



# DIY Worry Monsters



*The purpose of this is NOT for your child to push away feelings of fear but rather to acknowledge them and practice letting go of the ever consuming thoughts that can escalate anxiety.*

## What you need:

- Recycled tissue box / old jar / egg box.
- Paint/Pens
- Glue
- Anything else to decorate.



PAINT AND DECORATE



## How to use our Worry box:

Write worries or feelings on a bit of paper and feed it to your monster!



## Adult reminders:

Ask questions like, "Where do you feel worry in your body?" or "How do you know you are scared?"

-Avoid placing judgement on their feelings as good or bad.

-Avoid saying things like, "You don't feel that way" or "Don't be scared". That is a great way to discount how they feel and shut them down.

-Spend time just listening.