

# Family Activities For Joy And Healing



What happens when someone you love is diagnosed with cancer? How can you support that person? What can you expect while the loved one goes through treatment? While science does its work, what can love and everyday magic do to help?

In this inspiring story, the Little Green Monster helps Marie and her family survive and thrive through her mother's cancer treatment. The Little Green Monster flies with Marie and provides companionship during this difficult time. This book helps families talk about what is happening when someone they love receives cancer treatment.

Enjoy these activities in conjunction with The Little Green Monster: Cancer Magic!

Designed by the author, Sharon Chappell, PhD

Join the fun! [thelittlegreenmonster.org](http://thelittlegreenmonster.org)





# The Little Green Monster PLAYS

Search in *The Little Green Monster: Cancer Magic!* Then try the activities that Marie and her family do.

- ★ **Magical friends:** Marie loves her magical friends. They help her feel better when she is sad. They also love to play, which makes Marie feel so happy. Find as many stuffed animals and other magical creatures in the book. How many did you find?
- ★ **Cancer treatment phases:** Marie's mommy goes through several phases of treatment for cancer. Find the following illustrations: Diagnosis, Surgery, Chemotherapy, Radiation
- ★ **Music:** The Little Green Monster likes to sing to help Marie's family feel better. Find a picture of the monster singing.
- ★ **Arts and crafts:** Marie likes to draw and makes a scrapbook of moments with her family. These activities help her feel better. Find at least three illustrations of Marie's art-making.
- ★ **Joyous times:** With the help of the Little Green Monster, Marie's family has many wonderful experiences while going through cancer treatment. This makes the hard times bearable. Find at least three illustrations of the family having fun together.
- ★ **Role play:** Marie's family loves to play. Find an illustration in which they are pretending to be characters and acting out a scene. Hint: The scene involves a dragon!
- ★ **Being outside:** Marie's family loves to go outside and enjoy nature. Being outside helps our bodies feel good. Find at least three illustrations of the family being outside together.
- ★ **Movement:** Marie loves to move her body, exploring how each part of her body feels when it is stretched and moves through space. Find at least three illustrations in which Marie is on the move! One of them involves the author's favorite pastime: roller skating!
- ★ **Normal cells and cancer cells:** Normal cells stop growing when enough cells are present in the body. Cancer cells don't stop growing. Normal cells have a regularity in appearance, such as a smooth, round shape. Cancer cells have irregularity in shape and color. They are often disorganized. There are two pictures of cells in the book: one is in the doctor's office, and the other is more hidden in the beach scene. See if you can find them!

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# The Little Green Monster WONDERS

What questions do you have about cancer? Talk to a loved one. You can use these question starters to help.

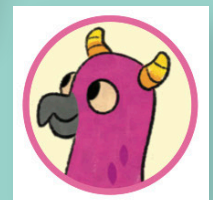
- ★ I wonder about....
- ★ Why....
- ★ How does...
- ★ Does it...
- ★ What will happen if...
- ★ Will the (medicine, treatment, cancer)...



## The Little Green Monster FEELS

Talking about how we feel is important. You can use these question starters to help.

- ★ When I think about cancer, I feel...
- ★ When I think about my loved one being sick, I feel...
- ★ When I am at the doctor's office or hospital, I feel...
- ★ When things change, I feel...
- ★ When I talk about my loved one's cancer, I feel...



## The Little Green Monster LOVES

Writing to a loved one who is going through a difficult time helps them feel better.

### SENSES POEM TO YOUR LOVED ONE

If My (Mother, Father, Sister, Grandparent, Friend) were a...

Color, they would be \_\_\_\_\_ because...

Sound, they would be \_\_\_\_\_ because...

Shape, they would be \_\_\_\_\_ because...

Touch, they would be \_\_\_\_\_ because...

Movement, they would be \_\_\_\_\_ because...

Emotion, they would be \_\_\_\_\_ because...

Fabric, they would be \_\_\_\_\_ because...

Superhero, they would be \_\_\_\_\_ because...

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# LETTERS TO YOUR LOVED ONE

Dear \_\_\_\_\_,  
I just want you to know...  
One thing that scares me is....  
I really like when you...  
Something I've been wanting to tell you is...  
I don't really like when...  
Most importantly, you should know that...

Dear \_\_\_\_\_,  
What I worry about most is...  
I don't really like when...  
Something I really want to say is...  
I hope that...  
Something that makes me feel better is...



## The Little Green Monster IMAGINES

The Little Green Monster: Cancer Magic! was written by a breast cancer survivor with an eleven year old daughter. She created a character whose magic appearance, skills, and playfulness helped her thrive through the cancer journey.

Plan out a story you might write and/or illustrate. Think about a character who has a problem they are dealing with. Think about their personality, unique features, likes and dislikes. Imagine they have magical features, objects or actions.

Here is a character planner to get you started:

|                  |          |                  |
|------------------|----------|------------------|
| Name:            | Problem: | Favorite saying: |
| Age:             | Wants:   | Silly words:     |
| Location:        | Fears:   | Foods:           |
| Unique features: | Allies:  | Hobbies:         |
| Magical element: |          |                  |

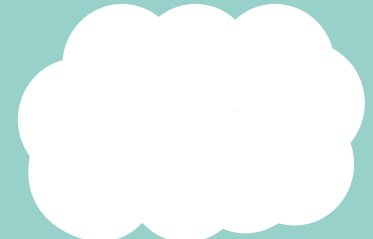
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# Here are introductory words to get your plot going:

First,  
But,  
Then,  
So,  
Now,

You can also use speech bubbles for dialog and thoughts.  
Have the bubbles come from the mouths of the characters.

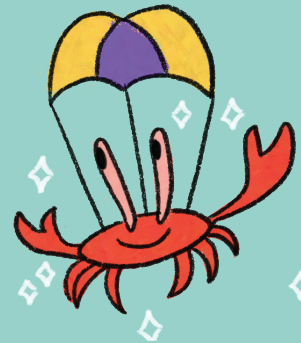


## The Little Green Monster THINKS

The Little Green Monster's favorite saying is, "We love science. We need magic!"

Here are some other things that the Little Green Monster believes:

- ♥ Everyone is important.
- ♥ Every feeling is important.
- ♥ Sometimes life is hard.
- ♥ Sometimes life is wonderful.
- ♥ It is important to breathe deeply.
- ♥ It is important to be alone, and with others.
- ♥ You can find a scoop of joy everyday.
- ♥ You are creative.
- ♥ You are enough.



**NOW Your Turn! Write a list of things you believe about yourself, your family, your community or the world.**



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# The Little Green Monster Project engages children's imaginations to thrive during the cancer journey.



## THE LITTLE GREEN MONSTER PROJECT

SHARON CHAPPELL, PHD

[www.littlegreenmonster.org](http://www.littlegreenmonster.org)

Book readings,  
creative arts workshops,  
and monster friends  
for families  
impacted by cancer.

We provide access to free, developmentally appropriate, research-based resources and creative experiences that help children explore difficult questions about the disease and support the well-being of diverse families impacted by cancer.

Contact The Little Green Monster Project to donate books and monster friend duffles, and set up a reading and art workshop for families, especially those impacted by cancer. [info@littlegreenmonster.org](mailto:info@littlegreenmonster.org)

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