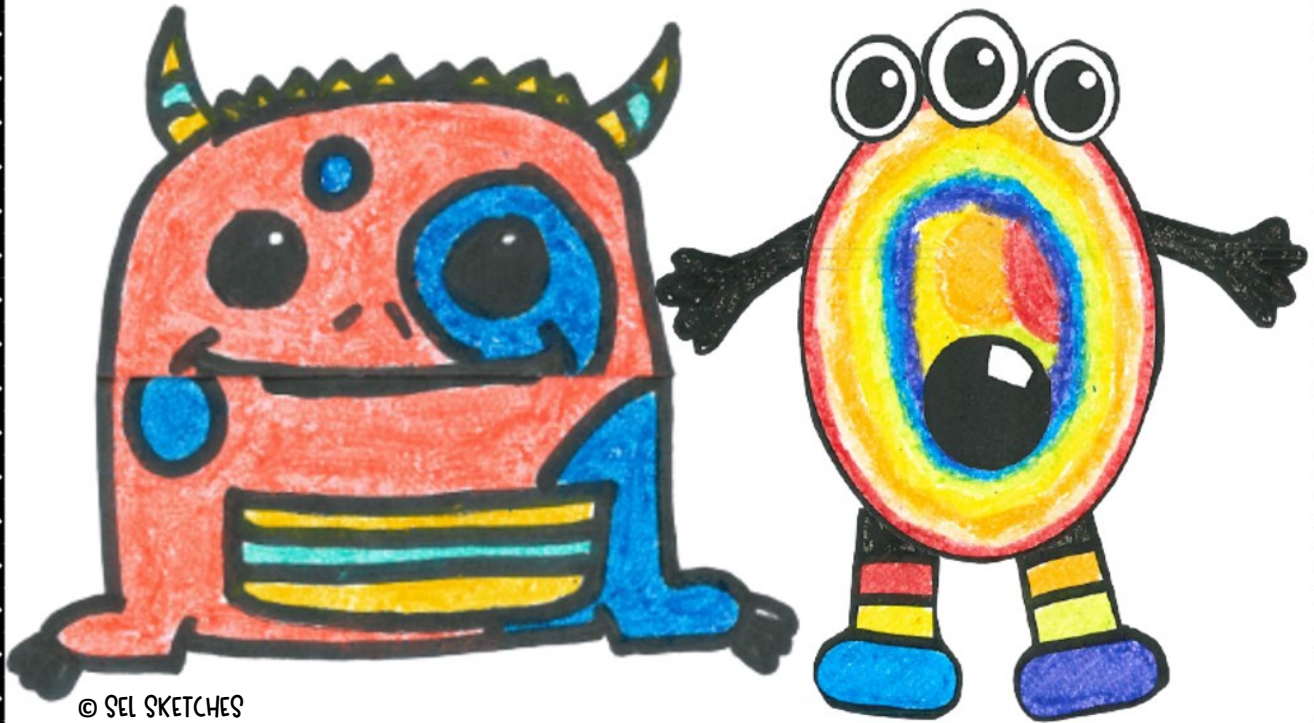



Personifying Worry

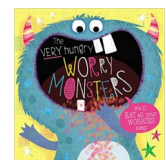
Using Worry Monsters to help kids name and tame their worries!



FOR MORE INFORMATION ON HOW TO USE THESE RESOURCES, VISIT WWW.SELSKETCHES.COM!

Click on the pictures below to be directed to amazon for these purchases!
They're not necessary, but they do help a lot if you plan to do the activities
in order as introduced in the blog post!

Pssst... These are affiliate links—which means when you purchase after clicking you help me fund my clipart addiction and make it so I can continue to provide free resources ;)! 



