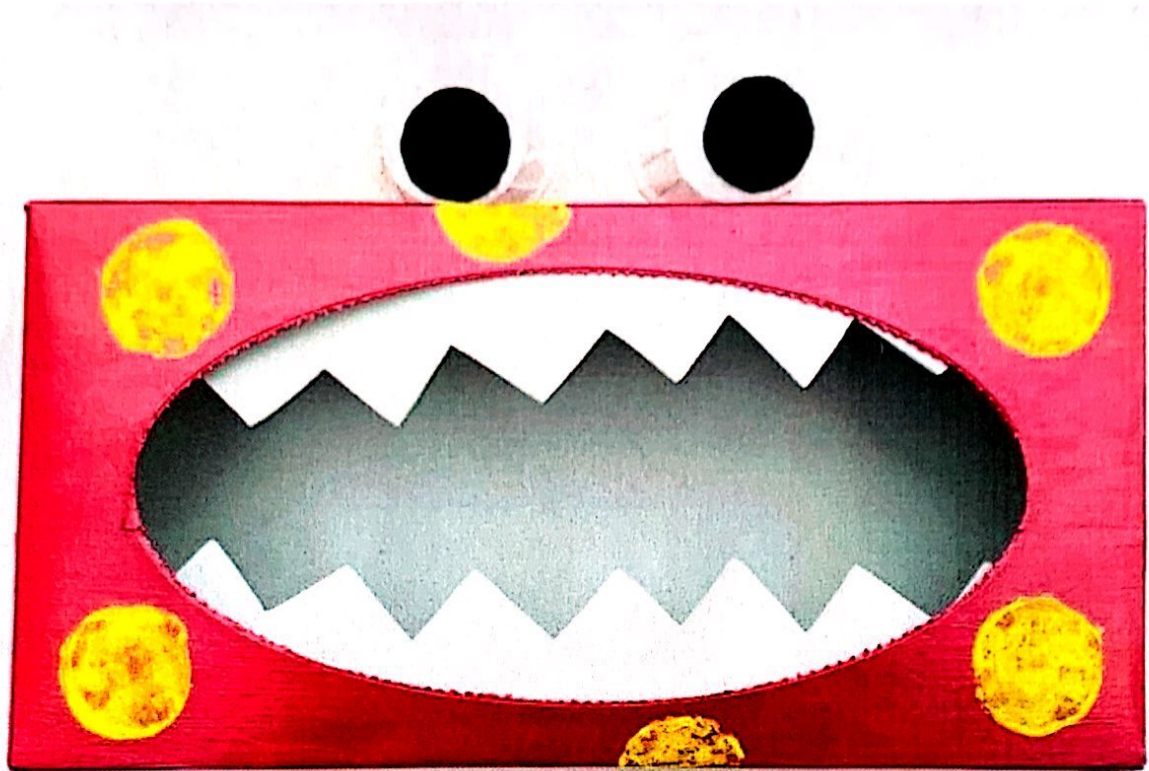


The Worry Monster



Materials: Kleenex box (or any type of small-medium box), constructing paper, Arts and craft materials such as Markers, glue, paint, pom-poms, and googly eyes.

Creativity is the most important thing that will be used!

Instructions: decorate the Kleenex box leaving the open part as the "mouth"

Place the decorated box somewhere accessible in the house with pens/pencils and paper. During the day anyone can write down whatever worries they have and feed them to the worry monster.

As you put your worries into the worry monster, we encourage you to process them with someone in your family. You are not alone in your worries!