



WORRY WORM

Used For:

Affect Regulation

Supplies Needed

- 2 Pipe Cleaners
- Pen/Pencil
- 2 Googly Eyes
- Craft Glue

Why it is important:

Help children identify and start discussing their worries.

Detailed Description:

1. Prepare the Pipe Cleaners

- Take two pipe cleaners and twist around a pen or pencil

2. Shape the Body and Head

- Twist the pipe cleaner a bit to make a head at one end. This is where you will be gluing the googly eyes.

3. Attach Googly Eyes

- Glue two googly eyes to the end of the worm