

SAG-AFTRA FOUNDATION PRESENTS

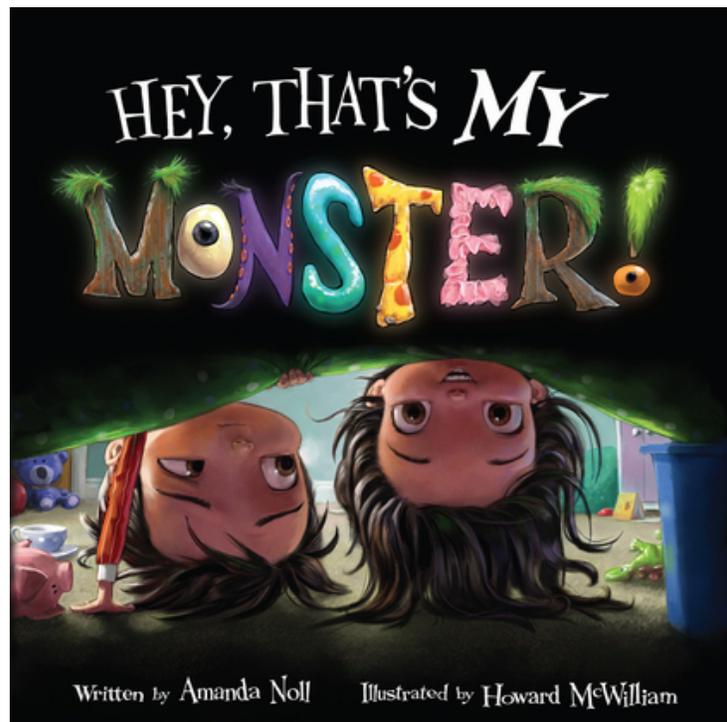
# Storyline Online

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## ACTIVITY GUIDE

ACTIVITIES RECOMMENDED FOR CHILDREN AGES 5-8



# HEY, THAT'S MY MONSTER!

WRITTEN BY AMANDA NOLL  
ILLUSTRATED BY HOWARD McWILLIAM

Watch the video of actor  
**Lily Tomlin**  
reading this story at  
[storylineonline.net](http://storylineonline.net)



# ABOUT THIS STORY

## SYNOPSIS

When Ethan looks under the bed for his monster, he finds this note instead: “So long, kid. Gotta go. Someone needs me more than you do. –Gabe” How will Ethan ever get to sleep without his monster’s familiar, comforting snorts? And who could need Gabe more than Ethan does? Gabe must have gone to Ethan’s little sister’s room! She has been climbing out of bed every night to play, and obviously needs a monster to help her get to sleep – but not HIS monster! Ethan tries to help his sister find her own monster, but none are the perfect blend of cute and creepy. Just when it seems that Ethan will lose his monster forever, an uninvited, tutu-toting little monster full of frightening fun appears.

## THEMES IN THE STORY

Bedtime, Siblings, Sharing, Fears

## TALK IT UP!

Use the following questions to discuss the themes of the story:

- Emma has a lot of energy at bedtime! Instead of sleeping, she likes to play with dinosaurs and have tea parties. If you could choose your own bedtime, what time would you choose? What games and activities would you play before going to sleep?
- A good night’s sleep is important for everyone. Do you have suggestions to help Emma with a better bedtime routine?
- The narrator is upset that Gabe, his monster, left him to help his sister, Emma. Think about a time when a friend left you to play with someone else. How did that make you feel?
- Emma is very brave. She is not scared of Agatha, Cynthia or Vladimir nor Gabe. Are you afraid of any of the monsters? If so, which ones? Why?
- Stella, Gabe’s sister, frightens Emma with her hiccups. Why do you think Stella was the perfect monster for Emma?

## MONSTER SLEEP MASK

Scared of monsters hiding under your bed? Cover your eyes with your very own monster-friendly sleep mask!

