

## The Worry Monster

### Directions

Decorate an empty tissue box, box, or jar to resemble a cute monster. You can make the opening a mouth by gluing teeth around the edges.

This is our worry monster. He or she will help eat our worries away.

Have Children write down what they are worried about on small strips of paper. Have them feed the worry monster by placing their worries into his or her mouth.

Frequently check and remove worry strips, monitoring each worry situation individually. Intervene when needed.

Explain that time cures a lot of worries. Give examples of a time you were worried about something and it resolved over time.

