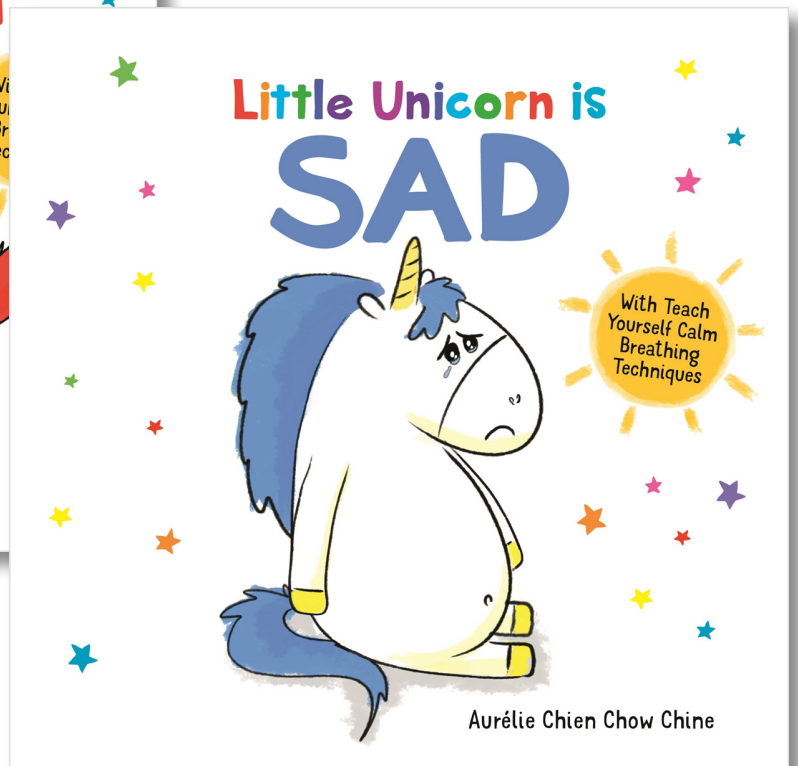
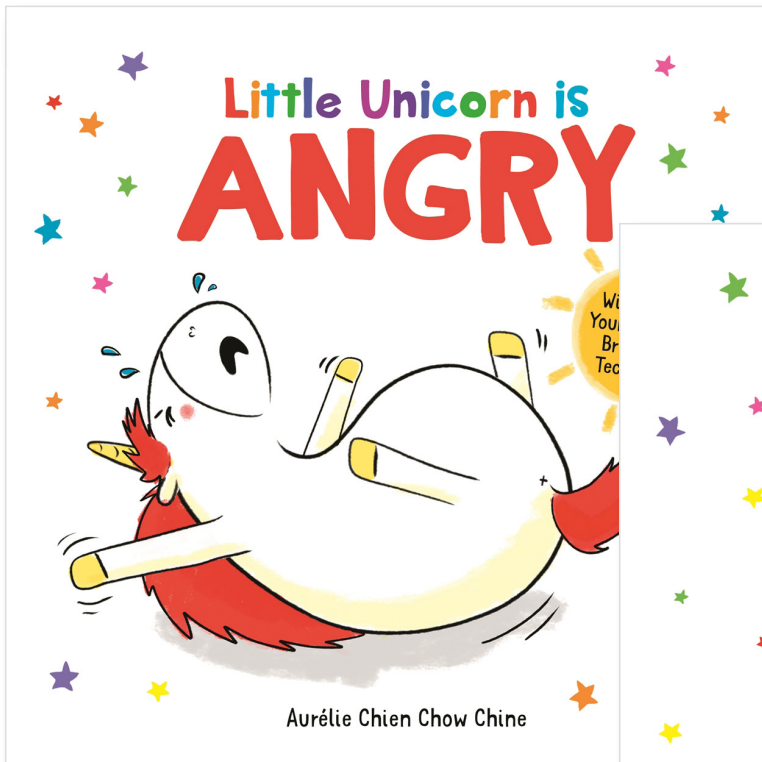


LEARNING RESOURCES

Little Unicorn

By Aurélie Chien Chow Chine



THEMES:

Recognising Emotions
Understanding and Accepting Feelings
Regulating Overwhelming Emotions

SUITABLE FOR:

Age 3-7
Early Years
to Year 2

[#LittleUnicornBook](#)



@BusterBooks

DESCRIPTION:

The **LITTLE** books that help kids deal with **BIG** emotions.