### MATERIALS —

Sleep mask template, printer, paper, felt, scissors, fabric glue, elastic head band, batting

### DIRECTIONS FOR ACTIVITY —

**Step 1:** Use sleep mask pattern to cut-out 2 pieces of felt.

**Step 2:** Place the elastic head band between the two pieces of felt.

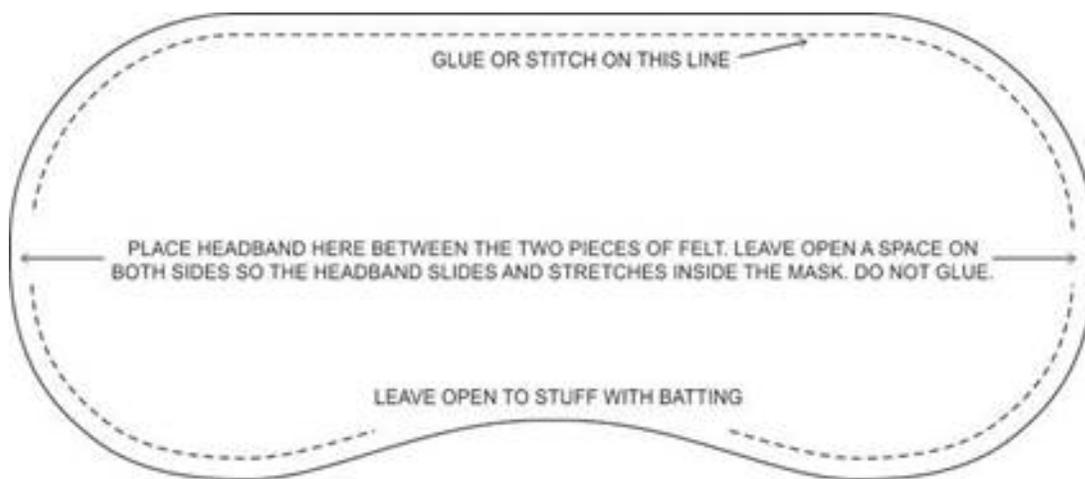
**Step 3:** Stitch or glue along the perimeter of the mask. Leave an opening to stuff with batting (see illustration)

\*Do not glue/stitch elastic head band. Keep it loose inside the eye mask so it is able to stretch.

**Step 4:** Stuff with batting.

**Step 5:** Stitch or glue the bottom opening.

**Step 6:** Use contrasting felt to add eyeballs, horns and any other embellishments to your mask.



## WRITING ACTIVITY: MY PET MONSTER

Gabe and Stella are similar to pets. They lay under beds, eat snacks, keep Emma and the narrator company, and protect them while they sleep. Describe your perfect pet monster!

### MATERIALS —

Internet/tablet (paper, pen/pencil), Drawing paper, pencil, crayons, markers and/or colored pencils

### PREPARATION TIME —

None

### LENGTH OF ACTIVITY —

40 minutes

### DIRECTIONS FOR ACTIVITY —

**Step 1:** Think about the perfect pet monster. You and a partner will each write a description of your pet monster. Be sure to describe in your writing exactly what your monster looks like. Note how many eyes your monster has and what color they are. What does your monster's nose, mouth, teeth and tongue look like? Is your monster big or small, tall or fat, furry or scaly, slimy or soft, or a combination of it all? What types of things does your monster like to do?

**Step 2:** Once you and your partner are done writing the description of your monster, one person will read the description of his/her pet monster to the other. While one partner is reading, the other is listening to the description and drawing exactly what he/she hears. Does the picture look like the pet monster that your partner described? Make sure you switch roles!

## COOKING ACTIVITY: GREEN MONSTER SMOOTHIE

Stella brings a snack to Gabe because “Mama thought – hic – you’d be hungry, so she – hic – sent this.” What do you think monsters eat for a snack? Try this Green Monster Smoothie and see if it’s monster- worthy!

### INGREDIENTS — Serves 2

pear, ripe  
 1 banana  
 1 packed cup baby spinach  
 ½ cup natural yogurt  
 ½ cup apple juice  
 ¼ cup water or ice, adjust to desired thickness  
 ¼ banana and 2 dried blueberries or raisins for eyes  
 Melon baller or knife



## **DIRECTIONS —**

**Step 1:** Wash, core and dice the pear. Clean the baby spinach well.

**Step 2:** Add all ingredients to a blender and blend until completely smooth. Adjust the thickness by adding more/less water. The sweetness is determined by how ripe your pear and banana are, so try to use the ripest you can find. Alternately a little honey or agave can be added.

**Step 3:** To make banana eyes, use a melon baller on the banana or simply cut out two spheres with a knife. Make a small hole in the middle of each sphere and insert a dried blueberry or a raisin. Mount on wooden sticks and put them in the smoothie.

