

## **RAISING RILEY STORY WALK**

**Check out the StoryWalk® around the Health Department campus for outdoor fun!**

**Going with only the members in your household, you can enjoy a walk while reading a children's book on 16 different stands. By waiting for others to leave the post in front of you, you will be sure to be safe following social distancing recommendations.**

**Post a picture of your adventure!**

**Tag Raising Riley on Facebook or Instagram and use #RRStoryWalk to keep us connected AND receive a FREE book!**

*\*This attraction is made possible by the USD 383 K-LINK grant & Eagle Scout Project by Gavin Starling with Troop #284*



Like us on Facebook!

**The Raising Riley team is here to assist you!**

[www.raisingriley.com](http://www.raisingriley.com)

**Raising Riley**

Family & Child Resource Center

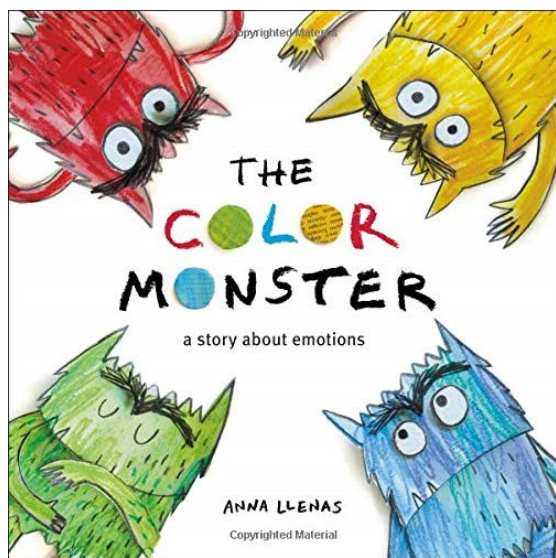
2101 Claflin Road, Manhattan

785-776-4779



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# Book of the Month



## The Color Monster: a story about emotions

By Anna Llenas

You have probably felt like the Color Monster at some point or another. His emotions are all over. He feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means by the color he is feeling. As he learns to sort and define his mixed up emotions, he gains self-awareness and peace. Children will enjoy this book that helps social/emotional growth and color concepts in a simple, friendly way.

This book would be great to share with children right now, as they are processing many emotions during COVID-19.



This popular children's song is great for children to be able to express their feelings and emotions!

If you're happy and you know it clap your hands,  
If you're happy and you know it clap your hands,  
If you're happy and you know it then your face will surely show it,  
If you you're happy and you know it clap your hands.

Continue the song with the following verses:

If you're sad and you know it say "boo hoo"...

If you're mad and you know it stomp your feet...

If you're scared and you know it say "oh no"...

If you're sleepy and you know it take a nap...

If you're surprised and you know it say "oh my"...

If you're excited and you know it shout "hooray"...