

In this uncertain time I want to provide teachers and parents with resources for at home learning. In this blog we will share ideas for using the resources at home with parents and for teachers to assign in their online learning environments.

[The Monster at the End Of his Book](#)

This book is about a monster that Grover is scared of, without knowing anything about the monster. It is the fear of the unknown. Then when Grover finally gets to the end of the book, he is the only monster around. There is nothing to be scared of at all!

For older students you may want to try [Dr Seuss What Was I Scared Of](#).

At Home Recommendations

Before watching

Give the learner a paper and ask them to fold their paper in half, then half again. Trace the lines so they have four squares. Ask kids to draw one thing that scares them in each of the squares. Ask learners to give more information about the fears.

Watch Grover for age 4 to 7 or Dr Seuss for 7 to 12

After watching

1. Ask learners to explain what happened in the book.
2. What happened to the character's fear?
3. What is fear?

Fear is a feeling that everyone has — it's programmed into all of us — and that's a good thing because fear is there to protect us. We're born with a sense of fear so we can react to something that could be dangerous. Babies cry when they're afraid, even if that loud noise that startled them is just an older brother banging pots and pans in the kitchen. The baby cries, and mom comes over to soothe him or her, helping the baby feel safe and OK again. There, that's better! Now, with the help of mom, the baby has just experienced calming down after feeling afraid — something that every person needs to learn as they grow up. (Nice job, baby!) Bigger kids hear that loud clanging and say, "No big deal. It's just my brother making noise again." [Here is a resource for discussing fears.](#)

4. Now have learners look at the pictures of the things that scare them. Have them turn the scary things into funny pictures, everyday items, and self portraits...things that are not so scary after all.
5. Create a monster mask for a Monster Mash party.
 - a. Use a paper plate, markers, cotton balls, colored paper, and other items from around the house to make a mask.
 - b. Have a [Monster Mash dance party](#) wearing the masks. Practice stomping on the fears!