



This is what you need:

- Scissors
- glue
- Coloring pencils
- template «monsterworld»
- papers A4 or Monstertemplates

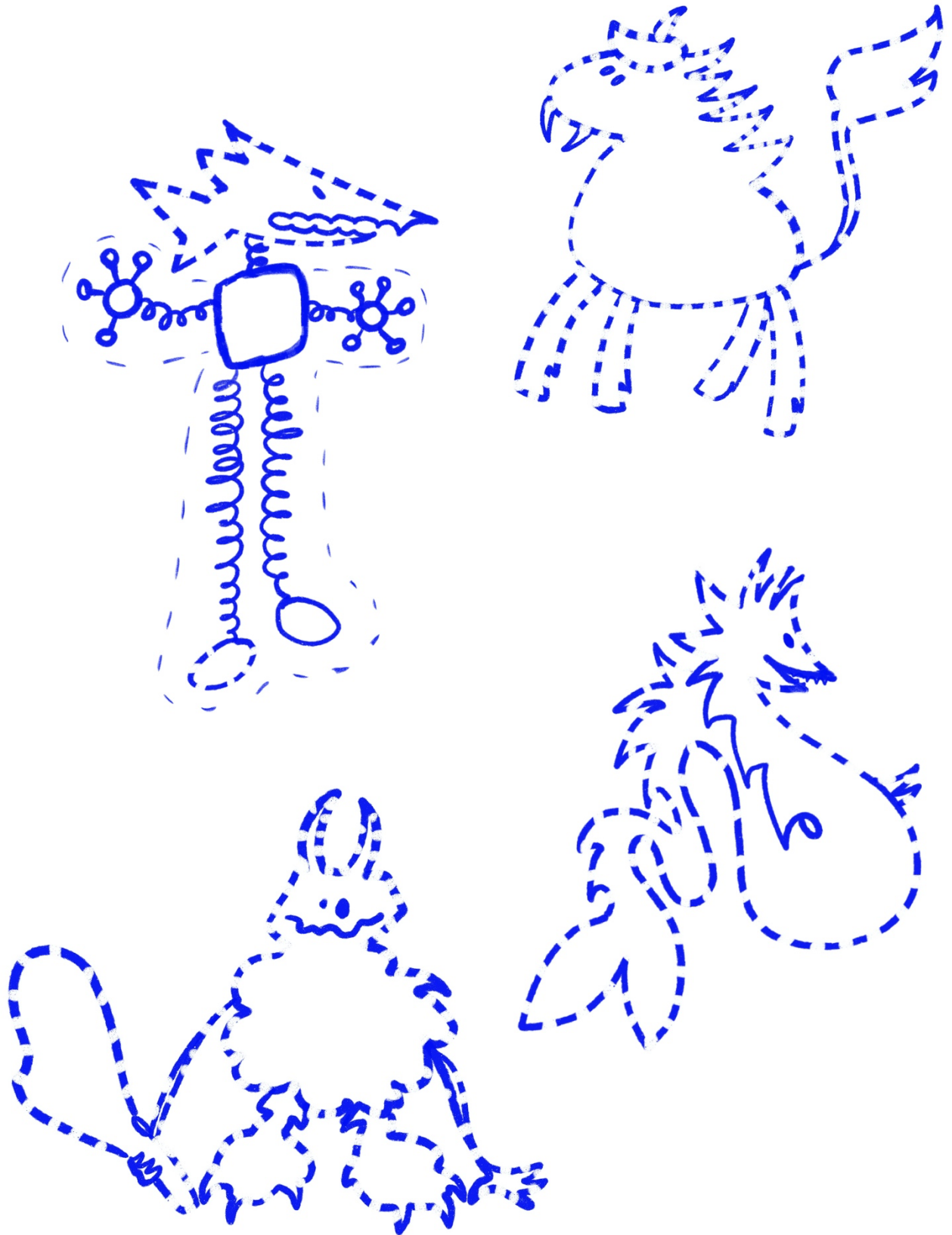
DEALING
WITH
BAD FEELINGS

This is how you do it:

1. Think about some things in your life, you don't like and write them down on a blank sheet of paper. **Example:** spinach, spiders, etc.
2. For each idea, draw a monster, or choose one of the monsters from the template. Paint the monster colorfully and give it a funny name. **Example:** Spino spinach, Spidy the lazy spider.
3. Now try to sense more difficult feelings and turn them into a funny monster, too.
4. Cut out your monsters and stick them on the world map on page 21.
Tip: You can also draw your own world.
5. Think about what your monsters like to eat and what their world looks like. Draw your ideas onto the world map.

Awesome! Now you have a world
full of funny creatures!

Monstertemplates



Monstertemplates



Sea of Monsters

Monstermountains

Desert of Monsters

Monsterforest

