

BEDTIME MONSTER

¡A DORMIR, PEQUEÑO MONSTRUO!

Activity #1

Feelings

Subjects

Communication/Arts

Brief Description

In this activity, children talk about and draw their feelings.

Objectives

- To recognize things which make us angry and happy
- To learn ways to calm ourselves when we are angry

Grade Level(s)

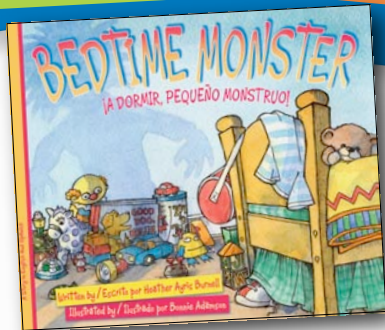
Pre—K—2

Materials Needed

- Paper plates
- Elastic
- Pencils/crayons
- Single hole punch

Directions

1. Ask the students to identify different types of feelings.
2. Read *Bedtime Monster* to the children and ask some discussion questions:
 - How does Paul feel when he has to go to bed?
 - How did Paul calm himself?
 - What makes you angry?
 - What are some things you can do to calm yourself when you are angry?
3. Have each child make a happy/mad mask.
 - Give each a paper plate with eyeholes pre-cut or outlined.
 - Have them draw a happy face on one side and an angry face on the other.
 - Have them punch a hole on both sides of the mask and attach a piece of elastic.



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Activity #2

Hangman Game

Subject

Language Arts

Brief Description

In this activity, children play the traditional game of hangman—with a monster twist.

Objective

To figure out the mystery word before the hangman turns into a monster

Grade Level(s)

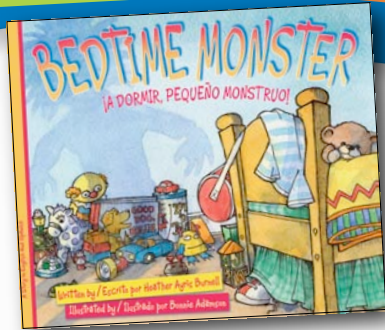
Pre—K—2

Materials Needed

- Whiteboard, chalkboard, or large paper
- Pen or chalk
- Happy/mad mask from Activity #1

Directions

1. Draw the complete hangman figure on the board.
2. Choose a word from **Bedtime Monster** and have the students play Hang Monster. When an incorrect letter is guessed, the man gets horns, fangs, claws and, finally, a tail.
3. When the game is over, have the students put on their angry mask and sing, “If You’re Angry and You Know It...” (See “If You’re Angry and You Know It!” by Cecily Kaiser for lyric ideas). Then have the children flip the mask to their happy face and sing “When You’re Happy...”



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Monster Snack Recipe

INGREDIENTS

- Carrot and cucumber slices (or other favorite veggies)
- Orange sections, raisins, grapes (or other fruit pieces)
- Nuts

DIRECTIONS

1. Give each child a paper plate.
2. Have them choose their fruits and vegetables, assembling a monster face.
3. Watch the fun as they eat their monster faces!

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