How “smooth” are your math skills?:

- Do you know how much fruit and vegetables you need daily?  **Google It:** Search “Choose My Plate” to learn the daily recommendation for your age, gender and activity level.
  1. The daily recommendation for most people is 1 cup of fruit. What counts as a cup of fruit?
  2. The average daily recommendation for most people is 2 cups of vegetables. What counts as a cup of vegetables?
  3. Does the Green Monster Smoothie provide you with your daily fruit and vegetable allowance?
- Healthy eating helps you with a healthy lifestyle! Children aged 3-5 typically sleep 11-13 hours, while children aged 6-13 sleep 9-11 hours. How many hours a night are you sleeping?
  1. The sleep range for adults is 7-9 hours. What is the difference in hours between sleep for children and sleep for adults?
  2. How many total hours does your household sleep a night?

## **EXPERIMENT: MONSTER SLIME**

Emma thinks Agatha is “Icky!” This “slime-covered monster” sniffled, squelched and dripped mucus from all of its noses! Become a “mucus monster” with your own Monster Slime.

### **MATERIALS —**

A mixing bowl and spoon, liquid starch, food coloring, clear glue

### **PREPARATION TIME —**

None

### **LENGTH OF ACTIVITY —**

15 minutes

### **PROCEDURE FOR EXPERIMENT —**

**Step 1:** In a large mixing bowl, add about 1/2 cup of clear glue (such as Elmer’s glue).

**Step 2:** Add a generous amount of food coloring. Agatha’s slime is a little pink, but any color will do! Mix very well until the glue and the food coloring are well blended.

**Step 3:** Add the liquid starch. Pour the starch very slowly, adding just enough until a slime forms. Keep adding small amounts until the mixture you stir is slimy and gloppy.

# PHYSICAL ACTIVITIES

The narrator races from his bedroom to his sister's and back again. He always leaps onto the bed so Gabe cannot grab his toes. Are you fit enough to escape monster toe-grabbing?

## MONSTER OBSTACLE COURSE

Plan your course inside or outside. Start at the narrator's "bed" and design a route that takes you to "Emma's bed". Be creative! Be sure to add obstacles that you have to hop over, go under, run around and stomp through. Who can make it to Emma's bed the fastest?

## MONSTER ROLL CALL

The narrator and Emma call monsters to their room by knocking on the floor. Will a monster arrive if you knock on the floor? One partner knocks on the floor to call a monster. The other partner appears as one of the monsters from the story. Choose to act like Gabe, Agatha, Cynthia, Vladimir or Stella. Can your partner guess which monster you are?

Field trips are a great way to make a real world connection to the story.

## SHADOW PLAY

Philip Worthington, an interaction designer, completely refashioned the timeless amusement of creating shadow puppets.  **Google It:** Google Philip Worthington to learn how monsters materialize from the shadows.

- Take a walk through your neighborhood after dark. Bring along a flashlight and have some fun with shadow play. See if you can find any “monsters” lurking in your neighborhood.

## RENAISSANCE FAIR

The monster under the bed is a fear faced by many children. Where did this concept come from?

 **Google It:** Search the history of the monster under the bed to learn more about variations of this bogeyman which has existed for centuries all around the world.

- Teach children the skill of relaxation so they are less vulnerable to the stress of fear. Visit your local community center or yoga studio to develop this skill.  **Google It:** Search relaxation scripts on line to help your child have a peaceful night’s sleep.

## DO SOMETHING

Emma has all sorts of toys scattered around her room. Do you have toys that you no longer play with? Put any toys that you may have outgrown into a box and donate them to a local charity.

## ABOUT STORYLINE ONLINE

The SAG-AFTRA Foundation's children's literacy website *Storyline Online* streams imaginatively produced videos featuring celebrated actors to help inspire a love of reading. Storyline Online receives millions of views every month in hundreds of countries. Visit Storyline Online at [storylineonline.net](http://storylineonline.net).

## ABOUT THE SAG-AFTRA FOUNDATION

The SAG-AFTRA Foundation provides vital assistance and educational programming to the professionals of SAG-AFTRA while serving the public at large through its signature children's literacy programs. Founded in 1985, the Foundation is a national non-profit organization, independent from SAG-AFTRA, and relies solely on support from grants, corporate sponsorships, and individual contributions to maintain our programs and create new ones. Visit [sagaftra.foundation](http://sagaftra.foundation).

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