Little Unicorn is just like all the other unicorns – well, nearly.

He has a magic mane that changes colour depending on how he is feeling.

Follow the story of Little Unicorn and join him in a teach-yourself-calm breathing exercise. Following these 3 easy steps will help to regulate overwhelming emotions.

ABOUT THE AUTHOR AND ILLUSTRATOR:

Aurélie Chien Chow Chine is a French artist who worked for ten years as an animator for cartoon series and movies. In addition to being an artist, she holds a Master's degree in information and communications with a focus in child psychology from the Sorbonne Nouvelle.

She now runs workshops in relaxation and emotion management for children in schools and recreation centres in France. The picture book series featuring Little Unicorn is her debut as author-illustrator. She created the Little Unicorn to help her explain calming, breathing techniques to children.

THEMES

RECOGNISING EMOTIONS

Little Unicorn has a very magical way of recognising his feelings. When he is having a good day, his mane twinkles with all the colours of the rainbow but when things aren't going well, his mane changes colour to match how he is feeling. Although humans don't have Little Unicorn's magical mane, identifying emotions are very important social skills for all of us to have. These skills help us to understand and develop relationships with other people. For some children, identifying these emotions does not come so easily.

UNDERSTANDING AND ACCEPTING FEELINGS

Little Unicorn understands and accepts his feelings by associating different emotions with the weather. When Little Unicorn is angry, it feels like there's a big, black cloud inside his head, full of thunder and lightning, and when he's sad, a big, grey cloud full of rain appears instead. Associating feelings with something physical, such as colours or the weather, helps children to engage with complex emotions and makes them much easier to understand.

REGULATING OVERWHELMING EMOTIONS

Once children are able to recognise, understand and accept their emotions, it is important that they know how to regulate these feelings. Little Unicorn uses a breathing exercise, which helps to chase the clouds away and makes him feel much better. Deep breathing helps get more oxygen into the bloodstream and has a physical effect on the body. This helps to calm children down, focus their minds and lower their stress levels.



DISCUSSION POINTS:

- ★ Have you ever been angry or sad like Little Unicorn? Think about other ways you can manage these emotions. What makes you happy?
- ★ If Little Unicorn didn't have a magical mane, how would you be able to tell how he's feeling? What is Little Unicorn doing when he's angry or sad?
- ★ Which emotions do you think most control how we react to things? Are some emotions harder to control than others?
- ★ Can you think of any other emotions or feelings that aren't included on page 4 in *Little Unicorn is Sad* and *Little Unicorn is Angry*?

ACTIVITIES:

- ★ Make a list of the different things that make us feel sad, angry, shy etc. Discuss what we can do to avoid or deal with these.
- ★ Choose an emotion and draw or paint what you think that emotion looks like. Then, discuss the kinds of colours we associate with emotion. For example, red = anger, blue = sadness. Do any of these colours appear in the drawings?
- ★ The Emotion Game
Call out different emotions and ask the children to act these out. Repeat until you have practised several emotions.
- ★ The Mystery Emotion Game
Act out different emotions yourself and encourage the children to guess what emotion you're feeling.

HOW IS LITTLE UNICORN FEELING?

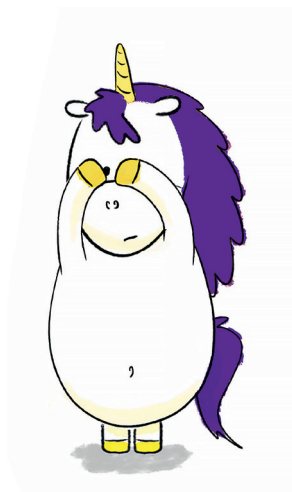
MATCH UP THE IMAGES WITH THE CORRECT EMOTIONS



HAPPY

ANGRY

SHY



SCARED

SULKY

SAD

