

# WORRY MONSTERS

Imagine your worries as little monsters.



Might it be hairy with sharp claws or a slimy blob that keeps sticking to you?



What might one of your worry monsters look like?



Does it have lots of eyes or a long nose?

## STEP ON THEM

Squash them

## Blow them away

Trap them

Now think of lots of ways you can get rid of your worry monsters.

## Lock Them in a cage



## PUT THEM IN A JAR