

The Little Green Monster: Cancer Magic! Monster-Making Workshop

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ABOUT LGM: The Little Green Monster Project engages imagination and creative expression to open communication and support emotional well-being of children and their families during the cancer journey.

WORKSHOP GOALS:

Develop awareness of cancer and feelings vocabulary.

Express feelings about cancer in art and words.

MATERIALS:

(Required) LGM Cancer Magic! book, Two Giant Microbe Cancer Cell puppets, Emotion stickers, Air-dry terra cotta clay, sheets of parchment or wax paper, plastic/wood carving tools, bowls for water or tiny spray bottles, paper towels, wet wipes

(Optional) Constructed Emotion dice pdf, Print outs of Little Monster Profile pdf, Prep for activities from Emotion page

1. Introduce The Little Green Monster Project.
2. Introduce yourself. If applicable, share brief survivor or caregiver story.
Ask questions of the audience:
 - What happens when someone gets very sick?
 - What changes in the home?
 - How do you feel when someone gets very sick? What happens in your body? What do you do or want to do when you feel that way?
3. Introduce CANCER using Giant Microbe Cancer Cell puppets. Ask



kids to compare and contrast “healthy cells” and “cancer cells.” Notice the qualities of the two sides of the Cancer Cell Puppets.

4. Introduce the book and IMAGINATION: that the Little Green Monster encourages creativity and imagination to help with our feelings
5. Read book.
6. Walk back through the book:
 - What cancer treatments did you see?
 - What imagination and magic did you see?
 - How do the magic and joy help?
7. Depending on time... select from the Emotion Discussion and Activities page.
8. We are going to make our own monsters.
 - Think about someone you are worried about. You can tell your monster about it.
 - Think about the kind of monster you would create to help you.
7. Use Clay Monster-Making page to guide monster-making.
8. Depending on time... Provide the Little Monster Profile page and have children draw their monster and design the monster’s character profile.



Making Sense of Emotions

Questions:

What happens when someone gets very sick?

What changes in the home?

How do you feel when someone gets sick? What happens in your body?

What do you do? What do you want to do when you feel this way?

Why do you think these feelings happen?

Do you ever feel stuck in a feeling? What do you do?

Prompts:

I feel _____ when _____. When I feel this way, it helps to _____.

Activities:

Freeze monster. Count to 3 as you turn around. Then, freeze as a feeling.

Mindful breath. Inhale for 4 counts. Hold. Exhale for 4 counts. Hold.

Emotion dice. In secret, one person rolls the dice. To the group, that person makes a face. Everyone guess the emotion being shown.

Charades. Use emotion dice and prompts above as a group. Have a volunteer pantomime an action that helps process a feeling.

Feeling Wheel. Draw a big circle to fill the paper. Segment the circle into 8 pie slices. Use the emotion dice or stickers to select 8 emotions. Write one in each pie slice. Use colors, lines, shapes and pictures to draw that emotion in the pie slice.



Clay Monster-Making

Vocabulary

sculpt, pinch, coil, push and pull, score, slip

Conceptualize

How do you want your monster to look? You might base it off an animal you like. What characteristics do you want your monster to have (horns, scales, spikes, wings, tails, etc.). What magical or super power does your monster have? What problems does your monster solve? How does your monster help with your feelings?

Sculpting Techniques

1. Make the monster body (here are three ideas):
 - Pinch pot monster face. Start with a ball. Press your thumb into the center. Use your thumb and index finger to build the walls. Pinch and rotate the ball as you pull upward. Once you have made a 'pot' you can turn it on its side, smoosh it a little and then add eyes and other features to build the face onto the pinch pot mouth.
 - Coil monster body. Roll out a long, thin line of clay. Coil it around itself to build a cylinder. Use a little water to smooth out the sides of the coil to create a body.
 - Ball body. Roll clay into different shapes to achieve different body parts.



2. Attach body parts with scoring and slip: When attaching to pieces of clay together, scratch the ends that will join. Prepare some slip (clay and water). Wipe some slip on the scratched clay ends. Join the ends. Rub across the join to smooth.
3. Add texture and details: Use craving tools, everyday objects, and fabric to create textures. Press small beads, sequins and other things into the clay for details.
4. Watch the thickness of the clay. Too thin and it loses strength.
5. Encourage children to take home their creations and set their monsters in a special spot.

Develop Character

Use the Monster Profile to imagine a character for your monster. (Name, magical or super power, friends, favorites, struggles, hopes, etc)

Coaching Tips

Ask questions to help expand children's imagination:

Is your monster standing, sitting, in action?

What facial expression will it have? What emotion is it showing?

Where is your monster located? Perhaps sculpt a piece of furniture, an object, or something in nature it enjoys.