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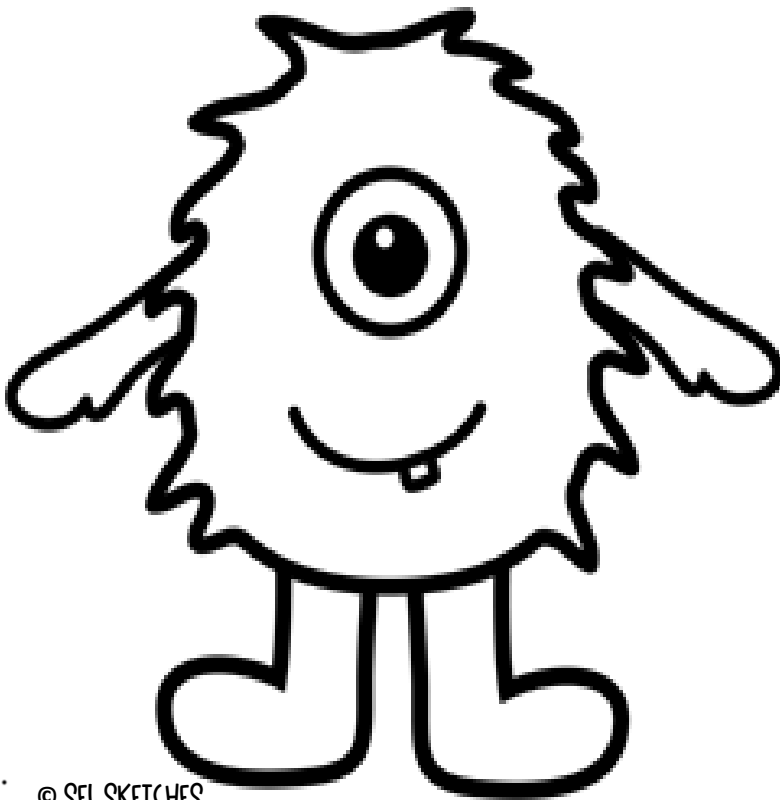


Love the activities, but need them to be in virtual format? Don't worry - I did that for you too! Click the button to make a copy!

Complete the sentences below by writing or drawing a picture after listening to the book,
Worry Says What? By Allison Edwards.

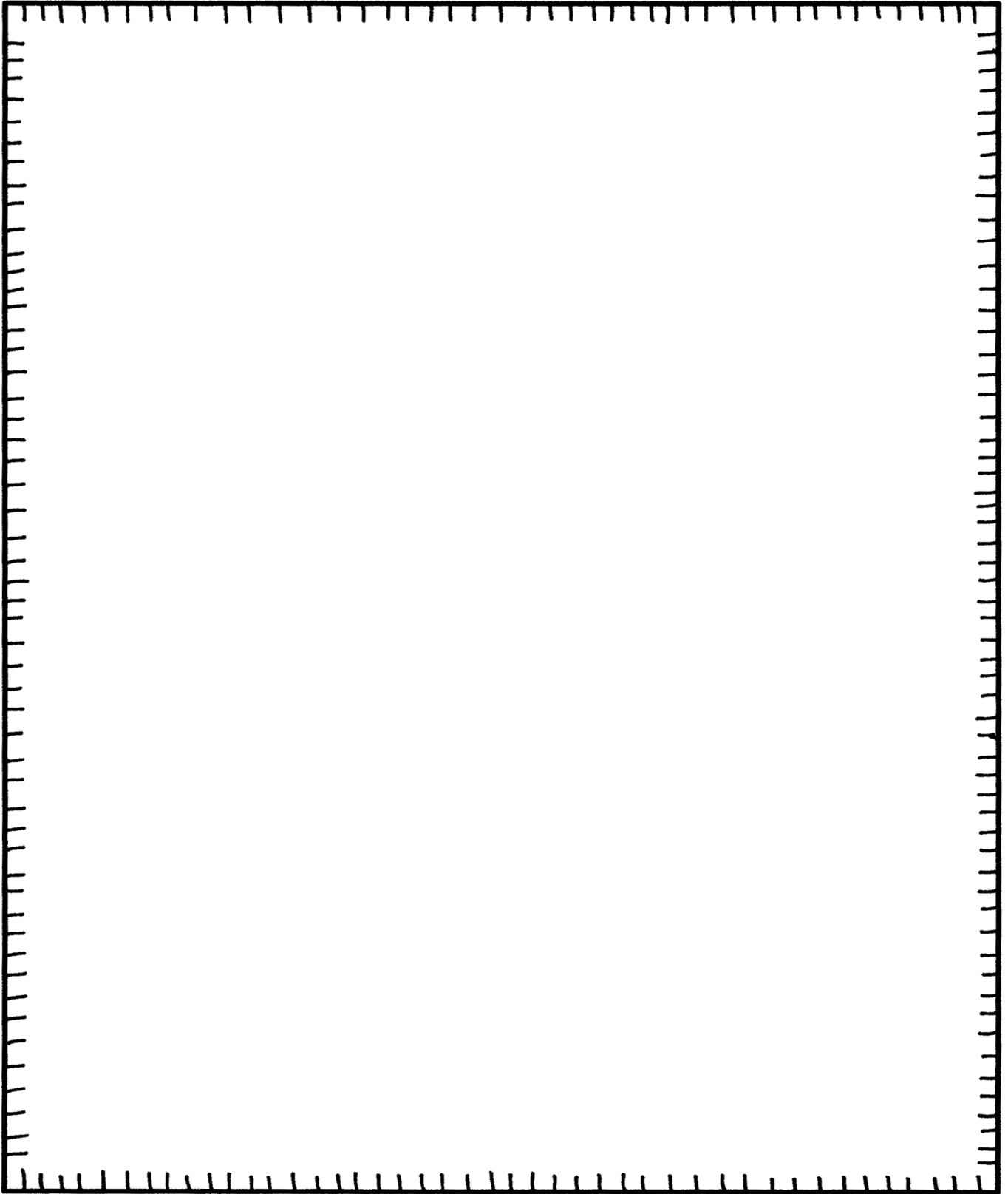
My worries show up when...

