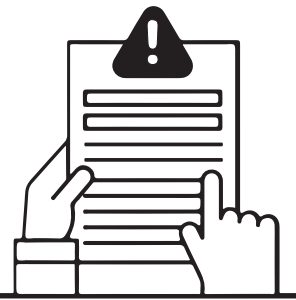


# Mental Health Resource Disclaimer

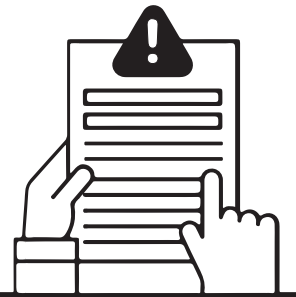
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This resource is provided for informational and educational purposes only. It is intended to offer general information and should not be taken as professional advice on mental health. By using this resource, you acknowledge that you are responsible for the safety of those participating or involved with using this resource, including staff, students, parents and children.

# Sensitive Topic Resource Disclaimer

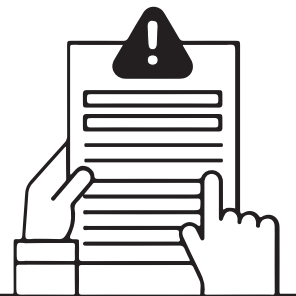
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We hope you find the information on our website and resources useful. This resource contains potentially sensitive and/or upsetting topics that may emotionally impact on students you use it with due to their experiences in their past. It is your responsibility to consider whether it is appropriate to use this resource with your students. If you do use this resource, it is your responsibility to ensure that appropriate support is available for anyone affected.

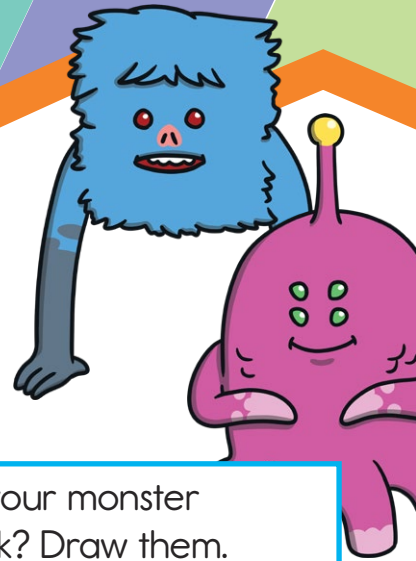
# Scissors Disclaimer

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To ensure the safety of the children in your setting, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required when using scissors.

# My Worry Monster



## Instructions/Planning

Think about your worry and anxiety. How would it look? Draw a picture of your worry monster. Talking to your worry monster might seem silly, but it is a great way to help tame your monster.

What shape is the body? Draw it.

How many arms does your monster have? How do they look? Draw them.

How many legs does your monster have? How do they look? Draw them.

Does your monster have ears? Horns? Any other accessories? Draw them.

How many eyes does your monster have? Draw them.

How many mouths does your monster have? Draw them.

What colors are your monster?



# My Worry Monster

Their name is \_\_\_\_\_

## Talking To My Monster

**Directions:** Draw a conversation between you and your monster. Think about these questions.

1. When does my monster come to me?
2. What does my monster make me feel?
3. What can I say to my monster to make it go away?
4. When does my monster stay away?



Four large, empty rectangular boxes with orange and blue borders, arranged in a staggered pattern, intended for drawing a conversation between the child and their monster.

## Monster Parts

**Directions:** Instead of drawing your monster, you can also use the cutout monster pieces to create them.

