



“Hear Me”- Monster

Materials Needed:

- Paper
- Markers, crayons, or colored pencils

Description: This craft encourages children to separate themselves from their anger. By allowing their anger a voice outside of themselves, they can speak freely and distance themselves.

Instruction:

1. Allow the child to choose their monster.
2. Have the child color their monster.
3. Explain to the child that to help them with their grouches, this monster will talk for their anger and they can scoop their anger or whine and give it to their monster.
4. Ask them to name their monster and write it on the back of their monster.
5. Laminate their monster to keep it safe.
6. Demonstrate with your own monster. Give your monster a pretend voice that is all their own. Let the monster be upset and growl and then “help” your monster. Ask it what it’s feeling, where it feels that in its body. Ask it what happened. Ask it if it needs help regulating. Help your monster calm down. Then give your monster a hug and thank the monster for sharing that with you.
7. When your child starts to get overwhelmed get your monster and ask them to get theirs. Let your monster talk or you can talk to their monster. Go through the same things that you did with your monster previously.





