

**April is Child Abuse
Prevention Month**

Family *Virtual* Make & Take

Worry Monsters

Used For: Helps kids manage their worries by teaching them to let them go of them.

Supplies Needed:

- Paper lunch bag
- Googly eyes
- Colored Paper
- Velcro to close the bag
- Other decorations to make a monster
- Markers or Pens

Detailed Description:

Kids often times have difficulty dealing with big emotions, especially worry. Worries can dis-regulate children and gives them a sensation of being overwhelmed and out of control. Naming their worries can transport a kid from their emotional mind to their thinking mind, which helps them think more rationally about what is going on. Taking that worry and letting it go, then allows the child to move on.

To make a Worry Monster decorate a paper lunch bag to look like a monster. Color and decorate the bag. Add eyes, teeth and a mouth. To seal the bag (so that worries are private), fold the top over and use velcro dots to keep the bag closed. Caregivers may remove the worries at a later time as if the monsters "ate" the worries. If a child sees a therapist they may want to take the worries with them to their next appointment.

* For more information contact us at info@dakotacac.org or visit our website at www.dakotacac.org/projects



NDSU

EXTENSION



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Public Library**



**Prevent Child Abuse
North Dakota**



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ADVOCACY CENTER**

**BURLEIGH COUNTY
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