

# WORRY MONSTER

**Education for Kids:** Worries are thoughts that make us feel scared or nervous about something that might happen. We all experience this, but too many worries can feel overwhelming. Next time you need to shrink a big worry, feed it to a Worry Monster Box! This special box is a safe place for your feelings. You can write or draw your worries on a piece of paper, then “feed” them to the monster! And don’t forget, just talking about your feelings with a grown-up can help too! Gather the supplies needed and follow instructions to make your own Worry Monster Box today!



## what you need:

- Empty small box
- Tissue/wrapping paper
- Tape/Glue
- Scissors
- Googly eyes
- Ribbon, pipe cleaners, pom poms, other decorations



## INSTRUCTIONS:

1. Create a mouth by cutting an opening in your box.
2. Wrap the box in tissue paper or wrapping paper and secure with tape. Remove any paper covering the mouth.
3. Cut out teeth from white paper and glue around the monster’s mouth.
4. Attach decorations such as googly eyes, pipe cleaners, ribbon, and pom poms with glue or tape.
5. Once your monster is finished, write/draw your worries on a piece of paper and feed them to the monster!

