

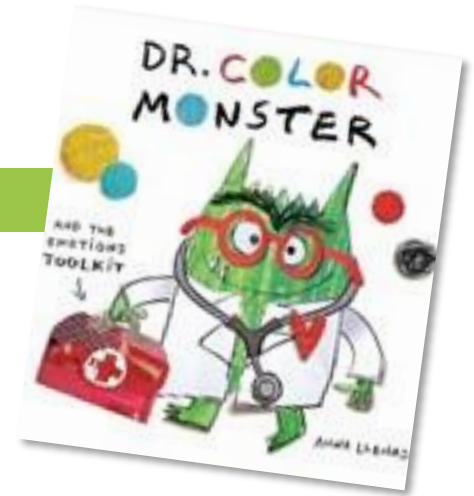
Dr. Color Monster and the Emotions Toolkit

READ ALOUD GUIDE

Themes: Mental Health, Wellness,

Book Brief: : Today, Nuna doesn't feel quite right. So, she pays a visit to the Color Monster: an emotions doctor who helps diagnose big, challenging feelings. After he recognizes and gives a name to what we feel, Monster leads Nuna and readers down a path of mindfulness, self-healing, and mental well-being.

Author:
Anna Llenas
Illustrator:
Anna Llenas



BEFORE READING

The Cover: Read the title. Allow students to look at the illustration and predict what the book may be about.

The Pictures: Take a brief picture walk and ask students what they see, think, or wonder about the story.

Vocabulary: [Vocabulary Guide](#)

Prior Knowledge: Ask students if they ever experienced a time where someone told them to do something they knew was wrong. Allow students to share in a Think-Pair-Share.

Purpose for Reading: “Today, we will read about Nuna visiting Dr. Color Monster about her confusing feelings. As we read, play close attention to the feelings that Dr. Color Monster is feeling.”

DURING READING

Check for understanding & make connections:

- Why does Nuna visit Dr. Color Monster?
- What made Nuna upset the day before visiting Dr. Color Monster?
- What does Dr. Color Monster ask Tula to bring to make Nuna feel better?
- What are some examples of things found in the emotion’s toolkit?
- How does Dr. Color Monster help Nuna feel better?
- What does Dr. Color Monster give Nuna to use in the future?

AFTER READING

Our Purpose: What did Dr. Color Monster do to help Nuna with her confusing feelings? Why was this important?

Extending Our Thinking: What steps can we take when we have confusing emotions? Allow students to share things they can do to make themselves feel better in a small poster.

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more about the topic by reading other books with similar themes, structure, characters, or content.