

HOW TO TAME A WORRY MONSTER



WE ALL HAVE WORRIES...

It's perfectly normal to feel anxious sometimes, especially when things are challenging, new or difficult. It's really important to recognise these feelings and talk about them. When we keep things to ourself, bottled-up inside our heads, little worries can soon grow bigger and start to take over, making it hard to think or concentrate properly. It's not healthy and it's not nice to feel anxious all the time. Getting the worries out of our heads and talking about them with others really does help!

MAKE A WORRY MONSTER BOX

Worry boxes have been used for years to help children with feelings of worry and anxiety. They are a great way to encourage children to think about their feelings and give them a sense of control over their worries. Any box will do, but to make it even more fun, why not decorate a box with your child to make a worry monster (or a unicorn, dinosaur or animal if you prefer). There's a handy guide on the next page!

HOW DOES IT WORK?

Whenever your child has a worry, they write it down on a piece of paper, fold it up and put it into the box. Every day (or regularly), you take the pieces of paper out and see if they still have the worry. If they do, place them back in the box. If they don't, you can ask your child to throw them in the bin (as a symbol of the worry being over).

For any worries that go back in the box, invite your child to talk about them with you so that they can process their feelings and you can help and support them.

For more ideas and support with helping your child with their mental health visit:
www.doncaster.gov.uk/worrymonster

HOW TO MAKE A WORRY MONSTER BOX

WHAT YOU'LL NEED

A small empty box
(tissue boxes are ideal)

Things to decorate the box with
(coloured paper, pens, paint, stickers, feathers, pipe cleaners etc.)

Scissors, glue, sticky tape
(use with caution and with an adult's help)



STEP 1



Take your empty box and make sure the sides are taped up. If you're not using a tissue box, you will need to carefully cut an opening on the front of the box for the monster's mouth.

STEP 2



Use paints, pens or coloured paper to decorate your box. You could also get creative by sticking other things on - toilet roll tubes makes ideal legs for a tall monster!

STEP 3



When the paint has dried, add some features to your monster. Cut small triangles from a piece of card and stick then around the mouth to make your monster's teeth.

STEP 4



Next add some eyes and a nose. Have fun and get creative to give your monster a bit of character.

STEP 5



Can you think of anything else to add to your monster? We used pipe cleaners for the hair, lolly sticks for the arms and a pom-pom for the nose.

STEP 6



All done! Now you have your very own pet monster, ready to help you get your worries out of your head and eat them all up!



Feed Me!
I eat worries for breakfast