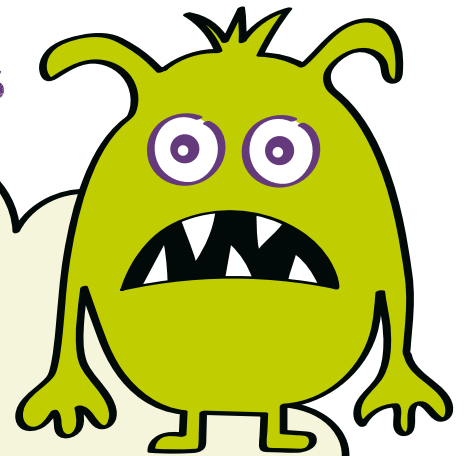


# Worry Monster

THINK OF YOUR worries  
AS ANNOYING LITTLE monsters



WHAT WOULD  
YOUR  
worries  
LOOK LIKE?

Now think of ways that you can get rid of these worry monsters

**Trap Them**

**BLOW THEM AWAY**

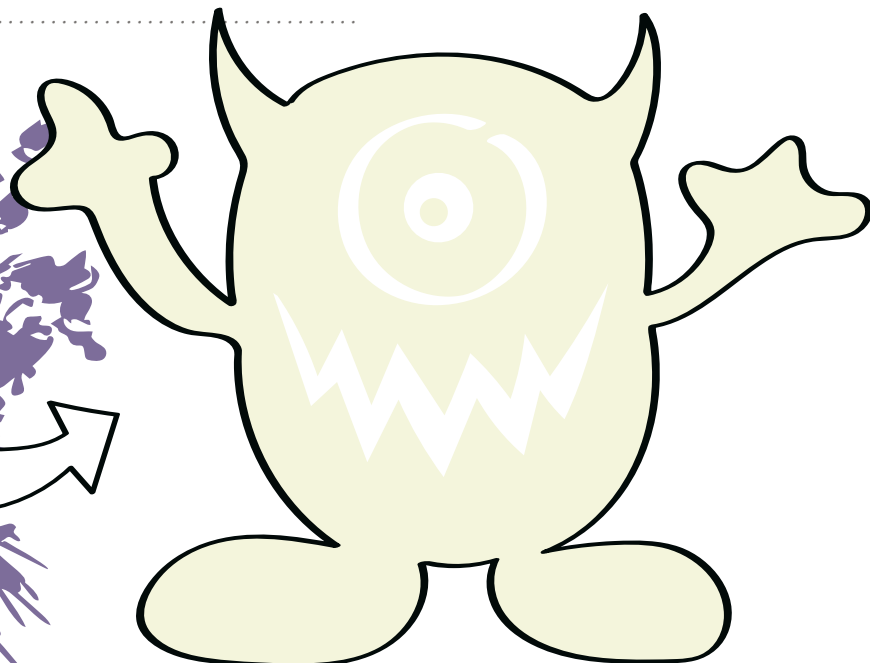
**STEP ON THEM**

**SQUASH THEM**

**LOCK THEM  
in a cage**

.....  
.....  
.....  
.....

Can you  
write down some  
worries you have on this  
little monster? Cut around  
it and then get rid of it  
using some of the  
ideas above.



## Worry Monster

Make this activity exciting by talking about these little monsters and how you are the boss of them.

If the child doesn't have worries, then have them worried about anything in the past and how did they overcome it?

If the child wants to draw more worry monsters they can.