Happy Monsters



Fun activities for kids aged 4+

A child's guide to coping with their feelings

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HAPPY MONSTERS

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Battle of the Monsters

Have you ever noticed that sometimes you think sad things about yourself for no reason? It's like a cheeky unhelpful monster is telling you that no one likes you, that bad things only happen to you and that you're soooo unlucky!

Negative Neon

I won't make any friends at School.

I'm Stupid and I always will be, that's why I failed my Spelling test.

I knew I wouldn't be picked.



No one ever wants to play my games.

Nothing ever goes right for me.

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So when this happens, we need our Happy Monsters to bounce in and put things right!

Can you see that Pinky is saying the right thing and that Neon is deliberately making everything seem wrong?

Draw a line between Neon and Pinky's opposite opinions.

Can you think of anything else that Pinky might say to beat Neon?

positive pinky



I can't wait to make new friends at School.

I'll be picked next time.

Next time I'm going to make sure I learn my spellings and I'm sure I will do better.

It's fun playing with my friends, it doesn't matter what game we play.

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Team _____ !

put your name at the top of this page because this is about TEAM YOU!

It is good to remember all the people in your life. Spending time with your favourite people will give you a happiness boost!

Write the names of all the special people in your life in this crowd of monsters – those that care for you in school, your family, your friends, even the person in the sweet shop that says hello!

Draw yourself in the centre.

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Thank you!

Gratitude is when we say thank you for all the good things in our lives. Fill out this page for today and see how much you have in your life to be grateful for!

What's the weather like today?

Colour one



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Things I'm thankful for today.

1. _____
2. _____
3. _____
4. _____

Pick a happy word like beautiful, fun, or calm, and name one way that word showed up in your day today.

Circle the monster that most matched your mood at the start of the day.



Circle the monster that most matches your mood now!



Write one thing which you are excited about for tomorrow.

A Monster's Hug!

Happiness is thinking of others.

Make this "handmade hug" and show someone how much you love them. You can send it through the post. Who will be the lucky receiver of your hug?

You will need:

- A grown-up to help you with the trickier bits
- Thin card
- Coloured pencils or pens
- Scissors
- Ball of String
- Stapler, Sticky tape or PVA glue
- Envelope and Stamp



Step 1 Draw around each of your hands onto the card.

Step 2 Decorate each hand as colourfully as you can.

Step 3 Carefully cut around both outlines (or ask your grown-up).

Step 4 Pull out a piece of string as far as you can with your arms outstretched. Ask your grown-up to cut the string for you so it's the same length as your hug!

Step 5 Attach a hand to each end of the string with a staple, glue or sticky tape, with your grown-up's help.

Step 6 Your hug is ready to be posted!

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No Words!

Blurt is so happy with this present that they're speechless! Help them express their feelings by finding all the happy words in the word search.

Y	C	U	A	E	H	A	U	I	D	H	P	W	M	M
X	G	C	H	E	E	R	F	U	L	A	W	J	T	G
Y	T	A	P	D	Q	E	K	G	E	L	A	T	E	D
T	Z	F	E	V	M	E	R	R	Y	M	Z	P	B	N
N	S	C	Y	K	B	G	A	T	K	X	H	T	I	Y
G	I	D	N	Z	T	L	T	O	Y	B	K	R	A	N
Q	I	R	P	D	A	N	H	Z	A	S	N	V	G	M
F	H	Q	L	C	H	I	R	P	Y	V	F	B	E	K
X	P	C	E	I	B	R	I	Z	U	J	P	S	Z	K
C	M	T	A	R	F	P	L	L	H	O	J	E	Y	M
L	E	Y	S	J	O	L	L	Y	K	Y	O	T	T	Z
W	L	X	E	F	I	J	E	O	U	F	V	K	G	G
C	S	F	D	V	W	W	D	O	H	U	T	D	L	Q
B	D	X	D	S	V	C	L	X	V	L	N	P	A	V
H	A	G	O	A	D	E	L	I	G	H	T	E	D	K

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Merry	Jolly
Cheerful	Thrilled
Pleased	Glad
Joyful	Chirpy
Delighted	Elated

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