My worries make me feel...



I can ignore my worry by saying...

Hello, my name is: _____



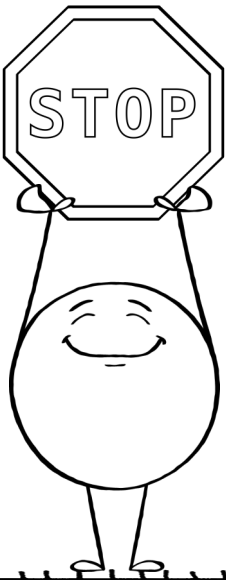
Complete your worry monster, then finish the sentences by writing or drawing a picture!

I notice my worry monster
MOST when...

I notice my worry monster
LEAST when...

My worry monster makes me
feel...

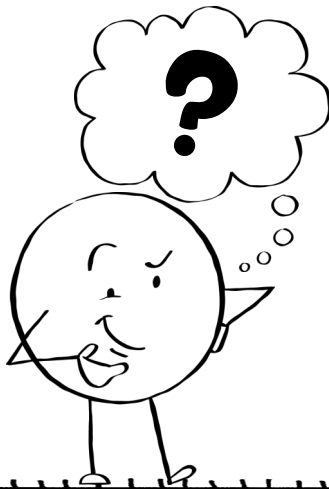
My worry monster says things
like...



STOP AND TAKE A DEEP BREATH!

Catch your thought and sit with it for a moment. Are there emotions tangled up? What are you feeling? What are you thinking? Can you tell them apart? Write each down!

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THINK AND CHOOSE SOME QUESTIONS

Is it true?

Is it helpful?

What is the worst that could happen?

What resources do I have that can help me?

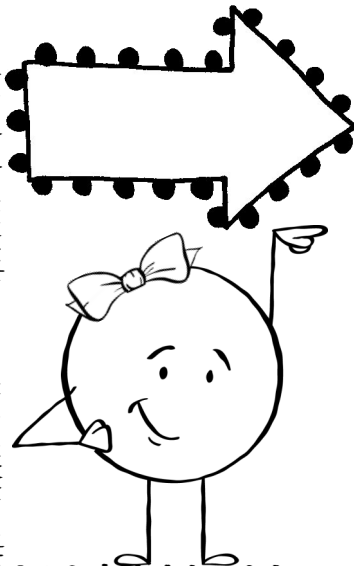
Is there another possibility or way to explain the thought?

What will happen if my thought does happen or is true?

What is the best possible thing that could happen?

Are there things I can do to make the best happen?

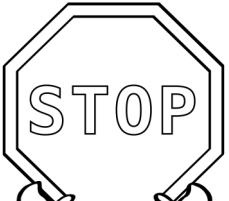
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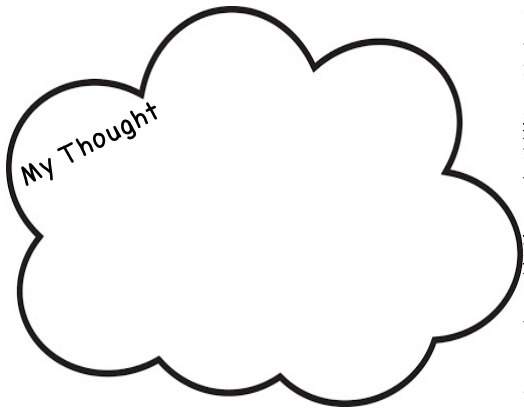
DO! CHANGE IT AND TRY IT!

Change your thought to one that is real or more helpful, then try moving on! If this seems too hard, find an adult to help you!

