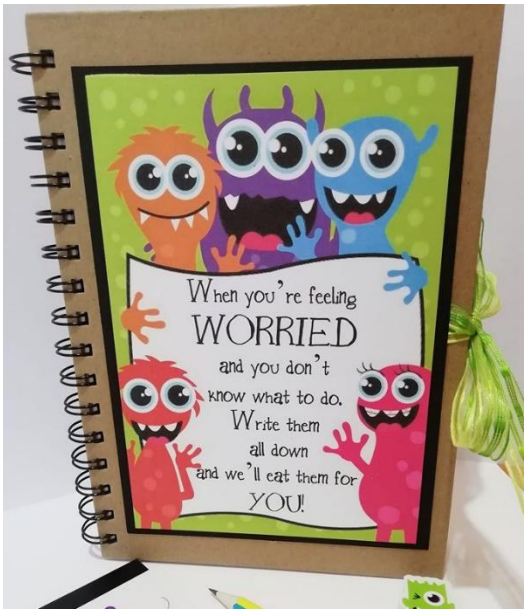
Helping your child with their worries.

Here are a few things you could make or find to help your child manage their worries and anxieties.

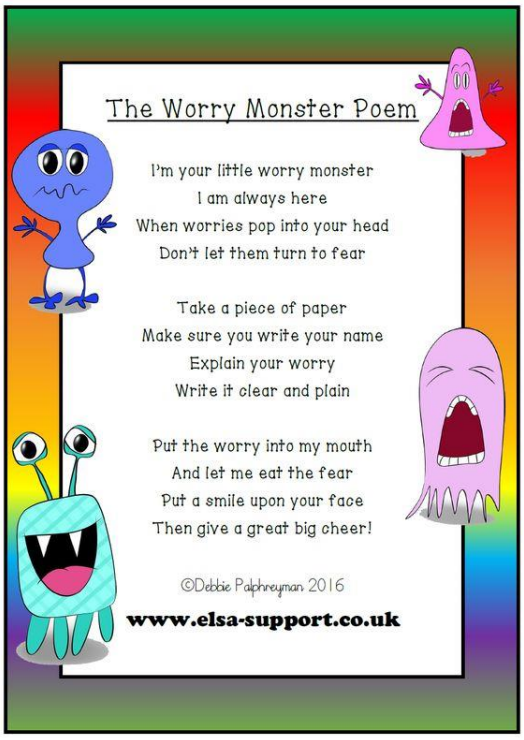
#1**. Make a worry monster notebook,** by making a cover on the computer and stick it to the front of a notebook.



#2. **Draw or paint a worry monster** … that can be hidden, spoken to, or 'thrown away' to help visualise getting rid of worries as they are discussed.

#3. **Make a worry monster**. Here are a few you could make …

https://www.sunhatsandwellieboots.com/2015/01/make-your-own-worry-monster-ideal-for.html
(picture 1)



A child's worries can be written down on small pieces of paper and then 'posted' into the top of a worry monster box model, or in its 'mouth' (made as a pocket on the example above). The monster is then said to 'gobble it up' and allow the child to let their worries go. An adult then removes the worry to help the child believe the worry has gone. The poem can be printed on a card and kept with the worry monster.

You could even use a character pyjama case as a worry eater, hiding the worries in the case!

#4. Find a **small toy** that a child can have as a worry monster or a comfort character – offering to take their worries away or protect the child and keep them safe.

#5. Buy **Guatemalan Worry dolls** (available from Oxfam Charity Shops amongst other places).

A child can whisper their worries to the worry dolls, and then place the dolls under their pillow at night

#6. Make a **Worry Jar or Box**