

# My Worry Monster

If you sometimes worry about things like Milton, you may like to make your own worry monster.

Worry monsters are great because they read your worries and munch them up so you no longer need to worry about them!

Follow the instructions below, write down your worry on a piece of paper and put it in your worry monster.

## You will need:

A disposable drinking cup

Coloured paper/felt

Pipe cleaners

Googly eyes

Pom-poms

Sticky tape

Scissors

Glue



## Instructions

1. Take your drinking cup and cut some coloured paper or felt to fit around the outside of the cup. Use the glue to stick this down.
2. Stick googly eyes (or draw your own!) onto the front of the cup. It can look as crazy as you like!
3. You may wish to add pipe cleaner antennae, a monster mouth, a pom-pom nose or anything else you want.
4. Write any worries that you have on a piece of paper and feed it to your monster! If you want to, you could talk to a friend or a member of your family about the worry that you fed to your monster.