Worry Monster

FAMILY ACTIVITY

There is a lot happening in the world, on the news, and in your own grief journey. Things can feel scary and unknown. You might be holding more worries now and that can be exhausting. It is important to have a safe place to keep your worries, so you don't need to carry them with you throughout the day.

Materials

- Paper
- Box (shoebox, cereal box, toy box, etc.)
- Writing utensil (pen, pencil, markers, etc.)
- Glue/tape
- Scissors

Using Your Worry Monster

As a family, create your own Worry Monster! Find a box or container in your home that you can use for this project. Try to find a container that has a lid so you can keep your worries inside the monster. You can decorate your Worry Monster however you want; you can even give it a name!

Once you have created your Worry Monster, place it in a central location in your home so everyone knows where they can find it. Keep pieces of paper and a pen or pencil next to it so you can write down your worries. Your Worry Monster's job is to eat your worries so you don't have to hold on to them anymore. You can print the poem on the next page and keep it with your Worry Monster to remind you of this.

Parents, check your family's Worry Monster's tummy at least once a week to see what types of worries your family has had. This is a helpful tool to know what your child might be holding on to and how you can help calm those worries.

"The greatest gift you can give your children is not protection from change, loss, pain, or stress, but the confidence and tools to cope and grow with all that life has to offer them."
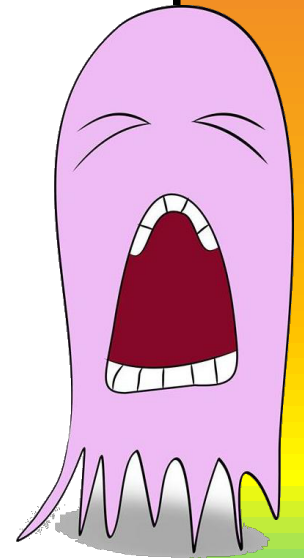
–Wendy Schlessel Harpham

The Worry Monster Poem
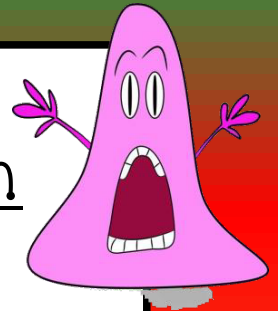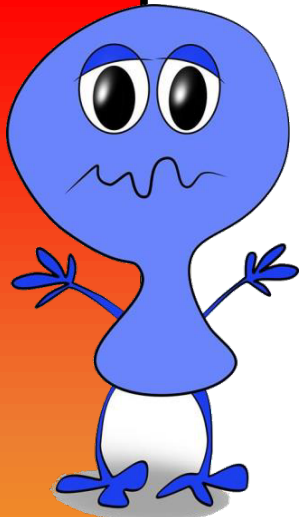
I'm your little worry monster
I am always here
When worries pop into your head
Don't let them turn to fear

Take a piece of paper
Make sure you write your name
Explain your worry
Write it clear and plain

Put the worry into my mouth
And let me eat the fear
Put a smile upon your face
Then give a great big cheer!

www.elsa-support.co.uk