

# WORRY MONSTER



This is your friendly Worry Monster! It loves to help you feel better by “eating” your worries. It’s here to help when you feel sad, scared, or confused.

How to use:

- When something is bothering you, take a moment to write or draw your worry on the Worry Monster’s plate.
- Imagine the Worry Monster munching it up, making your worry disappear!
- Once you’ve written down your worry, take a deep breath and let it go. The Worry Monster will take care of the rest.

Remember you don’t need to keep your worries inside. You could also share your worries with an adult you trust. They can help make you feel better and give you advice.

