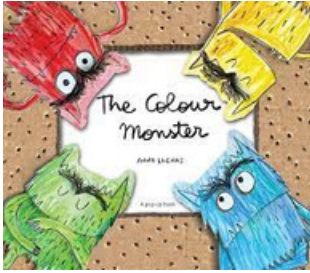


Book Review



Books for children



The Colour Monster Pop-up

Anna Llenas

Templar Books

Age: 2-6

First published in 2015, this is the book I wish had been around when my children were little!

It's available in a few different formats but the pop up book is definitely worth the extra money!

This book is a beautiful journey into naming and understanding emotions and the pop up artwork really brings it to life.

The 5 emotions explored are each given a colour, with emotional overwhelm described as having your colours all mixed up.

Every page is brilliant, but I especially love the description of fear which says:

'Being afraid can make you feel very small and alone. If you're scared, tell me why and we'll walk through the forest together.'

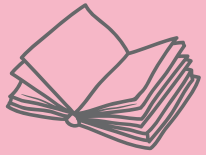
A beautiful way to open up conversation with your children about emotional well-being and explore how God walks with us and gives us His peace - His Shalom wholeness.



Family Time



Books for children



The Colour Monster Pop-up Anna Llenas



Bible Verse

'You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You.'
Isaiah 26:3



Wonder

- Can you remember a time when you felt happy / sad ... ?
- What does happiness / sadness ... feel like in your body?
- Show me your happy / sad ... face.
- Is there a place that makes you feel happy / sad ...?



Do

- Create a feelings collage - choose one of the feelings from the book. Take a large piece of paper and draw, colour or stick as many things on it as you can that remind you of that feeling.
- It was once said, 'If you see someone without a smile, give them one of yours'. Have a competition with your family to see who can pass on the most smiles in one day - each time you see someone who isn't smiling, smile at them and see how many smiles you can raise!



Pray

Talk to God about how you are feeling.
You could draw a face that matches how you are feeling and write your prayer on the back telling God about it.



Listen

Did you know that you make God happy? Have a look at Zephaniah 3:17. Take a few moments to be quiet and to listen to God as he tells you how happy you make Him feel. Share with each other what you heard God saying.



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