

My Worry Monster Journal

Instructions for the child:

This is your special place to tell your Worry Monster about how you're feeling. Draw, write, or colour anything that helps you share your thoughts. Your Worry Monster is here to listen and help you feel better.

1. Today's Date: _____

2. How I Feel Today

Circle or colour the faces that show how you feel:

😊 Happy | 😐 Okay | 😟 Worried | 😞 Sad | 😡 Angry | 😕 Confused

3. My Worry Monster Says...

(Draw your Worry Monster and give it a name!)

My monster's name is: _____

Today my monster feels: _____

4. My Worries

Write or draw anything that is worrying you today. Don't worry about spelling, just let it out!

My worries are:

1. _____
 2. _____
 3. _____
-

5. What I Can Do About It

Think of 1 or 2 ways to help your worries feel smaller.

I can:

- _____
 - _____
-

6. Something Good Today

Write or draw one thing that made you happy or proud today.

Today I liked: _____

7. Worry Monster Check-In

(Colour in your monster's mood after you've shared your worries)

😊 Happy | 😊 Okay | 😞 Still Worried

Optional Fun Section:

Draw a picture of your worries leaving your body and going into your monster!

