

Challenge

Worry Monster

If you are worried about anything, not knowing when you can come to school or when you can see friends and family again, feeling upset or sad, Wally The Worry Monster can help! He loves to eat all your worries! You can make your own worry monster by drawing one, cutting one out of an empty box or maybe using an old teddy. All he needs is a pocket on his tummy to post all your worries in. Once you have made your worry monster, whenever you have a worry or are upset or scared you can ask for help to write it down or draw a picture of it and post it in the monster's tummy for him to eat it away! You could also make an anger monster who loves to eat all your anger and frustrations away and you can name your monsters anything you like!

This is our Wally the Worry
Monster at nursery

