

# My Worry Monster

This activity helps your child externalize their worries by giving them a physical way to "get rid of" the worries by feeding them to the monster. This can help their worries feel more manageable, as it allows them to express and release their feelings in a fun and safe way.

## Directions:

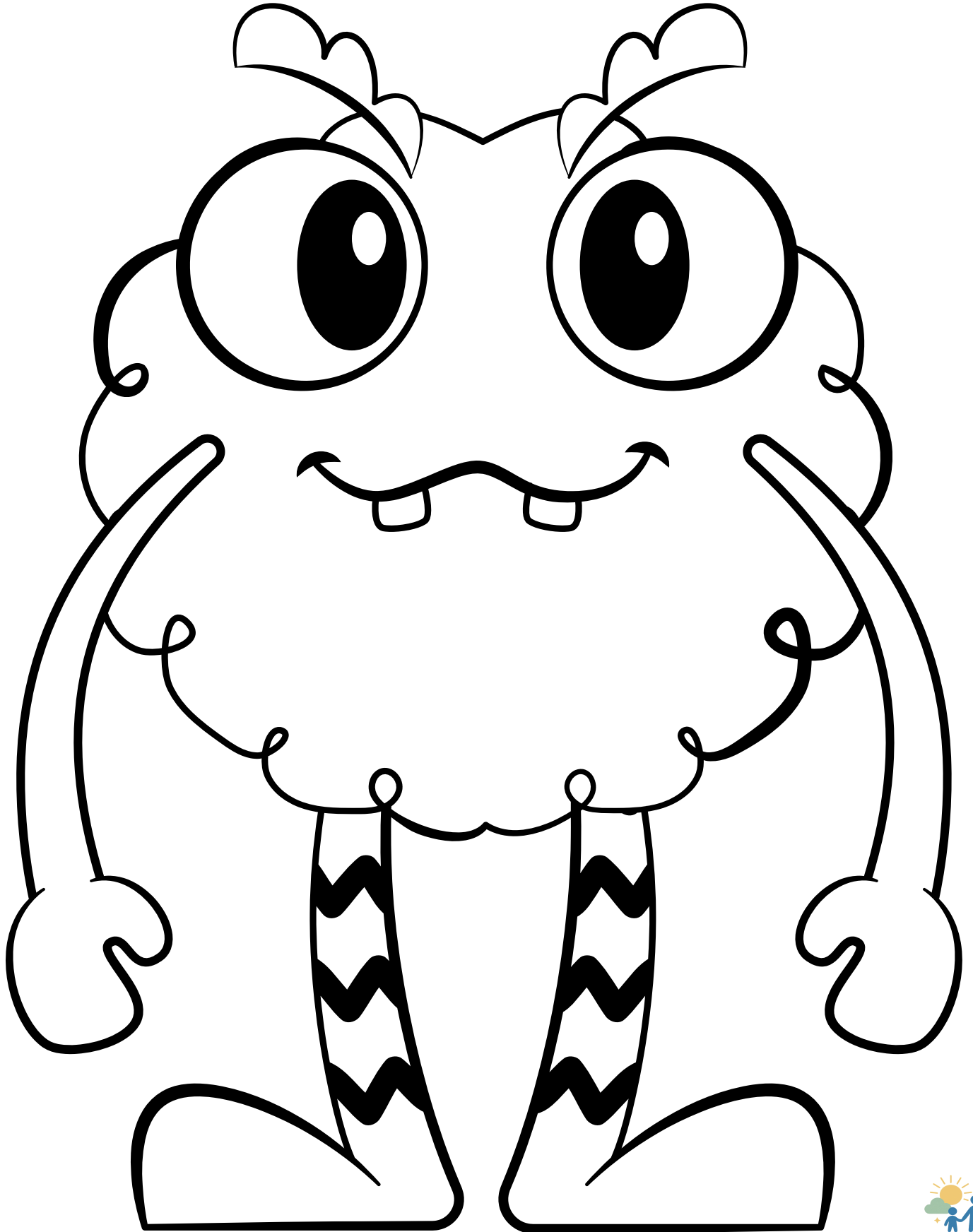
- Read the book *The Very Hungry Worry Monster* by Rosie Greening. If you don't have a copy, you can find a read-aloud version on YouTube. You can also check your local library.
- Have your child write or draw their worries.
- Using a brown paper bag or box, your child can draw their own worry monster or use the handout and glue it to the bag or box.
- Next, cut out the worries and feed them to the worry monster.
- Invite your child to choose a spot for their worry monster and place extra pieces of paper nearby. Encourage your child to write or draw their worries and feed them to the monster whenever they have a new worry.
- Be sure to ask your child about the worries they wrote down. Validate their feelings by acknowledging their concerns, and then provide honest, age-appropriate information to help them better understand and cope with their worries.

