



## How to make a Worry Monster

**Why?** At times of transition, whether it is back to a school you have been at before, or a new school or college it is normal to have increased feelings of unease, such as worry or fear.

It can be helpful to write down your worries and have somewhere to put them so that they have been taken notice of. You can then decide to share them with a trusted adult or let the Worry Monster eat them!

This activity can help you create somewhere for your worries to go. Worry Monsters come in all different shapes and sizes, just like our worries.

You can be as creative as you like when imagining what your Worry Monster might look like... we have shared some suggestions here...



There are lots of ways you could make a Worry Monster. You just need to make sure it has a mouth that you can put your worries in.

You could make one out of:

- Tissue boxes
- A cardboard tube
- A paper bag
- A tin
- Clay
- An envelope
- Paper

You could give your monster some personality by adding wool, string, pipe cleaners, googly eyes etc.

When you have a worry that you are ready to let go of, you can write or draw it on a piece of paper and pop it in the monster's mouth!

