about feelings at home.
 - Families may choose to put them on the kitchen counter, and before or after school, check in with the child(ren) to see how they are feeling.
 - Sometimes when we are feeling all mixed up inside, we may not have the language to tell someone else how we are feeling. These cups can be a great nonverbal communication tool, allowing the child(ren) to simply point to the cup that they are feeling inside.



Discussion

Reflect

How do you think the colour monster feels after sorting out his mixed up feelings?

Connect

Have you ever felt all mixed up inside? What made you feel that way? What did you notice about your thoughts and behavior when you were all mixed up inside?

What has made you feel mad recently? Scared? Calm? Etc.

Apply

What are some other ways you could use your feeling cups in everyday life?



Variations

1. With older children, you may omit reading the book and just engage in a discussion about mixed up feelings and then proceed with the activity.
2. Instead of sorting through physical items, print out a photo of *The Colour Monster* and invite the child to draw the monster's mixed up feelings. Encourage them to draw 6 boxes and divide the feelings into separate boxes.

OUR NETWORK



OUR VISION

Every child and youth has honest information and well-informed support when someone they care about is dying or has died.

OUR MISSION

To advocate for educational opportunities and support services that will benefit children and youth who are grieving the dying or the death of someone they care about.

www.childrenandyouthgriefnetwork.com

SPECIAL ACKNOWLEDGMENTS



RIGHT TO PLAY
PROTECT. EDUCATE. EMPOWER.

Right To Play is an international organization that uses the transformative power of sport and play to educate and empower children and youth living in adversity to overcome the effects of poverty, conflict and disease. Partnering with more than 85 First Nation, Métis and Inuit communities and urban organizations across four provinces, the PLAY program is led by locally-hired Community Mentors who are trained and supported by Right To Play staff to implement regular weekly play-based programs that build and enhance essential life-skills. We would like to thank Right To Play for sharing the organization's experiential learning methodology (Reflect – Connect – Apply) for the activities included in this resource to support youth through their grief. To learn more, visit Right To Play's website or email canada@righttoplay.com.