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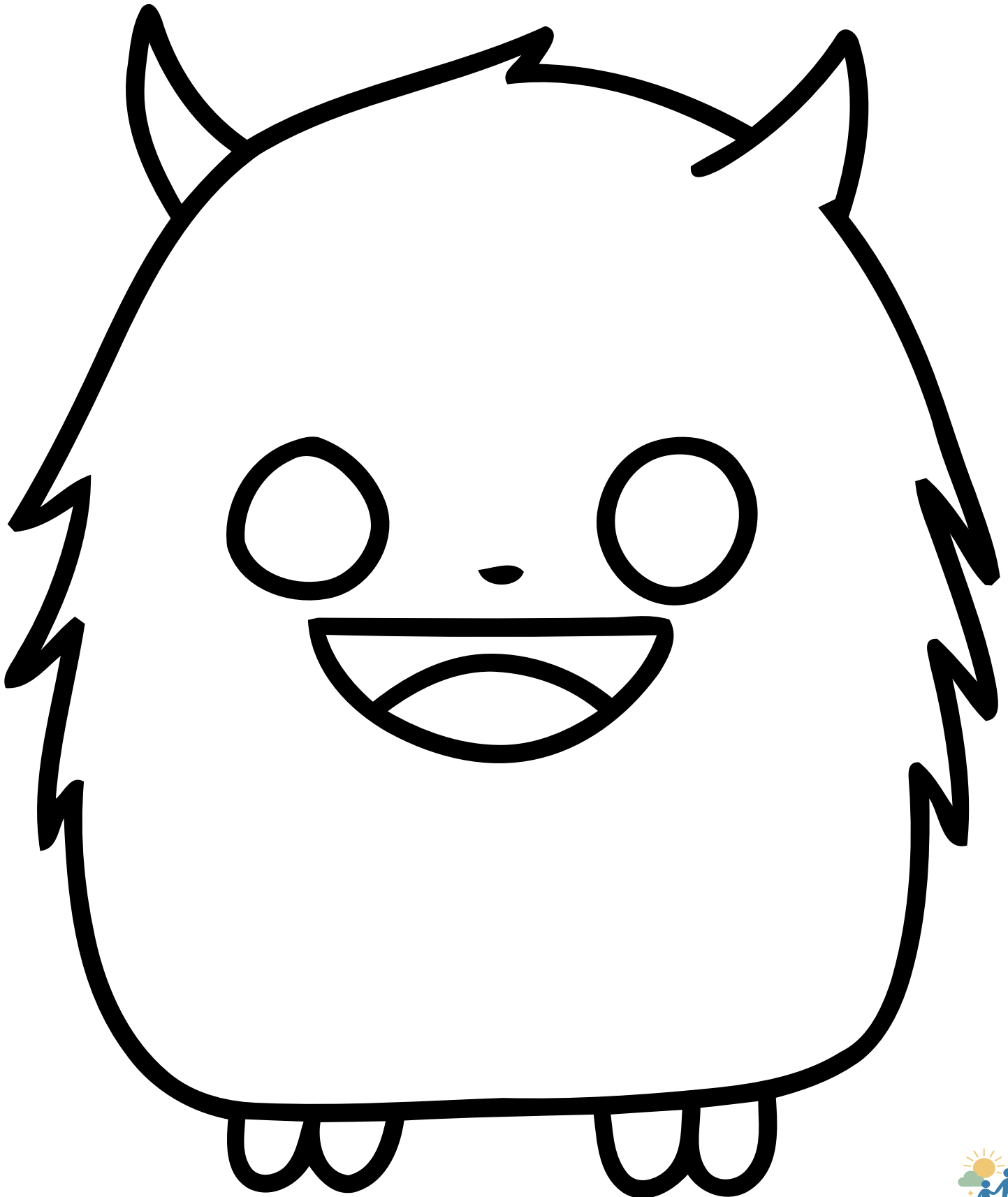
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*Draw your monster here*

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