



2-4 YEARS

The Little Halloween Explorer

An adventure with Cuquin to discover feelings



AGE:
2-4 years



TIME:
10 minutes



YOU NEED:
this sheet, colored pencils and, if you like, a costume or accessory.

Cuquin is getting ready for Halloween! There are fun costumes, surprising characters and sounds we don't always know. Shall we help him get ready for his adventure?

There are no right or wrong answers. Everyone can feel something different. Let's explore together!

1 Pick your costume!

Cuquin wants to dress up, but he doesn't know what to be yet. Shall we help him choose?

Which one do you like best?



A funny ghost



A pumpkin



A mysterious cat



A colorful monster



Another character I choose!

My favorite costume is:

Now you can draw Cuquin in your favorite costume.

Space to draw.



2

How does Cuquin feel?

Imagine Cuquin arrives at a Halloween party. He sees a costume he doesn't know and hears a sudden noise.

How do you think he feels?

☐

Happy

☐

Surprised

☐

Scared

☐

Calm

He might feel something different from what you would feel. And that's okay!

And how would you feel?

Point to a face, tell the grown-up who is with you, or draw how you feel.

 Space to draw a face.



3 What can we do if something scares us?

Being an explorer doesn't mean you're never scared! It means finding out about things little by little and asking for help when we need it.

If Cuquin gets scared, what could help him?

- ☐ Holding the hand of someone he trusts.
- ☐ Watching what's happening from a safe place.
- ☐ Asking someone to explain what's going on.
- ☐ Moving back a little or taking a break.
- ☐ Deciding he'd rather do something else today.

And what helps you when you're scared?

You can pick one of the ideas above or tell us your own.

My trusted person is:

Something that helps me is:

4 Our mission for today!

Now let's choose a little Halloween adventure to do together.

- ☐ Look at a costume and find out who's inside.
- ☐ Decorate a paper pumpkin.
- ☐ Watch a Cuquin story and talk about how the characters feel.
- ☐ Dance to Halloween music.
- ☐ Make up a funny monster with drawings.

Important! We can look first, try later, or decide we don't feel like it today. We don't have to do everything.

★ Mission accomplished! ★



Today we found out that we can feel happy, surprised, scared and lots of other feelings.

When something scares me, I can ask for help. And if I need to stop, I can stop.

Great job, little explorer!

A question to share as a family: What can we do to help each other when something scares us?

An activity to do together with an adult. Each child can take part at their own pace, without having to answer every question or finish every step.