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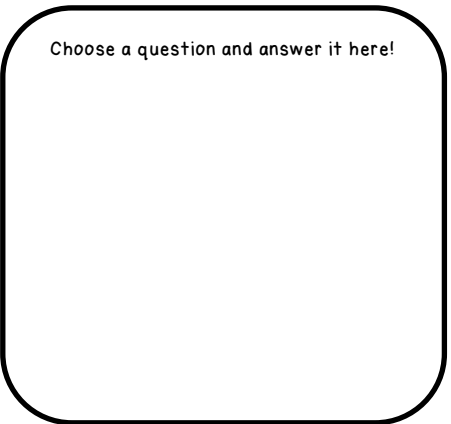
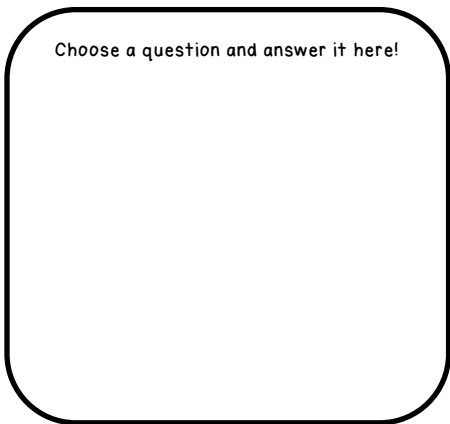


STOP AND TAKE A DEEP BREATH!



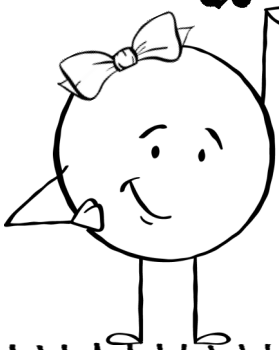
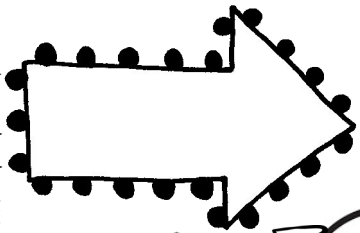
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THINK AND CHOOSE SOME QUESTIONS

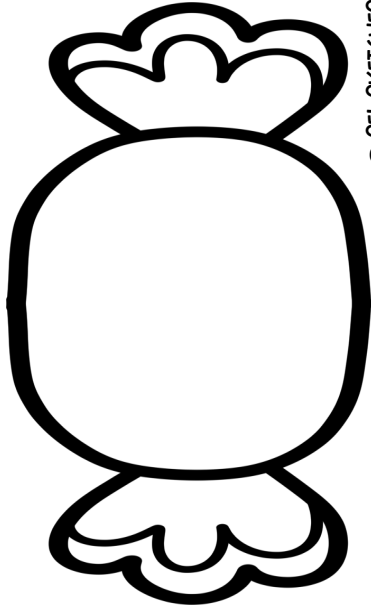


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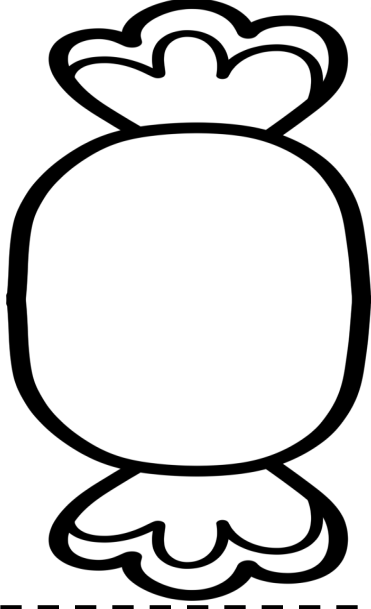
DO! CHANGE IT AND TRY IT!



