

Draw a Worry Monster



For this activity, you will need:

- Something to draw with
 - Something to draw on
-

Exercise:

Step 1

Think about what happens to you when you worry - maybe you bite your nails, find your brain is racing away from you, or your ears go red - we're all different so there's no right answer.

Step 2

Find something to draw on and draw with - it could be as simple as a biro and a paper bag or the back of an envelope, or you could use some felt tips, crayons, or pencils.

Step 3

Draw your worry monster in whatever style you choose, trying to find ways to include the things that happen to you when you worry. Don't worry about making mistakes, your worries don't need to be perfect! And if you can make it funny, even better - sometimes it's good to be able to laugh at our worries.