

Worry Monster Box

It's okay to feel worried sometimes. Many children might be feeling worried about returning to school this March and about the Current COVID-19 situation.

Sometimes our heads can get so full of worries that we can find it difficult to think about other things.

By creating a 'Worry Monster' with your child, you can support them to express these worries in a positive way – sometimes writing them down or drawing pictures can support children to do this.

It is important your child knows that they can talk to you about their worries and that you will try to support them.

It is also important that you ask them to name any other people in their lives whom they would feel comfortable talking to about their worries, e.g. teacher, aunt, grandparent, for times when you may not be available.



Picture Reference: [Supersimple.com](https://www.supersimple.com)

Instructions

Please read instructions below. (Tip: print in black and white to save on your ink).

Materials:

- Cardboard box (preferably a medium/large tissue box as this already has a hole cut out)
- Sellotape
- Scissors
- Coloured pencils/markers/paints/glitter
- Pieces of paper

- Pen/pencil
- Any additional items for decoration (crepe paper, glitter, beads etc.)

Steps:

1. **Decorate the box together** – support your child to be as creative as they wish – detailing the eyes, mouth, teeth, ears etc. of their worry monster & ensure the box is labelled or the monster given a name.
2. Remember to **cut out** a slit or opening for their mouth (this is where your child's worries will go).
3. **Explain** to your child that this is now their very own worry monster who they can feed their worries to.

Guidance on supporting your child to use their Worry Monster box:

1. Support your child to first take a few big deep **belly breaths**.
2. **Ask** them how they **feel** in their body or where they are feeling it (there is no wrong answer). If they struggle with this, help them with giving an age appropriate example from your own experience, e.g. when I am worried I get a fuzzy feeling in my head.
3. You could at this point **talk** about different feelings and explore with your child each of their meanings. This might support them in being able to further express their feeling.
4. When your child is ready, allow them to **write or draw** how they are feeling and encourage them to then discuss this more with you when they are finished. **Ask** your child where they are feeling this worry in their body.
5. **Suggest** to your child that they fold up their worry and feed it to the 'Worry Monster'.
6. Spend some time **discussing** the worry and any possible ways to support them with this feeling.
7. **Agree** with your child when you will sit down again next together to feed their 'Worry Monster'.
8. **Choose** a place to store their 'Worry Monster' box.