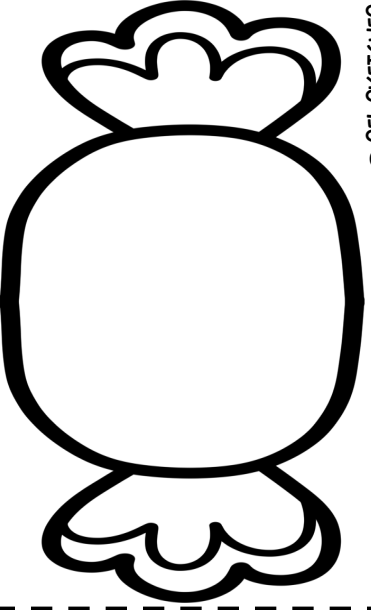
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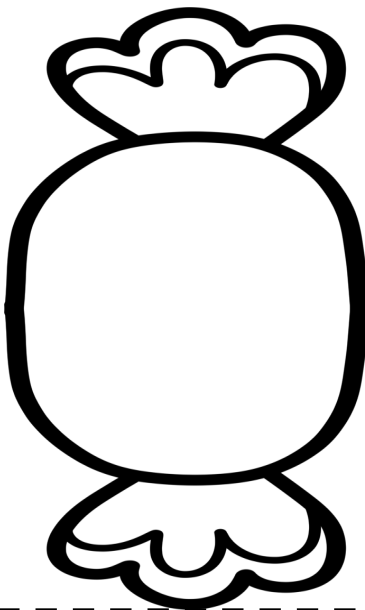
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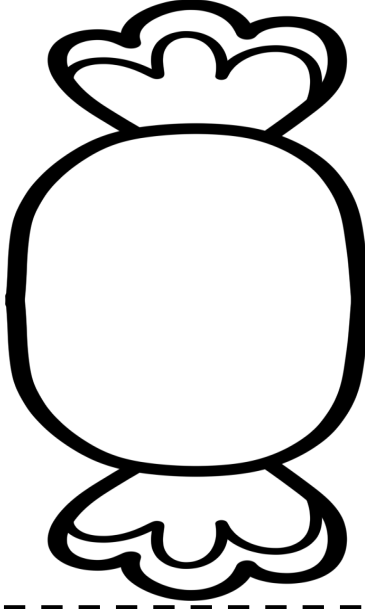
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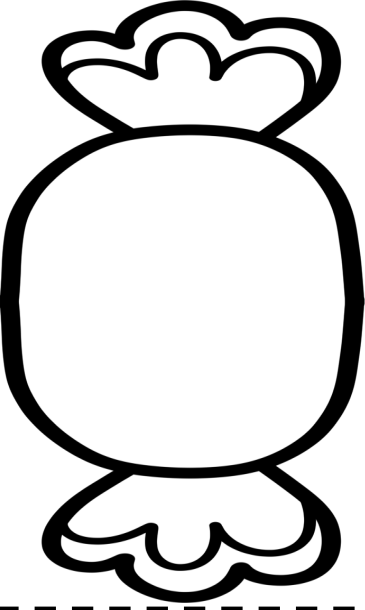
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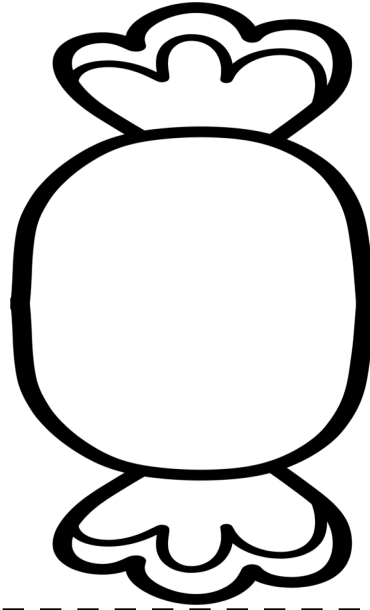
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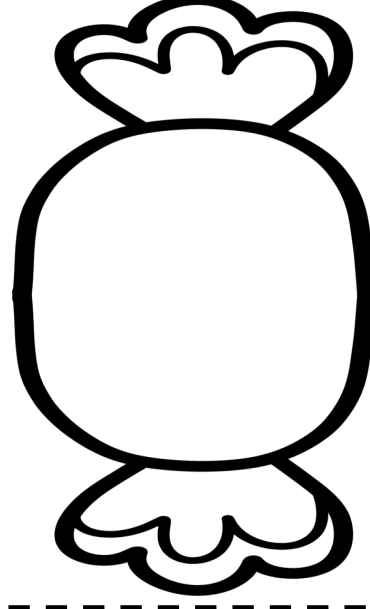
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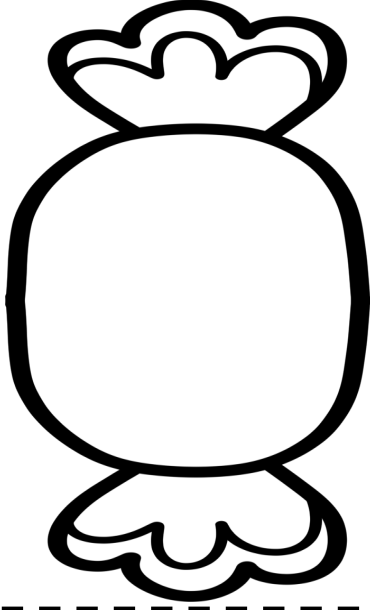
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