

Worry Monster

After we experience a death, it is normal to feel worried or nervous about losing people we care about. Keeping those worries trapped inside can make the worries feel bigger! Get your worries out by feeding them to your own Worry Monster, who will help to eat the worries away.

Instructions:

You'll need a few supplies to make this activity:

- Scissors
- Paper
- A small box or jar
- Tape or glue
- Crayons/colored pencils

Start by cutting one of the monsters provided out of this sheet (or create your own on a scrap piece of paper!).

Tape or glue your worry monster to a small box, jar, or even a paper bag. You can decorate your box/jar/bag however you'd like.

Take some paper and write down your worries. Once you have them down, it's time to feed them to your monster! If the pieces seem too large, you can tear them into bite-size, smaller snacks for your monster. Continue to feed your monster when you have worries.

Every couple weeks, empty your monster's tummy and read your worries with a trusted adult. This makes room for more worries.



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