



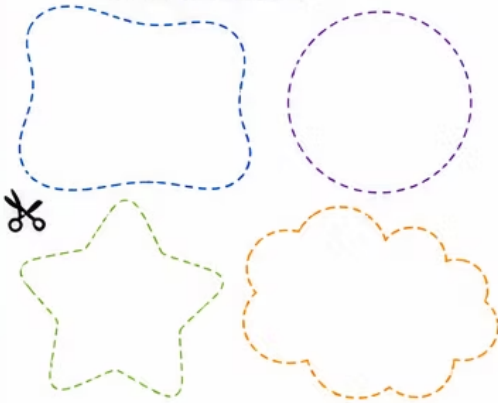
WORRY MONSTER ACTIVITY

Everyone has worries sometimes.
Let's put those worries into a Worry Monster
so they don't feel so big!



1. WRITE OR DRAW YOUR WORRIES

What are you worried about?
Write or draw your worries
on the pieces below.



Remember: It's OK to have worries.
You are not alone.



2. FEED YOUR WORRIES

Cut out your worries and
feed them to the monster!

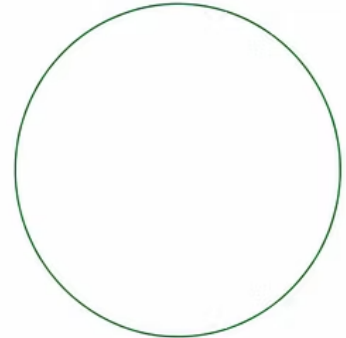


Remember: You can let go
of worries that feel too big.



3. HOW DO YOU FEEL NOW?

Draw a face to show how you
feel after feeding the monster.



Better



OK



Still worried



Remember: You did something
amazing for yourself!

OTHER WAYS TO HANDLE WORRIES



TALK ABOUT IT

Share your worries
with someone
you trust.



TAKE DEEP BREATHS

Breathe in... hold...
breathe out.
Repeat.



MOVE YOUR BODY

Exercise or stretch
can help worry
disappear.



WRITE IT DOWN

Writing worries
down can help
get them out.



THINK POSITIVE

Try to focus on
the good things
in your day.



SOLVE IT

Think of small
steps to help
fix it.



WORRY MONSTER PROMISE

My Worry Monster will look after my worries
so I can feel calmer.



I will try
my best!



WORRY STAR CHALLENGE

Each time you use a helpful strategy
to manage worries, colour in a star!



Remember: You are getting
stronger every day!



DID YOU KNOW?

Worries are like clouds.
They come and go.
You are stronger
than you think!



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Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com