



Oskar VS Thingamabob
Color Your Own Thingamabob

Grade Levels: K-1

“All right. I can calculate what color you feel on the inside and it looks like you are the color of fear.” - Tabitha

Emotions: a conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.

Color and Emotions: “The connection between colors and feelings is probably the most simple and profound. I would suggest even more powerful for young children without the words to convey their feelings.” Maureen Healy, Phycology Today

OBJECTIVES

Students will be able to identify different emotions that they experience and associate colors that match their feelings.

MATERIALS

Color Your Own Thingamabob (attached), coloring utensils.

PROCEDURE

1. Discuss the emotions Oskar dealt with in the show, Oskar VS Thingamabob – fear, anger and sadness. Add additional emotions that the students feel in their lives not addressed in the show. List them on the board.
2. Ask students to think of colors that match these emotions - it is ok if they are all different! Fear can be a different color for everybody! List the colors next to the emotions on the board.
3. Pass out the Color Your Own Thingamabob print out. Encourage the students to color it with colors that fit the emotions that they feel sometimes.
4. When done, have the students talk about their coloring choices, and identify those feelings on their paper.

Color Your Own Thingamabob!

