

Worry Monster Activity

This is a very unsettling time for our children, so we are hoping to provide you with some wellbeing activities that you may wish to do at home with your child/children. This first activity will show you how to create and use a 'worry monster'.

What is a Worry Monster?

A worry monster is designed to discuss and reduce worries. Children write or draw their worry onto a piece of paper and then feed it to their worry monster. Once the monster has eaten it, the worry can then be discussed and shared with an adult. Before beginning this activity it is a good idea to create some rules, for example, which adult should check the worry monster and when.

Making your Worry Monster

Please see below for some ideas of how to create your own worry monster. Egg boxes, tissue boxes and tubes all work well. As long as there is a place for your child to place their worry, then you can be as creative as you like!

Before you begin this activity follow the link below to a short YouTube video where your child can hear the story of 'The Very Hungry Worry Monsters' by Rosie Greening.

<https://www.youtube.com/watch?v=GHEt8Ah7pAA>



Worry Monster Poem

I'm your little worry monster
I am always here
When worries pop into your head
Don't let them turn into fear
Take a piece of paper
Make sure you write your name
Explain your worry
Write it clear and plain
Put the worry into my mouth
And let me eat the fear
Put a smile upon your face
Then give a great big cheer!