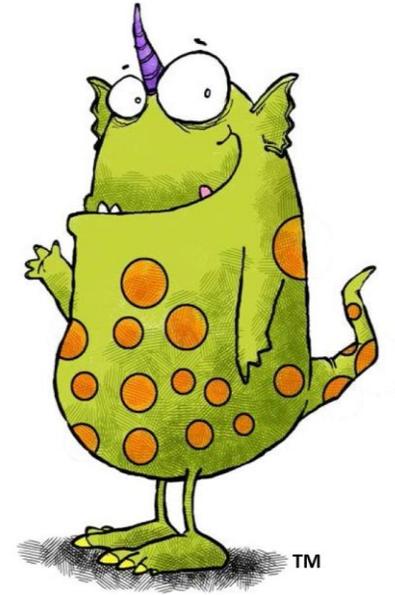


Bringing the anxieties to life

Ignoring your worries doesn't help but bringing the worry to life and talking about it like a character can help especially for younger children.

Help the child to create their own worry monster

'The worry monster lives in the old brain that is responsible for keeping us safe when we are in danger. Of course, sometimes he can get confused and a bit out of control. When that happens we need to stop and talk some sense into him. What do we need to tell him to help him calm down?'



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Do monster time!

Schedule daily monster time for at least 15 minutes per day ...



- Pretend to be a monster, dress up as a monster
- Make a monster mask and use monster noises for a tickle fight
- Colour in a print out of a monster, change the picture so that the monster looks silly
- Make up a silly song about monsters
- Cut up a picture of a monster and stick it back together so it looks silly

The aim of this strategy is to take away the scariness of monsters

