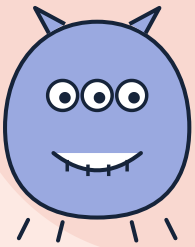
AGES 4–10 ACTIVITY

My Worry Monster



WHAT THIS IS

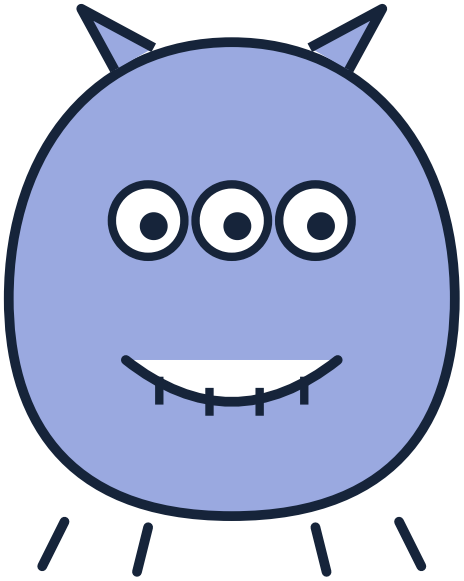
Worries can feel huge in our heads. Putting them outside, onto a monster, makes them smaller and easier to talk about.

HOW TO USE IT

1. Name your worry monster.
2. Write or draw your worries in its tummy.
3. Choose one thing that can make a worry smaller.

EXAMPLE

"My monster is Wiggles. His worry is: 'What if no one plays with me?'"



My monster's name: _____

Worries in the monster's tummy

Write or draw them here.

Is my worry about…

☐ Now ☐ Later

☐ Maybe never

What would I tell a friend?

_____

_____

To make the worry smaller I can…

- ☐ Take 3 slow breaths
- ☐ Tell a safe person
- ☐ Draw it, then fold it up
- ☐ Do something fun

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.