

Worry Monster

What is a worry? A worry is something we feel scared or concerned about, like we might feel worried about going to school for the first time, or we might worry that we'll get sick, or we might worry that it will rain. We all have different worries and sometimes they can be really small, medium or really big.

When they are really small, we can talk about them to get rid of them, so they don't grow bigger. If we let our worries grow, they might pile on top of each other, and start to feel really heavy. For example, if we had a backpack that we wore every day and we kept putting our worries in there, it would be really hard to carry it because it would get really heavy. If we let our small worries go, then they won't fill up our backpack! We can use our worry monster to help us let them go, by feeding our worries to it. If you have a bigger worry, talk about it with an adult you trust!

This friendly monster is here to help us!

Materials Needed:

- White piece of paper (computer paper, cardstock or watercolor paper will all work)
- Black marker (sharpie if it's okay with the adult in your home or a Crayola washable marker)
- Choice of: crayons, colored pencils or watercolor

1. Follow the step-by-step directions to draw your worry monster.
2. Outline your monster with a black marker and then choose how to color your monster, some ideas:
 - Watercolors
 - Crayons
 - Colored pencils
3. Choose what colors to use on your monster, some ideas:
 - Use one color for the monster's head, a different color for the eyes, a different color for the teeth, a different color for the horns, and a different color for the body
 - Make a rainbow of colors on the whole monster
 - Create a pattern on the monster
4. Choose a color for the background:
 - Find a color you haven't used and watercolor the background that color
5. Name your monster and feed it one small worry, by sharing with it something small you feel worried about, such as:
 - "I am worried that it will rain tomorrow" or "I am worried my iPad isn't charged."
6. It's time to hang your worry monster up somewhere in your house and BE PROUD of the art you created!!





